







# Lowering Your Sodium Intake

Principles	Foods of Concern	Action Plan																														
<p>Prepare Food without adding Sodium</p> 	<p>Do you use salty seasonings?</p> <div><div>Salt Seasoned salt Barbecue sauce Soy sauce Ketchup Dry salted fish Baking powder Baking soda</div><div>Onion salt Garlic salt MSG Soup mixes Tenderizers Salted butter Fish sauce Bouillon</div></div>	<p>Add flavor to foods with...</p> <ul style="list-style-type: none"><li>• Fresh cracked pepper</li><li>• Garlic and onion powders</li><li>• Flavored vinegars</li><li>• Fresh garlic, ginger, parsley</li><li>• Lemon juice</li><li>• Low-sodium broth</li><li>• Salt-free herb &amp; spice blends</li><li>• Worcestershire sauce</li></ul>																														
<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> <div><div>Ham Deli meats Sausage Smoked meats Koshered meat</div><div>Hot Dogs Bacon Pickles Olives Kim chee</div></div>	<p>Lower sodium choices:</p> <p>Chill and thinly slice fresh roasted meats for sandwiches.</p>																														
<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"><b>Nutrition Facts</b></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"><b>% Daily Values*</b></td></tr><tr><td><b>Total Fat</b> 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><b>Cholesterol</b> 15mg</td><td></td></tr><tr><td>Sodium 390mg</td><td>37%</td></tr><tr><td><b>Total Carbohydrate</b> 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><b>Protein</b> 3g</td><td></td></tr></table>	Chicken Noodle Soup		<b>Nutrition Facts</b>		Serving Size 1/2 cup (120 mL) condensed soup		Amount Per Serving		Calories 60	Calories from Fat 15	<b>% Daily Values*</b>		<b>Total Fat</b> 1.5g	3%	Saturated Fat 0.5g	3%	Trans Fat 0g		<b>Cholesterol</b> 15mg		Sodium 390mg	37%	<b>Total Carbohydrate</b> 8g	3%	Dietary Fiber 1g	4%	Sugars 1g		<b>Protein</b> 3g		<p><b>Instant Ramen Noodle Lunch</b></p> <p><b>INGREDIENTS:</b> 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																																
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# Low Salt Diet Guide

**Heidi McIndoo MS RD LDN, Shelly  
James**



## **Low Salt Diet Guide:**

**Sodium Control for Seniors** Mary Golanna,2025-01-03 Sodium often flies under the radar when considering key nutrients for overall health Most of us think of it as the sprinkle of salt that enhances the flavor of our favorite dishes But sodium plays a much larger role than simply seasoning food especially as we age It s a vital electrolyte that supports critical bodily functions from maintaining fluid balance to keeping our muscles and nerves working properly However the way our bodies process sodium can change over time Aging impacts kidney function making it harder to regulate sodium levels efficiently This shift means seniors face greater challenges in managing sodium intake and striking the right balance becomes essential Low levels can lead to issues like fatigue and muscle weakness while too much sodium can contribute to high blood pressure heart strain and an increased risk of chronic disease Despite sodium s importance plenty of myths surround it particularly for older adults Some believe seniors must entirely cut salt out of their diets while others assume their lifelong habits need no adjustment at all These misconceptions can lead to confusion causing seniors to either restrict sodium unnecessarily or unknowingly face health risks from overindulgence In this guide we will talk about the following The Science of Sodium What You Need to Know Signs of Too Much Sodium Low Sodium vs No Sodium What s Right for You How to Reduce Sodium in Your Diet Cooking Low Sodium Meals at Home Dining Out Without Worry 7 Day Low Sodium Meal Plan for Seniors and Quick and Easy Low Sodium Recipes Tracking Your Sodium Intake Dealing with Cravings and Setbacks When to Consult a Doctor or Dietitian Keep reading to learn more about how sodium impacts the aging body and what seniors can do to maintain healthy levels for a happier healthier life By understanding the science behind sodium and its effects on our bodies we can make informed decisions about our diets and take control of our health as we age **Low Salt Diet Guide**

