

Low Sodium Diet

Many people are getting too much sodium from the foods they eat. And, the sodium in salt plays a role in high blood pressure, which is also known as hypertension.

Why Lower Sodium Intake: Eating too much sodium can lead to increased blood pressure, which can raise your risk for heart attack, stroke, and other cardiovascular conditions. Reducing your sodium intake can help lower your blood pressure and improve the health of your heart.

The 2015-2020 Dietary Guidelines for Americans recommends that adults and children ages 14 years and older reduce their sodium intake to less than 2,300 milligrams a day. Adults with prehypertension and hypertension are encouraged to reduce their intake further to 1,500 mg per day, since that can help to reduce blood pressure

Read the Nutrition Facts label and the ingredients list to find packaged and canned foods lower in sodium. Compare the amount of sodium listed and select the product with the lower amount. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

Read labels for sodium content. Here are some tips: o Choose side dishes or snacks with **140 mg or less sodium per serving. Each meal should have 600 mg sodium or less.**

Source: <https://med.virginia.edu/ginutrition/>

https://www.cdc.gov/salt/fact_sheets.htm

Label Term	Meaning
Sodium-Free	Less than 5 mg of sodium per serving
Very Low Sodium	35 mg or less of sodium per serving
Low Sodium	140 mg or less of sodium per serving
Reduced or less sodium	At least 25% less sodium than a serving size of the original product
Unsalted, no salt added, without added salt	May contain sodium as a natural part of the food, but no additional sodium or salt is added during processing

Food Group:	Choose these lower sodium foods:	Limit these high sodium foods:
Breads, Grains, and Cereals	<ul style="list-style-type: none"> Loaf bread, dinner rolls, English muffins, bagels (limit to 2-3 servings daily) Plain pasta, noodles, plain rice White or sweet potatoes, unsalted Dried beans, peas, and lentils (<i>cook with onion and garlic for flavor</i>); Unsalted hot cereals like oatmeal and wheat farina Unsalted or low sodium snack foods (read labels, some chips are low in salt) Low sodium ready to eat cereals such as puffed rice, cornflakes, oat Os, shredded wheat 	<ul style="list-style-type: none"> Biscuits and Bisquick Pancake, muffin, and cornbread mixes Seasoned rice and noodle mixes like ramen noodles, Noodle Roni®, Rice-a-Roni®, macaroni and cheese Coating mixes like seasoned bread crumbs, Shake'n'Bake® Salted snacks like potato chips, nachos, peanut butter crackers, pretzels, pork rinds) Instant mashed potatoes
Dairy	<ul style="list-style-type: none"> Milk Yogurt Cream cheese, especially whipped Sour cream Ice cream and frozen yogurt Whipped cream Low sodium cheeses: Swiss, mozzarella, grated Parmesan <p><i>Note: Low Fat does not mean low sodium!</i></p>	<ul style="list-style-type: none"> Buttermilk Processed cheeses: American, Nacho cheese, Cheez Whiz®, Easy Cheese® Blue cheese Pimento cheese Cottage cheese Queso fresco Feta cheese <p><i>Read the labels, cheese varies in sodium content.</i></p>
Vegetables	<ul style="list-style-type: none"> Fresh or frozen vegetables Canned vegetables** that say “No salt added” Low sodium vegetable juices <p>**In a pinch, draining and rinsing regular canned vegetables will help remove some sodium, but most will be retained inside the food.</p>	<ul style="list-style-type: none"> Regular canned vegetables Regular juices like V8® and tomato Pickles, olives, relish Vegetables in cream, butter, or cheese sauces
Meats and Meat Substitutes	<ul style="list-style-type: none"> Fresh or frozen un-breaded meats (chicken, turkey, fish, beef, lamb, pork, veal) Eggs prepared without salt Regular peanut butter (look for no salt added brands) Unsalted nuts Soy, tofu 	<ul style="list-style-type: none"> Processed luncheon meats like bologna, salami, pastrami, ham, turkey, corned beef Ham, sausage, bacon, hotdogs Breaded or battered meats like chicken nuggets & fish sticks Salted, cured or smoked meats Canned meats like Spam® & potted meat
Fats	<ul style="list-style-type: none"> Unsalted butter Lard Olive or vegetable oil Tub or squeeze margarine Low sodium or homemade salad dressings Mayonnaise 	<ul style="list-style-type: none"> Bacon and bacon grease Salt pork Fat back Regular commercial salad dressings
Seasonings and condiments	<ul style="list-style-type: none"> Fresh or dried herbs and spices Vinegar, lemon juice and fruit juices for marinades Onion and garlic (fresh, minced, dried in flakes or powdered) Pepper, celery seed, and dried vegetable flakes Mustard, low sodium bouillon Spice and herb blends without added salt (Mrs. Dash®) 	<ul style="list-style-type: none"> Salt, sea salt, lite salt, bouillon cubes Potassium-containing salt substitutes (Nu-Salt®, No Salt®) Seasoning salts (garlic salt, onion salt, celery salt) Spice and herb mixes with added salt, including Old Bay® Commercially prepared sauces (teriyaki, soy) Large amounts of ketchup or BBQ sauce