

Get Sodium Smart!

Sodium is an essential nutrient, but most Americans consume much more than they need. The American Heart Association recommends no more than **2400 mg** of sodium per day (or about 1 teaspoon of salt); Following a well-balanced diet low in sodium is one way to treat your high blood pressure and prevent further damage to your body.



1. Use less salt or no salt at the table and in cooking.
2. Use herbs and spices in place of salt.
3. Limit intake of high sodium foods, such as:
 - ❖ Canned vegetables/soups
 - ❖ Certain condiments/sauces (soy, teriyaki, Worcestershire, steak sauces, dressings, etc.)
 - ❖ Salty snack foods
 - ❖ Olives, pickles, and sauerkraut
 - ❖ Luncheon meats and cold cuts
 - ❖ Bacon and other cured meats
 - ❖ Cheeses
 - ❖ Frozen/pre-packaged meals and entrees. Choose frozen dinners with less than 600 mg per serving.
 - ❖ Restaurant/Convenience foods
4. Choose low sodium or sodium-free products when available (such as soups, sauces, canned vegetables/juices, chips, and crackers).
5. Look for canned products packed in water rather than oil.
6. Drain canned vegetables and rinse with water.
7. Read labels carefully. Look for the terms “low sodium” and “unsalted”.
8. Check with your doctor before using any salt substitute.