

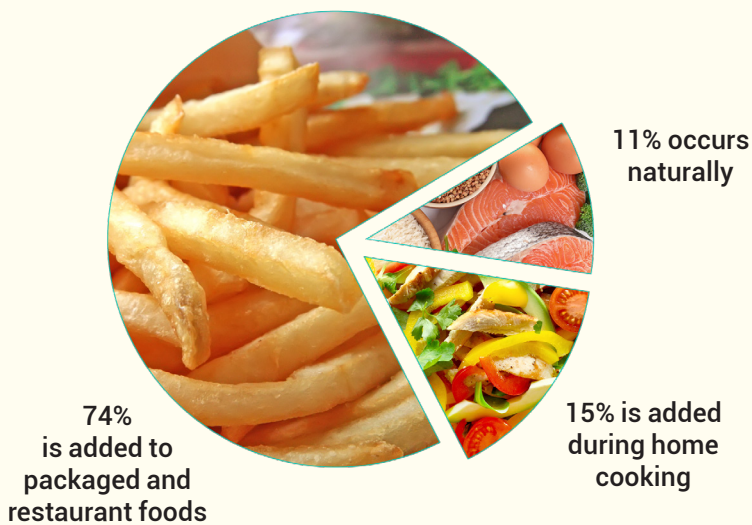
# Sodium and Your Health



**Sodium is a mineral** that our body needs in small amounts to keep our fluids balanced. Typically, we get it in the form of salt. Most people get more sodium than their bodies need.

If you have kidney disease, high blood pressure, or heart disease, ask your health care provider what the right amount of sodium is for you.

## Where is sodium in food?



**Reducing sodium can help lower your blood pressure and reduce your risk for heart disease, stroke, and kidney disease.**

## What about salt substitutes?

Potassium chloride is a common salt substitute. Talk with your provider before using a salt substitute. People with kidney disease are at risk for having potassium levels either too high or too low.

## Ways to Reduce Sodium

- Look for foods labeled "No Added Salt," "Low Sodium," "Reduced Sodium," and/or "Lightly Salted." 
- Eat more fruits and vegetables.
- Prepare meals with low sodium ingredients.
- Rinse canned vegetables, meat/fish, and beans to remove some of the sodium.
- Prepare traditional foods with less or no salt.
- Eat a smaller portion of a high sodium food or have it less often.
- Use herbs, spices, and sodium-free seasonings in place of salt.
- Look for hidden sources of sodium in sports and energy drinks, vegetable juice, and cottage cheese.

## Sodium impacts people with kidney disease

Kidney disease is when your kidneys are damaged and have difficulty removing sodium from the body. This may raise blood pressure and cause water retention. Talk with your provider about the right blood pressure goal for you.

A deli or bologna sandwich can be high in sodium. Choose a low sodium food like egg salad, or peanut butter and jelly.



# Ideas for Reducing Foods High in Sodium

Makes changes slowly and your taste will adjust to having less salt.



## Swap This

### Packaged and Restaurant Food

#### Cured meat

- Sausage and bacon
- Ham, hot dogs, and deli meat

#### Soups

- Canned or instant noodles
- Broth or bouillon

#### Instant meals

- Flavored rice and noodles
- Pancake or muffin mixes
- Canned stews
- Frozen meals like pot pies

#### Snacks

- Chips, pretzels, and crackers
- Salted nuts and seeds

#### Fast food and restaurant meals

- Pizza, burgers, and fries
- Pastas, tacos, and more



## For That

### Fresh and Low Sodium Food

#### Fresh meat

- Bison, elk, deer, moose, and caribou
- Lean beef, poultry, or seafood

#### Soups from scratch

- Made with low sodium ingredients
- Homemade broth

#### Grains

- Rice and pasta
- Hot cereal without salt

#### Snacks

- Home popped popcorn
- Unsalted nuts and seeds

#### Other homemade meal ideas

- Wraps or sandwiches made with leftover meat or eggs
- Omelet with veggies and herbs
- Chili and stews



**Read the Nutrition Facts label.** Compare and choose foods with the lowest Percent Daily Value for sodium: 5% is low and 20% is high.\*

### What is the daily sodium limit?

The recommended daily limit for most adults is 2,300 mg of sodium, which is about 1 teaspoon of salt from all foods and drinks. On average, people in the U.S. get 3400 mg per day, or 50% higher than the adult limit.

Check the number and size of servings in the package.

\* These numbers tell you the percent Daily Value for sodium. The percent sodium for this food item is high.

## Nutrition Facts

2 Servings Per Container	
Serving Size	8 fl. oz. (1 cup)
Amount per serving	
<b>Calories</b>	<b>260</b>
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
<b>Sodium 660mg</b>	<b>28%</b>
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 5g	
Vitamin A	4%
Calcium	15%
Iron	4%
Vitamin C	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Try the **DASH Eating Plan**, proven to help lower blood pressure. Learn more at, [DASH – Dietary Approach to Stop Hypertension](#)

Looking for healthy recipes low in sodium?  
[See My Plate.gov](#)

