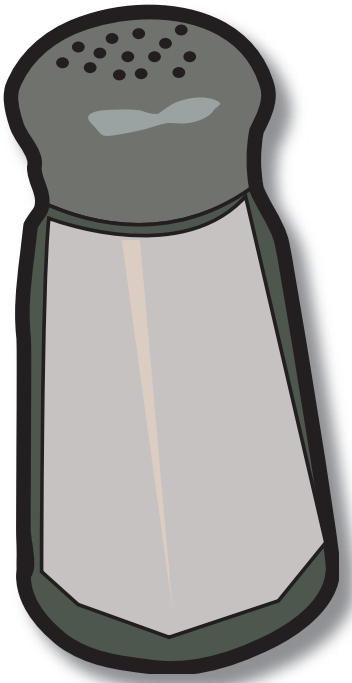


**Your doctor recommends you control the amount of sodium in your diet.** The National Institute of Health (NIH) recommends that the daily allowance of sodium be limited to 2,400 mg or less. Your specific sodium allowance may be more restrictive than this level. You, your doctor, and a registered dietitian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

## What is Sodium?

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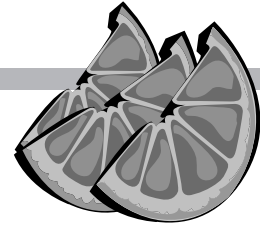
**Sodium is a mineral that is essential for good health.** All foods and beverages contain some amount of sodium, both natural and added.

- **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

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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: <b>1 cup</b> (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%
<b>Sodium</b>	<b>660mg</b>		<b>28%</b>
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
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
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](http://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](http://www.americanheart.org).
3. Go to [www.eatright.org](http://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/](http://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.

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Graphic Illustrations by: Jodi Hassig of Bioscience Design.

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

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