

<b>Prepared For:</b>		<b>Date:</b>	
<b>Prepared By:</b>		<b>Contact:</b>	

## Low-Sodium Nutrition Therapy

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Eating less sodium can help you if you have high blood pressure, heart failure, or kidney or liver disease.

Your body needs a little sodium, but too much sodium can cause your body to hold onto extra water. This extra water will raise your blood pressure and can cause damage to your heart, kidneys, or liver as they are forced to work harder.

Sometimes you can see how the extra fluid affects you because your hands, legs, or belly swell. You may also hold water around your heart and lungs, which makes it hard to breathe.

Even if you take medication for blood pressure or a water pill (diuretic) to remove fluid, it is still important to have less salt in your diet.

Check with your primary care provider before drinking alcohol since it may affect the amount of fluid in your body and how your heart, kidneys, or liver work.

### Sodium in Food

A low-sodium meal plan limits the sodium that you get from food and beverages to 1,500-2,000 milligrams (mg) per day. Salt is the main source of sodium. Read the nutrition label on the package to find out how much sodium is in one serving of a food.

- Select foods with 140 milligrams (mg) of sodium or less per serving.
- You may be able to eat one or two servings of foods with a little more than 140 milligrams (mg) of sodium if you are closely watching how much sodium you eat in a day.
- Check the serving size on the label. The amount of sodium listed on the label shows the amount in one serving of the food. So, if you eat more than one serving, you will get more sodium than the amount listed.

### Tips

#### Cutting Back on Sodium

- Eat more fresh foods.
  - Fresh fruits and vegetables are low in sodium, as well as frozen vegetables and fruits that have no added juices or sauces.
  - Fresh meats are lower in sodium than processed meats, such as bacon, sausage, and hotdogs.
- Not all processed foods are unhealthy, but some processed foods may have too much sodium.
- Eat less salt at the table and when cooking. One of the ingredients in salt is sodium.
  - One teaspoon of table salt has 2,300 milligrams of sodium.
  - Leave the salt out of recipes for pasta, casseroles, and soups.
- Be a smart shopper.
  - Food packages that say “Salt-free”, sodium-free”, “very low sodium,” and “low sodium” have less than 140 milligrams of sodium per serving.

- Beware of products identified as “Unsalted,” “No Salt Added,” “Reduced Sodium,” or “Lower Sodium.” These items may still be high in sodium. You should always check the nutrition label.
- Add flavors to your food without adding sodium.
  - Try lemon juice, lime juice, or vinegar.
  - Dry or fresh herbs add flavor.
  - Buy a sodium-free seasoning blend or make your own at home.
  - You can purchase salt-free or sodium-free condiments like barbeque sauce in stores and online. Ask your registered dietitian nutritionist for recommendations and where to find them.

## **Eating in Restaurants**

Choose foods carefully when you eat outside your home. Restaurant foods can be very high in sodium. Many restaurants provide nutrition facts on their menus or their websites. If you cannot find that information, ask your server. Let your server know that you want your food to be cooked without salt and that you would like your salad dressing and sauces to be served on the side.

## Foods Recommended

Food Group	Foods Recommended
<b>Grains</b>	Bread, bagels, rolls without salted tops Homemade bread made with reduced-sodium baking powder Cold cereals, especially shredded wheat and puffed rice Oats, grits, or cream of wheat Pastas, quinoa, and rice Popcorn, pretzels or crackers without salt Corn tortillas
<b>Protein Foods</b>	Fresh meats and fish; turkey bacon (check the nutrition labels - make sure they are not packaged in a sodium solution) Canned or packed tuna (no more than 4 ounces at 1 serving) Beans and peas Soybeans) and tofu Eggs Nuts or nut butters without salt
<b>Dairy</b>	Milk or milk powder Plant milks, such as rice and soy Yogurt, including Greek yogurt Small amounts of natural cheese (blocks of cheese) or reduced-sodium cheese can be used in moderation. (Swiss, ricotta, and fresh mozzarella cheese are lower in sodium than the others) Cream Cheese Low sodium cottage cheese
<b>Vegetables</b>	Fresh and frozen vegetables without added sauces or salt Homemade soups (without salt) Low-sodium, salt-free or sodium-free canned vegetables and soups
<b>Fruit</b>	Fresh and canned fruits Dried fruits, such as raisins, cranberries, and prunes
<b>Oils</b>	Tub or liquid margarine, regular or without salt Canola, corn, peanut, olive, safflower, or sunflower oils
<b>Condiments</b>	Fresh or dried herbs such as basil, bay leaf, dill, mustard (dry), nutmeg, paprika, parsley, rosemary, sage, or thyme. Low sodium ketchup Vinegar Lemon or lime juice Pepper, red pepper flakes, and cayenne. Hot sauce contains sodium, but if you use just a drop or two, it will not add up to much.  Salt-free or sodium-free seasoning mixes and marinades Simple salad dressings: vinegar and oil

