

Living with Low Sodium

WHAT IS SODIUM?

Sodium is a mineral found naturally in many foods. Your body requires about 500 milligrams of sodium each day to function normally. Just 1/4 teaspoon of table salt contains 500 milligrams of sodium. A diet of fresh, unprocessed foods without adding any salt at all would add up to 1,000-1,200 milligrams of sodium in a day. We get all the sodium we need naturally from foods without adding salt to foods. The greatest sources of sodium in your diet are table salt, processed foods (canned, boxed, frozen), fast foods and deli foods. Sodium is also found in baking ingredients, medications and beverages.

WHY LIMIT SODIUM?

A diet high in sodium can cause thirst, shortness of breath and water retention (edema). This may, in turn, lead to high blood pressure, which can increase your risk of a stroke or heart attack and contribute to symptoms of congestive heart failure. Sodium restriction, along with weight reduction can lower blood pressure in most people. People with high blood pressure or congestive heart failure should limit sodium to **less than 2,000 milligrams each day**.

EASY STEPS TO LOWER THE SODIUM IN YOUR DIET

- Replace the saltshaker with a shaker of dried herbs and spices which can kick up the flavor without adding sodium. Check out the recipes in this section for some ideas.
 - Try salt-free marinades, sauces, fresh or dried herbs and spices to flavor your foods when cooking. There are many salt-free seasoning products available at grocery stores to help you kick the salt habit!
 - Limit your intake of high-sodium fast foods, pizza, frozen meals, canned soups and broths, canned vegetables with added salt, salty snacks (like chips), lunchmeats, and processed cheeses (like cottage, American, Velveeta, Cheese Whiz, and cheese spreads/dips).
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READING FOOD LABELS

- Watch for these ingredients on labels: Sodium (Na), salt (NaCl), brine (salt and water), sea salt, monosodium glutamate (MSG), sodium nitrate, sodium bicarbonate (baking soda), baking powder, sodium propionate, sodium benzoate, sodium caseinate, sodium phosphate, disodium inosinate, and meat stock.
- Look for:

Reduced Sodium	25% less sodium than the original product
Low Sodium	< 140 mg per serving
Sodium Free	No sodium
- Try to choose foods and beverages with less than 300mg of sodium per serving. The serving size is determined by the manufacturer and can be found at the top of the Nutrition Facts Label.

2000mg Sodium Diet

Food Item	Choose More Often	Choose Less Often
Bread/Cereal/ Grains/Pasta (6 oz per day)	100% whole grain versions of: breads, English muffins, bagels, dinner rolls, tortillas, pita bread, pasta, frozen waffles, low-sodium crackers, rice, oatmeal, any whole grain low-sugar cereal that provides 5gm fiber per serving, brown or wild rice, low- sodium or homemade bread crumbs	Breads, rolls, and crackers with salted tops, instant hot cereals, pancake mix, stuffing mix, biscuit mix, regular bread crumbs or cracker crumbs, potato, rice or pasta box mixes
Fruits (2 cups per day)	All fruits: fresh, canned, frozen, dried or juice	Fruits processed with salt or sodium
Vegetables (3 cups per day)	Fresh or frozen vegetables, low-sodium canned vegetables, low-sodium tomato juice/V-8	Regular canned vegetables, tomato juice/V-8, pickles, olives, any pickled vegetable, sauerkraut
Dairy Products (3 cups per day)	Skim, 1%, 2% milk, low-sodium cheeses, low-sodium ricotta and cottage cheese, low-fat yogurt, Swiss cheese	Buttermilk (1cup/wk), chocolate milk, milkshake, regular cheeses, regular cottage cheese, processed American cheese, Cheese Whiz, cheese sauce, Velveeta
Meats/Meat Alternatives, Fish, Poultry, Dried Beans, Eggs (up to 6 oz per day)	Any lean fresh or frozen beef, lamb, pork, chicken, turkey, fish and shrimp, low-sodium canned tuna, canned salmon (rinsed), eggs and egg substitutes, unsalted nuts and seeds, low-sodium peanut butter, beans and legumes, low-sodium soy products	Any smoked, cured, salted, koshered or canned meat, fish or poultry including: bacon, ham, sausage, lunch meats, hot dogs, chipped beef, sardines, anchovies, pickled meats or fish, pickled eggs, salted nuts or seeds
Snacks	Popcorn with out butter or salt, low-fat, low-sodium microwave popcorn, unsalted tortilla chips, animal crackers, fig newtons	Regular potato chips, tortilla chips, baked potato chips, popcorn, pretzels, cheese puffs, cheese crackers
Condiments	Salt free spices, fresh herbs, pepper, low-fat salad dressings, vinegar, flavored vinegars, lemon or lime juice, hot pepper sauce, low-sodium soy sauce, low-sodium ketchup, mustard	Table salt, any seasoning made with salt including garlic salt, celery salt, onion salt, seasoned salt, sea salt, rock salt and kosher salt, Worcestershire sauce, regular soy sauce, meat tenderizers, teriyaki sauce, steak sauce, barbecue sauce, bouillon, MSG, bacon bits, salad dressings, bottled marinades, seasoned rice vinegar
Prepared Foods	Frozen dinners (<500 mg sodium per serving), low-sodium canned soups, homemade soup without added salt	Frozen dinners, regular canned soups, fast food, pizza, packaged foods, Ramen noodles, instant soup mixes, sauce or gravy mixes

