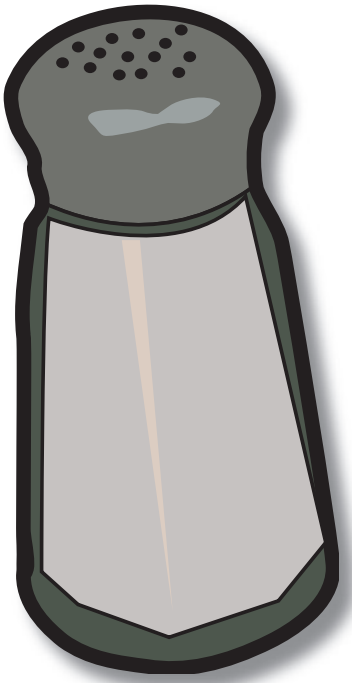


Your doctor recommends you control the amount of sodium in your diet. The National Institute of Health (NIH) recommends that the daily allowance of sodium be limited to 2,400 mg or less. Your specific sodium allowance may be more restrictive than this level. You, your doctor, and a registered dietitian will review the foods you are eating and make recommendations for a sodium-controlled diet.

What is Sodium?

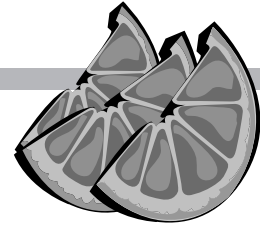


Sodium is a mineral that is essential for good health. All foods and beverages contain some amount of sodium, both natural and added.

- **Natural Sodium:** Natural sodium is found in table salt (sodium chloride), fresh meats, poultry, fish, vegetables, fruits, potatoes, and rice.
- **Added Sodium:** Added sodium is found in large amounts in many processed foods.
- **Note:** Be patient; it will take your taste buds several weeks to adjust to the taste of a sodium-controlled diet.

Tips for Reducing Sodium in Your Diet

choose
fresh fruits



- Remove the saltshaker from your table and stove.
- Read food labels on packaging for sodium content. (See page 5 for food label reading.) Guidelines are as follows:

Low Sodium: under 140 mg sodium per serving

Moderate Sodium: 140-400 mg sodium per serving

High Sodium: over 400 mg sodium per serving

- Choose fresh or frozen fruits and vegetables.
- Choose fresh meat, poultry, and fish.
- Choose foods labeled “low sodium,” “sodium free,” or “salt free” products.
- Check with your doctor before using a salt substitute, especially a potassium-based salt substitute.
- Ask your pharmacist for the ingredient list for specific drugs (antacid/seltzer containing drugs).
- Do not add any salt to the meals you prepare.
- Do not add any salt to the water used to cook pasta or vegetables.
- Avoid foods that have salt that you can see (for example, pretzels, chips, and crackers).
- Avoid high sodium choices in fast foods and restaurant meals.

choose
fresh vegetables



CHOOSE these foods

AVOID these foods

Meat, Fish, Poultry, Eggs, Legumes/ Beans

*Fresh fish, meat, poultry
Eggs: cooked unsalted, egg white
and/or egg substitute
Low sodium canned tuna, fish,
meats or beans
Low sodium nut butters, soy
butters, unsalted nuts and soynuts,
dry beans, peas, legumes, tofu and
other low sodium soy products*

*Ham, bacon, sausages, hot
dogs/frankfurters, luncheon
meats, cured/smoked meats,
frozen "TV" dinners, frozen pot
pies, sushi, anchovies, caviar,
salted canned beans*

Dairy Products

*Cheese: lower sodium cheeses
Milk, yogurt*

*Cheese: Processed cheeses,
cottage cheese, and other high
sodium cheeses*

Breads

*Low sodium bread, unsalted
pretzels, unsalted popcorn, and
crackers*

*Salted pretzels, crackers,
croutons, and salted popcorn*

Potatoes, Rice, Noodles

*White potato, sweet potato, yam,
rice, noodles, macaroni, spaghetti*

*Salted potato chips, salted
french fries, pizza, commercial
products made with salt
or sodium added, such
as prepared boxed foods
(seasoned rices or stuffing
mixes)*

Cereals

Low sodium hot and dry cereals

*High sodium cereals (hot and
dry), instant hot cereal*

Soups

*Low sodium broth, cream soups,
bouillon, unsalted homemade
soups*

*Regular bouillon, consommé,
regular canned and package
soups, salted soups*

Fruits, Vegetables

*Fresh, frozen fruits and vegetables,
unsalted low sodium canned
vegetables*

*Cured vegetables such as olives,
pickles, sauerkraut, canned
tomatoes*

(continued)

CHOOSE these foods

AVOID these foods

Desserts

Fruits, sorbet, sherbet, frozen dairy desserts (ice cream/frozen yogurt), home-made desserts with less sodium or no sodium

High sodium desserts

Sugars, Sweets

Sugar, honey, jam, jelly, candy

High sodium sweets

Beverages

Coffee, tea, fruit juices, soft drinks, and low sodium tomato and vegetable juices

Tomato juice, vegetable juice, mineral water, softened water

Condi- ments/ Misc.