Donald A. Kullman,1978 **The Complete Idiot's Guide to Low Sodium Meals** Heidi McIndoo MS RD LDN,Shelly James,2006-04-04 When someone is trying to curb his or her sodium intake preparing food that is tasty and nutritious can be difficult This book offers readers over 250 recipes the whole family can enjoy From appetizers to desserts and everything in between this book focuses on everyday recipes families will love put together with simple and flavourful salt substitutes Over 250 appealing easy to prepare recipes including snacks sauces and condiments categories often loaded with sodium Covers the many herbs and spices that can be used as salt substitutes and provides advice on how to find the hidden sodium content in unlabelled foods and when eating out More than 65 million Americans suffer from hypertension **Low Salt Diet** Conor Angel,2020-12-02 Are you feeling frustrated because you were told to eat less salt Are you trying to figure out how to reduce the amount of sodium in your diet Are you confused when trying to figure out what to order at restaurants This book gives you practical ideas about how to shop for low sodium foods and gives you actual suggestions for what to eat at your favorite national chain restaurants Use this concise to the point easy to read book to make things a little easier With this book you can Learn how to shop for no sodium and low sodium items at your local grocery store Get practical ideas for what to choose

when eating out at restaurants Get tips for how to lower your salt intake at home Read and understand food labels Learn to monitor your sodium intake This great resource is the perfect size to fit in your purse briefcase or car glovebox for easy access on the go or better yet download the kindle version onto your kindle or smartphone and look up information where ever you are You can easily know what to order at your favorite restaurants and you can find where to buy specific low sodium foods when grocery shopping The information will be at your fingertips Get your copy today

**The 21-Day Low Sodium Diet Plan for Women Over 50** Mary Golanna, 2025-05-31 When you pass the milestone of 50 your body begins to go through profound changes Hormonal shifts like menopause can affect how you process sodium leaving you more prone to high blood pressure fatigue and bloating On the flip side staying in control of your sodium intake can help protect your heart give you more energy and make you feel vibrant again If you've felt overwhelmed by salt and aren't sure where to start you're not alone For women over 50 managing sodium can feel like a puzzle This guide is here to help you solve it With clear explanations actionable tips and recipes bursting with flavor not salt you'll have the tools to take charge In this guide we will talk about the following Understanding the Root Cause We'll explore why salt becomes a bigger issue after 50 and how reducing it affects your health and energy A 21 Day Action Plan to help you ease into a low sodium lifestyle with meal plans prep ideas and small victories to keep you motivated Recipes and Long Term Support that help you sustain this way of eating even when life throws challenges your way This guide walks you through everything you need from understanding why salt impacts you more now than it did at 30 to a complete 21 day plan and long term strategies You'll learn how to outsmart hidden sodium cook delicious low sodium meals and boost both your energy and mood Keep reading to learn more about how to tackle the salt issue in your diet and improve your overall health By the end you'll have all the confidence you need to live well without sacrificing taste or convenience

**The Easy Low Sodium Diet Plan & Cookbook** Christopher Lower, 2017-07-18 Low sodium low stress and highly tasty a complete plan Here's a low sodium cookbook that actually helps you plan out your whole day's meals The Easy Low Sodium Diet Plan and Cookbook is a must have for anyone looking for a simple and straightforward way to manage a low sodium diet Start things off with two complete 14 day meal plans that make changing your diet as easy as possible Keep things easy with a heaping helping of quick fix recipes as well as tons of slow cooker friendly options New to diets and meal planning Let this low sodium cookbook help you out with handy advice for managing your salt intake tips for effective shopping and helpful cooking hacks This low sodium cookbook includes Two 14 day meal plans You'll discover that this low sodium cookbook makes starting your new diet simple with a pair of meal plans one for hypertension and one for congestive heart failure Over 95 recipes Sample Slow Cooker French Toast Kale Chips Cauliflower Fried Rice Slow Cooker Seafood Stew Chimichurri Skirt Steak Easy Peach Crumble and more Healthy food made fast Whether it's a slow cooked meal or a quick made snack every recipe in this low sodium cookbook takes 30 minutes or less to prepare It's easy to stick to a heart healthy plan with this low sodium cookbook

**Complete Idiot's Guide to Low**

**Sodium Meals** Shelly Vaughan James, Heidi Reichenberger McIndoo, 2006 For those 65 million Americans who suffer from hypertension as well as everyone else who has to or wants to curb their sodium intake preparing meals that are both tasty and nutritionally responsible can prove to be very difficult Throw in the culinary preferences of other family members and finding meals everyone will enjoy can be as painful as adding salt to a wound right Not anymore The Complete Idiot's Guide to Low Sodium Meals offers readers more than 250 delicious recipes the whole family can get excited about From appetizers to desserts and everything in between this book focuses on the everyday kinds of recipes families have grown to love and can put together with simple and flavourful salt substitutes Readers might not see that hard to find recipe for carrot soup with leek and blood orange but they will discover lots of delicious and easy to prepare low sodium recipes *Low Sodium Diets* Jayne T. Maclean, 1984