Salt Free Seasonings

For all seasoning recipes, mix all ingredients and store in an airtight container in a cool dark place or the refrigerator unless recipe specifies otherwise.

HERB SEASONING

1/2 tsp. cayenne pepper
1 Tbsp. garlic powder
1 tsp. basil
1 tsp. marjoram
1 tsp. thyme
1 tsp. dried parsley
1 tsp. savory
1 tsp. mace
1 tsp. onion powder
1 tsp. pepper
1 tsp. sage

Use in a shaker at the table in place of salt. Good on casseroles, stews, vegetables and meats. Makes about 1/3 cup.

PEPPED UP PARSLEY PEPPER

2 Tbsp. lemon pepper seasoning
1 Tbsp. onion powder
1 Tbsp. dried parsley flakes
1-2 tsp. garlic powder

CHILI POWDER

3 tbs. paprika
2 tsp. oregano
1 tsp. cumin
1 tsp. tumeric
1 tsp. garlic powder
1/4 tsp. cayenne pepper

Use in place of packaged chili powder mixes.

ITALIANO BLEND

1 Tbsp. oregano
1 Tbsp. basil
1½ tsp. onion powder
1½ tsp. thyme
1 tsp. garlic powder
1 tsp. black pepper

LEMON SEASONING

Grated peel of half a lemon
2 tsp. dry parsley flakes
1/2 tsp. garlic powder
1/2 tsp. oregano or basil
1/2 tsp. marjoram
1/4 tsp. allspice
1/4 tsp. black pepper

Store in refrigerator in an airtight container. Use on meat, poultry, or fish before broiling or baking.

ALL PURPOSE SPICE BLEND

5 tsp. onion powder
1 Tbsp. garlic powder
1 Tbsp. paprika
1 Tbsp. dry mustard
1 tsp. thyme
1/2 tsp. pepper
1/2 tsp. celery seed

Tips for Making Low-Sodium Choices When Dining Out

- Expect restaurant foods to be higher in sodium than what you prepare at home. Even the spreads and butter that comes with your bread basket has added salt.
- Most chain restaurants will have nutrition information available about their menu items so you can select foods that are lower in sodium. Ask for a nutrition fact brochure while at the restaurant or visit the restaurant's web page on-line to look up the information at home before you go to the restaurant.
- Budget your sodium intake when you know you will be dining out. Make lower sodium food choices for your other meals of the day, anticipating a higher sodium intake when dining out.
- When ordering your menu item, request that your foods be prepared without any added salt, marinades, butters or seasonings that contain salt. For example ask for your grilled meats, fish and poultry without added salt. If the food has been pre-marinated, breaded or brined, the salt cannot be removed.
- Try to limit menu items such as soups, mashed potatoes, rice pilaf, casseroles, lasagna, or entrees with sauces, gravies, breading or processed cheese. These foods are already prepared which means you have less control of the sodium content.
- Ask for sauces, gravies or dressing on the side, so you control how much of these foods are added to your menu item.
- Do not add salt or other high sodium condiments such as soy sauce to your foods at the table.
- Limit intake of smoked or cured foods like smoked salmon or ham, salami, pastrami, turkey breast, and other lunchmeats.
- Select fresh foods such as salads, fresh vegetable plates or fresh fruit cups more often.
- Eat half or a third of the entrée and take the other portion home for another meal. Smaller portions also mean a lower sodium intake.

High Potassium Foods

Potassium is a mineral your body needs to survive. What is potassium's role in the body?