*Season with spices and herbs: cayenne, ground chili peppers, fresh or dried herbs, garlic
Use lemon or lime juice, vinegar, pepper, chives, pure spices, garlic and onion powder, dry mustard, chili powder, rosemary, sage, paprika, basil, bay leaf, caraway seeds, ginger, tabasco sauce, salt substitute with doctor's permission
Use cocoa, extracts, anise seed, and cinnamon*

Chili sauce, salt, catsup, prepared mustards, pickles, olives, relishes, soy sauce, seasoned salts, celery flakes, monosodium glutamate (MSG), garlic salt, horseradish, teriyaki sauce, meat sauces, meat tenderizers, mixed spices, regular baking powder and soda

Fats, Oils

*Low sodium margarine or butter
Vegetable oils, unsalted nuts, and low sodium nut butter
Low sodium gravies, sauces, salad dressings, and mayonnaise*

Canned meat sauces, salted gravies and sauces, packaged meat sauces, salted nuts, commercial salad dressings, party spreads and dips, bacon fat, salt pork

Cooking with Seasonings and Flavors

To adjust your taste buds, use different seasonings and flavors. Here are some helpful tips on cooking with less sodium:

- Think spicy, not salty. Add cayenne or ground chili peppers to spice up your foods.
- Season foods with herbs, spices, lemon or lime juice. Use fresh or dried herbs and spices instead of seasoning mix packets.
- Flavor with vinegars (red wine vinegar, rice vinegar, or balsamic vinegar).
- Add plain garlic and onion powder rather than the salted versions.

Reading a Food Label

Eating 1 cup of this food product contains 660 mg of sodium, which is 28% of the U.S. recommended sodium allowance of 2,400 mg per day. Because this is a high sodium product, you would not be allowed to eat any more food at this meal. You may want to reconsider eating this food.

Nutrition Facts			
Serv. Size: 1 cup (228g)		Servings Per Container 2	
Amount per serving:			
Calories 260		Calories from Fat 120	
		% Daily Value*	
Total Fat	13g		20%
<i>Saturated Fat</i>	5g		25%
Cholesterol	30mg		10%
Sodium	660mg		28%
Total Carbohydrate	31g		10%
<i>Dietary Fiber</i>	0g		0%
<i>Sugars</i>	5g		
Protein	5g		
* Percent Daily Values are based on a 2,000 calorie diet			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
<i>Sat. Fat</i>	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
<i>Dietary Fiber</i>		25g	30g
Calories per gram: Fat 9, Carbohydrate 2, Protein 4			

conversion table: 1 gram = 1000 milligrams (mg)

More Ways to Learn

1. Visit www.cpmc.org, click on “Learning About Your Health,” and then “Patient Education.” Search under the broad health topic “Food and Nutrition.”
2. Visit the American Heart Association Web site at www.americanheart.org.
3. Go to www.eatright.org - the American Dietetic Association Web site. Click on the link to “Food and Nutrition Information.”
4. Visit the National Heart, Lung, and Blood Institute Web site and review the DASH diet eating plan. Go to: www.nhlbi.nih.gov/health/public/heart/hbp/dash/

Frequently Asked Questions

- 1. When reading a food label, do the words “reduced sodium” and “light in sodium” really mean it is a reduced sodium product?** “Reduced sodium” means the sodium content is reduced by 25%. “Light in sodium” means the sodium content is reduced by 50%. Be aware these foods can still be high in sodium. Check the sodium content. For example: Regular Soy Sauce 1 Tablespoon = 1,000 mg and Light Soy Sauce 1 Tablespoon = 500 mg
- 2. How many milligrams (mg) are found per serving in a “low sodium” product?** 140 mg or less sodium per serving is considered a “low sodium” product.
- 3. Does “low sodium,” “unsalted” or “no added salt” on a food label mean that the product will contain no sodium?** No, it means the food product will contain some sodium, but you need to know the amount. Read the food label to find the specific amount of sodium content per serving. Compare and choose the product with the least sodium content.

Developed & Approved by: Shahla Cano, RD, Mary Ellen Di Paola, RD, CDE, Rozane Gee, RD, MS, CDE, Merle Norman, MS, Mary Pasquali, RD, MS, CNSD, Dayna Ramlan, RN, CDE, Jane Tien, MS, RD, CSR, CNSD, Sharon Urbiztondo, RD, CNSD. Date: 11/04.

Reviewed by: Richard Francoz, MD, Evelyn Taverna, RN, MS, CNS, Department of Outcomes Management.

Produced by: Adrienne Paolini, RN, OTR, Cathy Camenga, RN, MS, James Yoon, Bruce Smith, Center for Patient and Community Education, California Pacific Medical Center, San Francisco, CA.

© 2004 California Pacific Medical Center.

Graphic Illustrations by: Jodi Hassig of Bioscience Design.

Funded by: A generous donation from the Mr. and Mrs. Arthur A. Ciocca Foundation.

Note: The information provided in this material is intended to provide readers with accurate and timely information. It is not intended to substitute for information and personal medical advice, which you need to obtain directly from your doctors. If you have any additional questions related to treatment or the risks and benefits of treatment mentioned in this work, please direct these questions to your doctors.