







Lowering Your Sodium Intake

| Principles | Foods of Concern | Action Plan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--|--|--|--|--|--------------------|--|-------------|----------------------|------------------------|--|-----------------------|----|--------------------|----|--------------|--|-------------------------|--|--------------|-----|------------------------------|----|------------------|----|-----------|--|-------------------|--|---|
| <p>Prepare Food without adding Sodium</p>  | <p>Do you use salty seasonings?</p> <table><tr><td>Salt Seasoned salt Barbecue sauce Soy sauce Ketchup Dry salted fish Baking powder Baking soda</td><td>Onion salt Garlic salt MSG Soup mixes Tenderizers Salted butter Fish sauce Bouillon</td></tr></table> | Salt Seasoned salt Barbecue sauce Soy sauce Ketchup Dry salted fish Baking powder Baking soda | Onion salt Garlic salt MSG Soup mixes Tenderizers Salted butter Fish sauce Bouillon | <p>Add flavor to foods with...</p> <ul style="list-style-type: none">• Fresh cracked pepper• Garlic and onion powders• Flavored vinegars• Fresh garlic, ginger, parsley• Lemon juice• Low-sodium broth• Salt-free herb & spice blends• Worcestershire sauce | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salt Seasoned salt Barbecue sauce Soy sauce Ketchup Dry salted fish Baking powder Baking soda | Onion salt Garlic salt MSG Soup mixes Tenderizers Salted butter Fish sauce Bouillon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Eat Fewer Salty Foods</p>  | <p>Do you eat these salty snacks?</p> <p>Salted crackers Salted chips Salted popcorn Salted pretzels Salted seeds Salted nuts</p> | <p>Lower sodium choices:</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Eat Fewer Cured Foods</p>  | <p>Do you eat salt cured foods?</p> <table><tr><td>Ham Deli meats Sausage Smoked meats Koshered meat</td><td>Hot Dogs Bacon Pickles Olives Kim chee</td></tr></table> | Ham Deli meats Sausage Smoked meats Koshered meat | Hot Dogs Bacon Pickles Olives Kim chee | <p>Lower sodium choices:</p> <p>Chill and thinly slice fresh roasted meats for sandwiches.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ham Deli meats Sausage Smoked meats Koshered meat | Hot Dogs Bacon Pickles Olives Kim chee | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Eat Fewer Processed Foods</p>  | <p>Do you eat processed foods?</p> <p>American cheese Baking mixes Cottage cheese Flavored rice/pasta mixes Frozen dinners Instant hot cereals Instant noodle lunches Packaged dinner mixes Processed cheese spreads</p> | <p>Lower sodium choices:</p> <p>Swiss cheese Rice Oatmeal (not quick-cooking) Pasta</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Eat Fewer Canned Foods</p>  | <p>Do you use canned foods with high amounts of sodium?</p> <p>Canned or bottled sauces Canned soups Canned vegetables Canned meats Canned fish Canned vegetable juices</p> | <p>Lower sodium ideas:</p> <p>Rinse canned vegetables and canned tuna under tap water to remove some sodium.</p> <p>Buy fresh or frozen vegetables.</p> <p>Look for canned vegetables labeled <i>no salt added</i>.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Read Labels to Lower Your Sodium Intake</p>  <div>My daily SODIUM budget:</div> | <table><tr><td colspan="2">Chicken Noodle Soup</td></tr><tr><td colspan="2">Nutrition Facts</td></tr><tr><td colspan="2">Serving Size 1/2 cup (120 mL) condensed soup</td></tr><tr><td colspan="2">Amount Per Serving</td></tr><tr><td>Calories 60</td><td>Calories from Fat 15</td></tr><tr><td colspan="2">% Daily Values*</td></tr><tr><td>Total Fat 1.5g</td><td>3%</td></tr><tr><td>Saturated Fat 0.5g</td><td>3%</td></tr><tr><td>Trans Fat 0g</td><td></td></tr><tr><td>Cholesterol 15mg</td><td></td></tr><tr><td>Sodium 390mg</td><td>37%</td></tr><tr><td>Total Carbohydrate 8g</td><td>3%</td></tr><tr><td>Dietary Fiber 1g</td><td>4%</td></tr><tr><td>Sugars 1g</td><td></td></tr><tr><td>Protein 3g</td><td></td></tr></table> | Chicken Noodle Soup | | Nutrition Facts | | Serving Size 1/2 cup (120 mL) condensed soup | | Amount Per Serving | | Calories 60 | Calories from Fat 15 | % Daily Values* | | Total Fat 1.5g | 3% | Saturated Fat 0.5g | 3% | Trans Fat 0g | | Cholesterol 15mg | | Sodium 390mg | 37% | Total Carbohydrate 8g | 3% | Dietary Fiber 1g | 4% | Sugars 1g | | Protein 3g | | <p>Instant Ramen Noodle Lunch</p> <p>INGREDIENTS: Enriched wheat flour, salt, dehydrated vegetables, monosodium glutamate, chicken fat, sugar, soy sauce, sodium carbonate, sodium phosphate, disodium inosinate, disodium guanylate.</p> |
| Chicken Noodle Soup | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrition Facts | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| % Daily Values* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Fat 1.5g | 3% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturated Fat 0.5g | 3% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Trans Fat 0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cholesterol 15mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium 390mg | 37% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Carbohydrate 8g | 3% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dietary Fiber 1g | 4% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugars 1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein 3g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Low Salt Diet Guide

LL Leslie

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