## Foods Not Recommended

Food Group	Foods Not Recommended
<b>Grains</b>	<ul style="list-style-type: none"> <li>Breads or crackers topped with salt</li> <li>Cereals (hot/cold) with more than 300 mg sodium per serving</li> <li>Biscuits, cornbread, and other “quick” breads prepared with baking soda</li> <li>Pre-packaged bread crumbs</li> <li>Seasoned and packaged rice and pasta mixes</li> <li>Self-rising flours</li> </ul>
<b>Protein Foods</b>	<ul style="list-style-type: none"> <li>Cured meats: Bacon, ham, sausage, pepperoni and hot dogs</li> <li>Canned meats (chili, vienna sausage, or sardines)</li> <li>Smoked fish and meats</li> <li>Frozen meals that have more than 600 mg of sodium per serving</li> <li>Egg substitute (with added sodium)</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>Buttermilk</li> <li>Processed cheese spreads</li> <li>Cottage cheese (1 cup may have over 500 mg of sodium; look for low-sodium.)</li> <li>American or feta cheese</li> <li>Shredded Cheese has more sodium than blocks of cheese</li> <li>String cheese</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Canned vegetables (unless they are salt-free, sodium-free or low sodium)</li> <li>Frozen vegetables with seasoning and sauces</li> <li>Sauerkraut and pickled vegetables</li> <li>Canned or dried soups (unless they are salt-free, sodium-free, or low sodium)</li> <li>French fries and onion rings</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>Dried fruits preserved with additives that have sodium</li> </ul>
<b>Oils</b>	<ul style="list-style-type: none"> <li>Salted butter or margarine, all types of olives</li> </ul>
<b>Condiments</b>	<ul style="list-style-type: none"> <li>Salt, sea salt, kosher salt, onion salt, and garlic salt</li> <li>Seasoning mixes with salt</li> <li>Bouillon cubes</li> <li>Ketchup</li> <li>Barbeque sauce and Worcestershire sauce unless low sodium</li> <li>Soy sauce</li> <li>Salsa, pickles, olives, relish</li> <li>Salad dressings: ranch, blue cheese, Italian, and French.</li> </ul>

## Low Sodium Sample 1-Day Menu

<b>Breakfast</b>	1 cup cooked oatmeal 1 slice whole wheat bread toast 1 tablespoon peanut butter without salt 1 banana 1 cup 1% milk
<b>Lunch</b>	Tacos made with: 2 corn tortillas ¼ cup black beans, low sodium ½ cup roasted or grilled chicken (without skin) ¼ avocado Squeeze of lime juice 1 cup salad greens 1 tablespoon low-sodium salad dressing ¼ cup strawberries 1 orange
<b>Afternoon Snack</b>	1/3 cup grapes 6 ounces yogurt
<b>Evening Meal</b>	3 ounces herb-baked fish 1 baked potato 2 teaspoons olive oil ½ cup cooked carrots 2 thick slices tomatoes on: 2 lettuce leaves 1 teaspoon olive oil 1 teaspoon balsamic vinegar 1 cup 1% milk
<b>Evening Snack</b>	1 apple ¼ cup almonds without salt

## Low-Sodium Vegan Sample 1-Day Menu

<b>Breakfast</b>	1 cup cooked oatmeal 1 tablespoon peanut butter without salt 1 cup blueberries 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
<b>Lunch</b>	1 small whole wheat pita ½ cup cooked lentils 2 tablespoons hummus 4 carrot sticks 1 medium apple 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
<b>Evening Meal</b>	Stir fry made with: ½ cup tofu 1 cup brown rice ½ cup broccoli ½ cup green beans ½ cup peppers ½ tablespoon peanut oil 1 cup cantaloupe
<b>Evening Snack</b>	1 cup soy yogurt ¼ cup mixed nuts

