



Low Sodium Diet

When you have high blood pressure or are retaining fluid, it is important to follow a low sodium diet.

The American Heart Association recommends limiting sodium to **less than 2,300mg daily** which is equivalent to less than 1 teaspoon of salt daily. Reducing sodium as low as **1,500mg daily** can help further lower your blood pressure and reduce fluid retention.

Foods that are HIGH in sodium include:

- Fast foods, restaurant food and pre-prepared foods
- Frozen dinners
- Pre-marinated or pre-seasoned meats
- Cold cuts and cured meats
- Packaged snack foods such as chips, pretzels, beef jerky, salted nuts
- Brined or pickled foods such as pickles, olives, sauerkraut, kimchi
- Most cheese including processed cheese, parmesan, bleu, feta, cheddar

Foods that are naturally LOW in sodium include:

- Fresh vegetables or vegetables that are flash frozen with no added flavors or preservatives
- Proteins like fish, chicken, turkey, lean pork, lean beef
- Fruit: fresh, frozen, or canned
- Starchy foods such as oats, rice, potatoes (all types), wheat, barley

When looking at **food labels**, use these tips to help decide if the food has too much salt for you:

- First look at the serving sizes. If you are eating more than one "serving" of the food, multiply the sodium by how many servings you plan to consume.
- Look at the % Daily Value
 - If 5% or less, the food is low in salt
 - If 20% or more, the food is high in salt
- Look at the total mg sodium
 - If <140mg, it is a low sodium food

Tips:

- Prepare as many of your meals at home as possible so that you can control how much sodium you consume
- Eat a diet rich in lean proteins, vegetables, whole grains, and fruit
- Purchase salt-free seasoning blends to add flavor to foods
- Use herbs, spices, and citrus to flavor your foods
- Choose low-sodium versions of favorite foods when shopping

Nutrition Facts	
6 servings per container	
Serving size 1 serving (230g)	
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 700mg	30%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 1mcg	6%
Calcium 267mg	20%
Iron 2mg	10%
Potassium 169mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.