

Pass the Salt Up...Removing Excess Sodium from Your Eating Plan

Why Limit Sodium?

- Help prevent or reduce high blood pressure, which can...
- Reduce your risk for heart disease and stroke

Where's the Sodium?

- Processed, convenience foods
- Salt added during food preparation
- Salt added at the table

Goal:

- Limit total sodium intake to 2400 milligrams (mg) per day, or about 1 teaspoon of table salt (sodium chloride).
- Your doctor may recommend a lower goal if you have high blood pressure.

At the Store:

- Check out the labels for lower sodium foods:
 - Sodium Free - Less than 5mg per serving
 - Low Sodium - 140mg or less per serving
 - Very Low Sodium - 35mg or less per serving
 - Reduced or Less Sodium - At least 25% less per serving than reference food
 - Light in Sodium - If food is "Low Calorie" and "Low Fat" and sodium is reduced by at least 50%
 - Unsalted
- Be *wary* of these foods:
 - Breaded fish, poultry and meats
 - Most cheeses, including cottage cheese and cheese spreads
 - Instant hot cereals and many ready-to-eat cereals
 - Boxed and flavored mixes of rice, potatoes, macaroni and cheese, instant noodles, couscous
 - Canned vegetables
 - Frozen vegetables in sauces
 - Soups – instant, canned & jarred, including broth and bouillon
 - Seasonings made with salt, celery salt, garlic salt, onion salt
 - Sauces, gravies and instant sauce and gravy mixes

- Canned seafood – tuna, sardines, mackerel, sardines, anchovies, oysters, caviar, crab
- Snack foods – chips, crackers, salted nuts, pork rinds, pretzels
- Pickled foods like olives, pickles, relish, sauerkraut, herring
- Condiments – ketchup, soy sauce, steak sauce, teriyaki sauce, salad dressings, barbecue sauce, mayonnaise, mustard, chili sauce, Worcestershire sauce
- Frozen dinners, meal mixes, pot pies, and pizza
- Smoked, salted or cured meats such as bacon, ham, hot dogs, bologna, salami, pepperoni, luncheon meats, sausage, corned beef, chipped beef; meats koshered by salting
- Buttermilk, butter, salt pork
- Select these foods more often:
 - Vegetable oils
 - Fresh or frozen fruits
 - Fresh, frozen (no sauce) or no salt added canned vegetables
 - Skinless poultry, lean cuts of meat, fresh or frozen (not breaded) fish and shellfish
 - Plain rice, noodles, couscous, quinoa and other grains
 - Reduced or low sodium soups, broth, bouillon
 - Salt-free spices and herbs like garlic powder, onion powder, basil, oregano, sage, thyme, cilantro, cumin, pepper, mint, etc.
 - Zippy flavorings such as vinegar, lemon or lime juice
 - Some hot cereals and lower sodium ready-to-eat cereals
 - Nonfat, low fat (1%) or evaporated skim milk

During Food Preparation:

- Use less salt or NO salt when preparing foods
- Drain and rinse canned foods such as tuna or beans, to remove some sodium.
- Try these fresh or dried herbs and spices to enhance flavor instead of salt:
 - Allspice – ground meats, stews, tomatoes, peaches
 - Almond extract – puddings, fruits
 - Basil – eggs, fish, lamb, beef, stews, salads, soups, sauces
 - Bay leaves – meats, stews, chicken, turkey, soups, tomatoes
 - Chives – eggs, salads, sauces, soups, meats, vegetables, rice
 - Cider vinegar – salads, vegetables, potatoes, sauces
 - Cilantro – meats, chicken, fish, tomatoes, rice, pasta
 - Cinnamon – fruits, bread
 - Curry powder – meats, chicken, fish, tomatoes

- Dill weed – fish, soups, potatoes
- Garlic – meats, poultry, fish, vegetables, rice, pasta
- Ginger – chicken, fish, fruits
- Mustard powder – ground meats, salads, sauces, potatoes
- Nutmeg – fruits, potatoes
- Paprika – meats, fish, stews, sauces, soups, vegetables
- Parsley – meats, fish, stews, sauces, soups, salads, vegetables
- Rosemary – chicken, veal, meats, potatoes, bread, pasta
- Sage – meats, stews, biscuits, tomatoes, green beans
- Savory – salads, eggs, meats, soups, green beans, tomatoes
- Tarragon – poultry, meats
- Thyme – eggs, meats, sauces, soups, vegetables, tomatoes

At the Table:

- Remove the salt shaker from the table
- At restaurants, avoid sauces and condiments; ask that salt not be used in preparing your food
- Spice it up with these condiments instead of salt:
 - Black pepper (freshly ground, if possible, for best flavor)
 - Hot pepper sauce
 - Crushed red pepper
 - Garlic powder
 - Onion powder

Adapted From: Your guide to lowering blood pressure; Spice up your life! Eat less salt and sodium; and Cut down on salt and sodium. In: Heart and vascular diseases - High blood pressure. National Heart, Lung and Blood Institute, Department of Health and Human Services, National Institutes of Health:

<http://www.nhlbi.nih.gov/health/public/heart/index.htm>