## Low-Sodium Vegetarian (Lacto-Ovo) Sample 1-Day Menu

<b>Breakfast</b>	1 cup cooked oatmeal 1 slice whole wheat toast 1 tablespoon peanut butter without salt 1 banana 1 cup 1% milk
<b>Lunch</b>	Tacos made with: 2 corn tortillas ¼ cup black beans, low sodium ½ cup roasted or grilled chicken (without skin) ¼ avocado Squeeze of lime juice 1 cup salad greens 1 tablespoon low-sodium salad dressing ¼ cup strawberries 1 orange
<b>Evening Meal</b>	Stir fry made with: ½ cup tofu 1 cup brown rice ½ cup broccoli ½ cup green beans ½ cup peppers ½ tablespoon peanut oil 1 orange 1 cup 1% milk
<b>Evening Snack</b>	4 strips celery 2 tablespoons hummus 1 hard-boiled egg



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## Sodium (Salt) Content of Foods

- Eating more than the serving size for a moderate or low-sodium food will make it a high-sodium food. Foods made with high-sodium foods will also be high in sodium.
- Unless otherwise noted, all foods are cooked: meat is roasted, fish is cooked with dry heat, and vegetables are cooked from fresh. Fruit is raw.
- This is a guide. Actual values may vary depending on product and/or processing. Canned and processed foods may have a higher sodium content.
- Values are rounded to the nearest 5-milligram (mg) increment and may be averaged with similar foods in the group.

### High Sodium (more than 300 mg)

Food	Serving	Milligrams (mg)
Bacon	2 slices	300
Bagel, 4": egg	1 each	450
Bagel, 4": plain, onion, or seeded	1 each	400
Barbecue sauce	2 Tbsp	350
Beans, baked, plain	½ cup	435
Beans, garbanzo	½ cup	360
Beans, kidney, canned	½ cup	440
Beans, lima, canned	½ cup	405
Beans, white, canned	½ cup	445
Beef, dried	1 oz.	790
Biscuit, 2½"	1 each	350
Catsup	2 Tbsp	335
Cheese, American	1 oz	400
Cheese, cottage	½ cup	460
Cheese, feta	1 oz	315
Corn, creamed, canned	½ cup	365
Croissant	2 oz	425
Fish, salmon, canned	3 oz	470
Fish, salmon, smoked	3 oz	670
Fish, sardines, canned	3 oz	430
Frankfurter, beef or pork	1 each	510
Ham	3 oz	1,125
Lobster	3 oz	325



Miso	½ cup	1,280
Mushrooms, canned	½ cup	330
Pickle, dill	1 large	570
Potatoes, au gratin or scalloped	½ cup	500
Pretzels	1 oz	400
Pudding, instant, chocolate, prepared with milk	½ cup	420
Salad dressing, Italian, commercial	2 Tbsp	485
Salami, dry or hard	1 oz	600
Salt, table	1 tsp	2,325
Sauerkraut, canned	½ cup	780
Soup, canned	1 cup	700-1,000
Soy sauce	1 Tbsp	900
Spinach, canned, drained	½ cup	345
Teriyaki sauce	1 Tbsp	690
Tomato or vegetable juice, canned	½ cup	325
Tomato sauce, canned	½ cup	640
Tomato sauce, spaghetti or marinara	½ cup	510
Vegetable or soy patty	1 each	380

## Moderate Sodium (140-300 mg)

Food	Serving	Milligrams (mg)
Asparagus, canned	4 spears	205
Beans, green or yellow, canned	½ cup	175
Beets, canned	½ cup	160
Bologna, pork and beef	1 oz	210
Bread, pita, 4"	1 each	150
Bread, pumpnickel or rye	1 slice	215
Bread, white	1 slice	170
Carrots, canned	½ cup	175
Cereal, raisin bran	½ cup	175
Cheese: muenster, mozzarella, cheddar	1 oz	175
Cheese, Parmesan	2 Tbsp	150
Cheese, provolone, part-skim	1 oz	250
Cheese, ricotta	½ cup	155
Corn, canned	½ cup	285
Crab, canned	3 oz	240
English muffin	1 each	250
French fries	10 fries	200