- Regulates the balance of fluid in the body
- Transmits nerve signals
- Helps muscles contract
- Keeps the heart beating
- Regulates blood pressure along with calcium and magnesium

Adults need *at least* 2,000mg potassium every day. The Institute of Medicine recommends 4,700mg potassium per day. Potassium is widely available in our food supply. Focus on fruits, vegetables, whole grains and lean meats for the best sources of potassium.

Food	Serving Size	Potassium (mg)
Baked potato with skin	1 medium	1,000
Sweet potato, baked	1 medium	1,000
Salmon	6 oz	750
Low-sodium tomato sauce	1 cup	750
Dates	10	541
Plain yogurt, low fat	1 cup	530
Low-sodium tomato juice	1 cup	521
Edamame (soy beans)	1/2 cup	500
Avocado	1/2 cup	500
Cantaloupe, cubed	1 cup	500
Halibut, baked	3 oz	490
Apricots, dried	10 halves	482
Swiss chard, cooked	1/2 cup	480
Orange juice	1 cup	474
Banana	1 medium	451
Winter squash, baked	1/2 cup mashed	448
Cod, baked	3 oz	440
Lean pork loin, broiled	3.5 oz	430
Milk, skim	1 cup	406
Dried beans, cooked (pinto, lima)	1/2 cup	400
Beets, cooked	1/2 cup	386
Lentils, cooked	1/2 cup	365
Low fat yogurt, fruit flavored	1 cup	358
Kidney beans, cooked	1/2 cup	356
Carrot, raw	1/2 cup	342
Grapefruit, red, pink or white	1 half	321
Spinach, raw, chopped	1 cup	312
Raisin Bran cereal	1 cup	300
Prunes	1/4 cup	300
Pumpkin pie	1 slice	289
Broccoli, cooked	1/2 cup	250
Raisins	1/4 cup	250
Peanut butter	2 Tbsp.	250

Cooking with Fresh Herbs

Beans (dried) – basil, cumin, cayenne, chili, mint, parsley, pepper, sage, savory, rosemary, thyme

Beef – basil, bay, chili, cilantro, curry, cumin, garlic, marjoram, mustard, oregano, parsley, pepper, rosemary, sage, savory, tarragon, thyme

Breads – anise, basil, caraway, cardamom, cinnamon, coriander, cumin, dill, garlic, lemon peel, orange peel, oregano, poppy seeds, rosemary, saffron, sage, thyme

Chicken – allspice, basil, bay, cinnamon, curry, dill, fennel, garlic, ginger, lemongrass, mustard, paprika, rosemary, saffron, sage, savory, thyme

Corn – chili, curry, dill, marjoram, parsley, savory, thyme

Eggs – basil, chervil, chili, chives, curry, dill, fennel, ginger, lemon peel, marjoram, oregano, paprika, parsley, pepper, sage, tarragon, thyme

Fish – anise, basil, bay, cayenne, celery seed, chives, curry, dill, fennel, garlic, ginger, lemon peel, mustard, oregano, parsley, rosemary, thyme, saffron, sage, savory, tarragon, marjoram

Fruits – allspice, anise, cardamom, cinnamon, cloves, coriander, ginger, mint

Lamb – basil, bay, cinnamon, coriander, cumin, dill, garlic, marjoram, mint, mustard, oregano, parsley, rosemary, savory, tarragon, thyme

Potatoes – basil, caraway, celery seed, chervil, chives, coriander, dill, marjoram, oregano, paprika, parsley, poppy seed, rosemary, tarragon, thyme

Salad Dressings – basil, celery seed, chives, dill, fennel, garlic, horseradish, marjoram, mustard, oregano, paprika, parsley, pepper, rosemary, saffron, tarragon, thyme

Salads – basil, caraway, chives, dill, garlic, lemon peel, lovage, marjoram, mint, oregano, parsley, rosemary, tarragon, thyme

Soups – basil, bay, chervil, chili, chives, cumin, dill, fennel, garlic, marjoram, parsley, pepper, rosemary, sage, savory, thyme

Sweets – allspice, angelica, anise, cardamom, cinnamon, cloves, fennel, ginger, lemon peel, mace, nutmeg, mint, orange peel, rosemary

Tomatoes – basil, bay, celery seed, cinnamon, chili, curry, dill, fennel, garlic, ginger, marjoram, oregano, parsley, rosemary, savory, tarragon, thyme