**Ways to Eat a Low-Salt Diet** Allaine Mark, 2021-01-03 Sodium is an essential mineral involved in many important bodily functions including cellular function fluid regulation electrolyte balance and maintaining blood pressure Because this mineral is vital to life your kidneys tightly regulate its levels based on the concentration osmolarity of bodily fluids Sodium is found in most foods you eat though whole foods like vegetables fruits and poultry contain much lower amounts Plant based foods like fresh produce generally have less sodium than animal based foods such as meat and dairy products Sodium is most concentrated in processed and packaged foods like chips frozen dinners and fast food where salt is added during processing to enhance flavor Another major contributor to sodium intake is adding salt to food when preparing meals in your kitchen and as a seasoning before eating A low sodium diet limits high sodium foods and beverages Healthcare professions typically recommend these diets to treat conditions such as high blood pressure or heart disease **Pocket Guide to Low Sodium Foods** Bobbie Mostyn, 2003 This nutritional counter is an indispensable reference for anyone who is watching his or her salt intake It is small enough to put in a pocket or purse to enable one to make wise food choices at the grocery store and while dining out Intended for the estimated 60 million Americans with high blood pressure and severe kidney disease this guide addresses which supermarket products and fast food items have the lowest sodium counts and simplifies supermarket choices by listing only low sodium products Each food is analyzed by calories fat saturated fat cholesterol carbohydrates fiber sugar and sodium Also included are brief descriptions of each of these nutrients and their effect on blood pressure explanations of food labeling guidelines and clarification of nutritional content claims *Sodium Counter Book* Mary Golanna, 2024-10-02 Did you know that the recommended sodium intake by the American Heart Association AHA should not exceed 1 500 milligrams per day However most people consume more than twice that number about 3 400 milligrams According to research at least 9 out of 10 people exceed the dietary limit for sodium intake What is shocking is that the majority of the sodium we consume comes directly from food processing You will discover that even foods that may not taste salty are loaded with high quantities of sodium Sodium is an essential mineral that plays a crucial role in the body's proper functioning It aids in maintaining fluid equilibrium regulating nerve and muscle functions and

managing blood volume and pressure However excessive intake of sodium can be detrimental Experts have set guidelines for recommended daily sodium consumption to prevent health issues High sodium levels can lead to heart problems and elevated blood pressure Therefore individuals with kidney disease and hypertension are particularly advised to monitor and limit their sodium intake carefully This guide is designed to give you some basic information about sodium and then provide you with a list of recommended food items with low sodium content Sample recipes are also offered at the end In this guide you will learn Reasons why too much sodium is bad for your health How to count sodium Foods high in sodium Foods low in sodium Low Sodium Diet 5 Step by Step Guide To Get Started With Low Sodium Diet Sodium food list and their sodium content Sample Meal Plan and Sample Recipes So are you trying to ditch salt from your diet Well this guide is precisely what you need Read on and find out more

**American Heart Association Low-Salt Cookbook** Aha,2007 Presents more than 200 recipes for low salt low fat yet flavorful dishes for sufferers of high blood pressure or congestive heart failure along with the latest dietary information and tips on substituting ingredients

[The Complete Idiot's Guide to Low-Sodium Cooking, 2nd Edition](#) Heidi McIndoo, M.S., R.D., L.D.N.,Shelly James,2011-12-06 Features 50 delicious new recipes Includes new meal plan feature that targets readers daily sodium intake thresholds

[The American Heart Association Low-Salt Cookbook](#) American Heart Association,2003-11-04 The American Heart Association presents a must have low sodium cookbook with over 200 delicious dishes for people trying to decrease their salt intake now completely updated and revised with 50 new recipes Those in the know have been counting on American Heart Association books for years the wide variety of recipes gets the whole family on track for heart smart eating Good Housekeeping Dedicated to healthy eating the American Heart Association has always provided readers with delicious ways to reduce their sodium intake without sacrificing taste Encompassing everything from appetizers and soups to entr es and desserts The American Heart Association Low Salt Cookbook is a wonderful collection of more than two hundred scrumptious low salt and low saturated fat recipes Start with Hot and Smoky Chipotle Garlic Dip move on to Grilled Pork Medallions with Apple Cider Sauce or maybe the Cajun Snapper and finish with a decadent Denver Chocolate Pudding Cake The American Heart Association Low Sodium Cookbook provides nutrient analysis for each dish and tips on substituting ingredients avoiding hidden sodium and dining out while sticking to your low sodium plan You ll learn how to accomplish your goals and discover how stylish and flavorful eating heart healthy can be

