

Restricting Sodium (2000 milligrams per day)

Sodium is a mineral found in foods, table salt and sea salt. A healthy adult needs 1500mg sodium daily and no more than 2300mg daily. Eating too much sodium can cause your body to hold on to extra fluid, this fluid build-up makes your heart work harder. The fluid build-up can cause swelling in your feet, legs or abdomen and can cause fluid to back up in your lungs, making it hard to breathe.

You should restrict the amount of sodium you eat to 2000mg or less each day, which is less than 1 teaspoon (tsp) of salt.

Tips to lower the sodium (salt) you eat:

- Cook and eat food without adding salt
-1tsp of salt contains 2300mg sodium!
- Eat fresh foods often and prepare home-cooked, low sodium meals.
 - About 75% of the sodium we eat is “hidden” in processed, preserved and commercially prepared foods.
- Frozen foods are acceptable if they do not have added salt or sodium additives (which are preservatives).
- Flavor your foods with herbs, spices, garlic, onion, lemon juice, and sodium-free seasonings.
- Eat less foods that are higher in sodium:
 - Processed and packaged foods
 - Deli meats, smoked meats
 - Restaurant and fast foods
 - Canned and dry soup
 - Pickles, olives, salsa
 - Crackers, snack foods (chips, pretzels, salted nuts), dips and salsa
 - Condiments such as: ketchup, mustard, soy, oyster or fish sauce, barbecue sauce, teriyaki sauce

Remember: As you decrease your salt intake, your taste buds will adjust!

Reading food labels:

Read food labels to help you cut down on the sodium you eat.

On the Nutrition Facts Table:

- Compare the serving size to the amount you eat.
- Look for foods labelled “low sodium” or “no salt added”, as these contain 140mg or less per serving.
- Foods with 400mg or more of sodium per serving is very high, 200-400mg requires caution, and 0-200mg is acceptable.
- Keep the sodium content of each meal below 650mg to help spread out your sodium intake over the day. Or allow 500mg per meal (breakfast, lunch and supper) and 500mg left for daily snacks.
- Foods are high in sodium if they have 15% or higher % Daily Value for sodium. Limit these foods.

| Nutrition Facts | |
|--------------------------------|---------------|
| Per 90 g serving (2 slices) | |
| Amount | % Daily Value |
| Calories 170 | |
| Fat 2.7 g | 4 % |
| Saturated 0.5 g + Trans 0 g | 5 % |
| Cholesterol 0 mg | |
| Sodium 200 mg | 8 % |
| Carbohydrate 36 g | 12 % |
| Fibre 6 g | 24 % |
| Sugars 3 g | |
| Protein 8 g | |
| Vitamin A 1 % | Vitamin C 0 % |
| Calcium 2 % | Iron 16 % |

Serving size

% Daily Value

Amount of sodium per serving

Foods to choose more often and foods to avoid.

| | Lower sodium foods to <u>choose</u> | Higher sodium foods to <u>avoid</u> |
|----------------------------------|---|--|
| Milk and Milk Products | Milk, yogurt, cream, sour cream, cream cheese, drained cottage cheese, low sodium cheese. | Buttermilk, malted milk, condensed milk, hot chocolate mixes, eggnog, processed cheese slices, cheese spreads and sauces (cheese whiz). |
| Vegetables and Fruit | Fresh or frozen vegetables and fruit, canned fruit, canned no salt added vegetables. | Canned vegetables (with salt), pickles, olives, vegetable juices, sauerkraut, frozen vegetables in sauces, commercial tomato sauce, commercial potato mixes. |
| Grains | Breads, rolls, cornbread, homemade waffles, pancakes and muffins, most dry cereals, hot cereal (no salt added), unsalted crackers, unsalted breadsticks, homemade bread crumbs, plain pasta and rice, barley. | Pastries, danishes, crackers with salted tops, commercial breading products, packaged stuffing mixes, instant hot cereals, commercial flavored rice and pasta mixes (Kraft dinner, sidekicks etc.), instant soup mixes, store-bought waffle and pancake mix. |
| Meat and Alternatives | Fresh meat, poultry, and fish, water-packed canned fish (rinse and drain), eggs, dried or frozen legumes (black bean, kidney beans, chick peas, lentils), canned legumes (no salt added or rinse and drain), tofu, unsalted peanut butter, homemade lower sodium soups, no salt added broth, frozen meal with less than 500mg sodium per serving. | Processed meat and fish (salami, sausage, wieners, bologna, corned beef, bacon, ham, smoked salmon etc.), canned meat and fish (ham, tuna, salmon, sardines), breaded frozen meat or fish, most frozen meals, meat pies, commercial pasta mixes (Kraft dinner, hamburger helper, etc.), Chinese food, pizza, beans prepared with ham or bacon, canned soups. |
| Snack Foods and Beverages | Unsalted nuts, unsalted tortilla chips, air popped popcorn, fruit juice. | Potato chips, pretzels, salted nuts, popcorn (other than air popped), tonic water, sports drinks. |
| Condiments | Fresh or dried herbs, lemon juice, lime juice, small amount of mustard or ketchup (1 Tbsp.), small amount salsa (2 Tbsp.), vinegar, tabasco sauce, extracts (almond, lemon, vanilla), baking chocolate, cocoa, low sodium baking powder, no salt added seasoning blends, black pepper. | Kosher salt, sea salt, table salt, garlic salt, onion salt, seasoning salt, celery salt, chili sauce, steak spice, barbecue sauce, Worcestershire sauce, soy sauce, tartar sauce, teriyaki sauce, monosodium glutamate (MSG), bouillon cubes, meat tenderizers. |
| Fats | Margarine, unsalted butter, mayonnaise, vegetable oils, homemade or low salt salad dressings. | Bacon grease, salted pork, commercial dips, commercial gravies, most commercial salad dressings. |