Greens, beet	½ cup	175
Milk, buttermilk	1 cup	260
Milk, chocolate	1 cup	165
Milkshake	8 oz	240
Muffin	2 oz	250
Nuts, mixed, salted	1 oz	190
Olives, ripe, canned	5 large	190
Pancake or waffle, 4"	1 each	240
Peanuts, salted	1 oz	230
Peas, green, canned	½ cup	215
Potato chips	1 oz	190
Potatoes, mashed, prepared from dry mix	½ cup	170
Pudding, ready-to-eat	½ cup	160
Pudding, vanilla, from mix	½ cup	225
Roll, hot dog or hamburger	1 each	205
Salad dressing	2 Tbsp	200-300
Salsa	2 Tbsp	195
Sausage, pork	1 oz	200
Tomatoes, canned	½ cup	170
Tomatoes, stewed, canned	½ cup	280
Tortilla, flour, 6"	1 each	205
Tuna, canned in water	3 oz	290
Yogurt, plain or fruited	8 oz	100-175

## Low Sodium (less than 140 mg)

Food	Serving	Milligrams (mg)
Bread, Italian	1 slice	120
Bread, wheat	1 slice	130
Butter, salted	1 Tbsp	90
Cereal, breakfast: corn, bran, or wheat	½ cup	100-150
Cheese, Swiss	1 oz	55
Egg substitute, liquid	¼ cup	120
Egg, whole	1 large	70
Fish: pollock, swordfish, perch, cod, halibut, roughy, salmon	3 oz	60-100
Frozen yogurt	½ cup	65
Gelatin, prepared from mix	½ cup	100
Ice cream	½ cup	55
Margarine, regular	1 Tbsp	135

Milk, all types	1 cup	100
Milk, evaporated, canned	½ cup	135
Mustard	1 tsp	55
Peanut butter	1 Tbsp	75
Peas, green, frozen	½ cup	60
Seeds, sunflower	1 oz	115
Soy milk	1 cup	125
Spinach	½ cup	65
Spinach, frozen	½ cup	90
Sweet potato, baked in skin	1 medium	40
Turkey, light or dark meat	3 oz	60
Yogurt, plain or fruited	8 oz	100-175

## Very Low Sodium (less than 35 mg)

Food	Serving	Milligrams (mg)
Apricots, canned	½ cup	5
Beef, ground	1 oz.	20
Beer, regular	12 oz	15
Broccoli	½ cup	30
Broccoli, raw	½ cup	15
Brussels sprouts	½ cup	15
Cabbage, raw or cooked	½ cup	5
Carbonated beverages	12 oz	20-40
Cauliflower	½ cup	10
Cauliflower, raw	½ cup	15
Dried beans and peas	½ cup	5-20
Greens: beet, collard, mustard	½ cup	10-20
Honeydew	½ cup	30
Lettuce, leaf	1 cup	15
Noodles	½ cup	10
Oatmeal	½ cup	5
Peaches, canned	½ cup	5
Pears, canned	½ cup	5
Pork	1 oz	25
Potato, baked with skin	1 medium	20
Rice, brown or wild	½ cup	5
Sherbet	½ cup	35
Soybeans	½ cup	15

Spinach, raw	1 cup	25
Tofu, firm	¼ cup	10
Wine, table, all types	5 oz	10

## Sodium Free (less than 5 mg)

Food	Serving
Avocado	1 oz
Beans: navy, black, pinto	½ cup
Nuts: almonds, pecans, or walnuts, unsalted	1 oz
Oil, all types	1 Tbsp
Popcorn, air popped	1 cup
Raisins, seedless	¼ cup
Rice, white	½ cup
Tomato, raw	1 medium
Fruit and juices not previously listed	1 piece or ½ cup
Vegetables not previously listed	½ cup

Sources: US Department of Agriculture Agricultural Research Service. USDA National Nutrient Database for Standard Reference and Nutrient Data Laboratory; NutritionData.com. Nutrition Facts and Information.

### Notes