[American Heart Association Low-Salt Cookbook, 4th Edition](#) American Heart Association,2011-05-17 Cut the salt keep the flavor This revised and expanded fourth edition of the classic American Association Low Salt Cookbook features more than 200 simple and satisfying recipes to help reduce sodium intake and manage blood pressure America s most trusted authority on heart health presents a revised and expanded fourth edition of the classic American Heart Association Low Salt Cookbook updated to incorporate today s most popular ingredients and cooking techniques If you have heart health problems now or want to avoid having them in the future keeping your sodium intake low is one of the best ways to help your heart

This revised and expanded fourth edition of the American Heart Association Low Salt Cookbook shows that a low sodium diet is not only good for your health but flavorful too Including everything from appetizers and soups to entr es and desserts American Heart Association Low Salt Cookbook offers more than 200 delicious low sodium recipes more than 50 of them brand new to this edition Whether in the mood for a beloved classic or a new favorite you re sure to find just the dish to please your palate Looking for a less salty snack Try Baked Veggie Chips served with Hot and Smoky Chipotle Garlic Dip Craving something hearty and full of flavor Slow Cooker Moroccan Chicken with Orange Couscous is an ideal low sodium fix it and forget it meal For a Sunday night family dinner try Three Cheese Lasagna with Swiss Chard And for your sweet tooth whip up Peach and Blueberry Cobbler or Rice Pudding with Caramelized Bananas for a special treat Shop smart and cook thoughtfully while armed with nutritional information for each recipe the latest dietary guidelines a sodium tracker a no sodium seasoning guide ingredient substitutions and so much more Eating is one of life s great pleasures and no one should have to sacrifice delicious food for a healthy lifestyle With this go to low sodium cookbook at your fingertips shaking the salt habit is easier than ever before

*Low-Salt DASH Dinners* Sandra Nowlan,2010-10-18 Eat fantastically well and be healthy too A collection of affordable easy to prepare delicious and nutritious low salt dinners for family and friends

**Doctor's Cholesterol and Low Salt Diet Guide** Sylvan R. Lewis,1980 Abstract A compact guide provides a gneral reference about cholesterol and sodium A brief explanation on how cholesterol sodium and calories affect physical health is given normal values for healthy Americans are stated Foods high in saturated fats and or cholesterol are listed along with hidden sources of sodium and general rules for decreasing daily sodium levels High sodium foods also are listed Brief explanation of diets energy expenditures in various activities and desired weights for males and females are given Thirty days of sample menus include foods which are low in cholesterol sodium and calories Suggestions for healthy dining out at restaurants are listed The last half of the guide lists foods alphabetically and states the amount of calories cholesterol and sodium in a given portion Food values are based on figures from the United States Dept of Agriculture These values are estimates If portion size differs from the actual serving size a common measurement conversion table is in the Appendix A metric conversion table is included rkm

**A Model Curriculum and Teaching Guide for the Instruction of the Homemaker-home**

**Health Aide** National Council for Homemaker-Home Health Aide Services,1978

**Printed Aids for High Blood Pressure Education** ,1981 Abstract A guide describes educational materials used to aid physicians nurses and other health educators in working with hypertensive patients The guide is divided into 2 sections Part one includes high blood pressure materials while part two focuses on diet materials with various items under each section arranged according to overall quality excellent to adequate and reading level easy to fairly difficult Each entry includes the title producer format content description availability readability rating and professional evaluation An annotated list of additional materials about diet and recipes an alphabetized index of materials by title and producer and forms and worksheets to evaluate the guide materials

are appended wz The Johns Hopkins Guide To Diabetes Christopher D Saudek, Richard R. Rubin, Thomas W. Donner, 2021-04-27 From the experts at the world renowned medical institution clear information on diabetes and practical advice on all aspects of care Publishers Weekly Living with diabetes is a balancing act of monitoring blood glucose food intake and medication It makes sense that individuals who have diabetes do best when they understand their condition and how to control it The Johns Hopkins Guide to Diabetes is a comprehensive easy to read guide to this complex condition answering questions such as What are the differences between Type 1 and Type 2 diabetes How are the different forms of this disease treated Can gestational diabetes become a permanent condition Can diabetes ever be managed successfully with diet and exercise alone The second edition of this valued resource includes up to date information on How diabetes is diagnosed The two types of diabetes The role of genetics Improvements in blood glucose measurement Good nutrition and regular exercise Insulin and non insulin medications Insulin pumps The emotional side of diabetes How families are affected and how they can help What to do if diabetes affects your work Complications from head to toe Written by a team of Johns Hopkins diabetes specialists this authoritative guide will help people who have diabetes work effectively with their care team to control their condition and maintain good health Presenting critical information about the physical emotional and psychosocial effects of diabetes this valuable work explains the nature of the disease treatments diet and exercise sexuality pregnancy and research Library Journal



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