LOW SODIUM EATING TIPS

Too much sodium in your diet can cause your body to hold onto an unhealthy amount of fluid. This can lead to swelling in the fingers, ankles, abdomen and lungs. This is especially important for those with liver, heart and kidney failure. In order to cut down on sodium, it will take more than throwing out the salt shaker.

DID YOU KNOW?

75% of the sodium in a typical American’s diet comes from processed foods such as canned soups, boxed dinners, cured meats, frozen meals and salty snack foods. Even if you do not add any salt, you may still have a high sodium diet.

The desirable daily intake of sodium is 2000 milligrams or less for those with kidney, heart and liver failure. People with high blood pressure should also limit sodium and eat a diet high in fruits, vegetables, low fat dairy foods, whole grains, and lean meats (DASH guidelines).

One teaspoon of salt contains 2,300 milligrams of sodium. That’s more than you need in a whole day. This does NOT mean you can add 1 teaspoon of salt a day because most foods already contain sodium. Thus, added salt should be used sparingly.

GOOD TIPS TO FOLLOW:

Eat more fresh foods.
Eat less processed foods.
Don’t add salt at the table. Get rid of that salt shaker!
Don’t cook with salt. Try herbs and spices.
Read the label and look for “salt,” “sodium,” and “MSG.”
Note: “low fat” does not mean “low sodium.”

*Remember to make low fat selections if you are watching your blood cholesterol. (i.e. lean meats, skim or 1% milk, low fat ice cream)
<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEATS and MEAT</td>
<td>Fresh or frozen un-breaded meats (Chicken, Turkey, Fish, Beef, Lamb, Pork, Veal)</td>
</tr>
<tr>
<td>SUBSTITUTES</td>
<td>Eggs prepared without salt</td>
</tr>
<tr>
<td></td>
<td>Regular peanut butter. Low sodium or Old Fashion Natural is best (2 Tbl = 1 serving)</td>
</tr>
<tr>
<td></td>
<td>Unsalted nuts</td>
</tr>
<tr>
<td></td>
<td>Soy</td>
</tr>
<tr>
<td>DAIRY</td>
<td>Milk and yogurt</td>
</tr>
<tr>
<td></td>
<td>Ice cream, frozen yogurt</td>
</tr>
<tr>
<td></td>
<td>Low sodium cheeses (Swiss, Mozzarella, Grated Parmesan)</td>
</tr>
<tr>
<td></td>
<td>* Low fat does not mean low sodium</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>Fresh or frozen vegetables</td>
</tr>
<tr>
<td></td>
<td>No salt added canned vegetables <em>Draining and rinsing regular canned vegetables will help remove some sodium, but fresh or frozen are the best choices.</em></td>
</tr>
<tr>
<td></td>
<td>Low sodium vegetable juices (Low sodium V8 and tomato)</td>
</tr>
<tr>
<td>FRUITS</td>
<td>ALL fruits and fruit juices are acceptable. No salt is added to canned fruits.)</td>
</tr>
<tr>
<td></td>
<td>* Low fat does not mean low sodium</td>
</tr>
</tbody>
</table>

- Processed luncheon meats (Bologna, Salami, Pastrami, Ham, Turkey, Corned Beef)
- *Low fat does not mean low sodium*
- Ham
- Sausage, bacon, hotdogs
- Breaded or battered meats (Chicken nuggets & Fish sticks)
- Salted, cured or smoked meats
- Canned meats- *unless labeled low sodium* (Spam and potted meats)
- Buttermilk
- American, Nacho and Bleu cheeses
- Cheese spreads and cheese dips (Cheese Whiz, Easy Cheese)
- Pimento Cheese
- Regular, canned vegetables
- Regular vegetable juices (V8, tomato)
- Pickles, relish, olives
- Vegetables with cream or cheese sauces

NONE
### STARCHES

**CHOOSE**

- Loaf bread, dinner rolls, English Muffins
- Plain pasta, noodles, plain rice, fresh potatoes
- Dried beans, peas, lentils
  
  *Try cooking with onion and garlic for flavor*
- Cooked hot cereals
- Unsalted or low sodium snack foods. Look for "no salt added" or "low sodium"
- Low sodium ready to eat cereals such as *Puffed rice, wheat or shredded wheat cereals*

### FAT

- Unsaturated oils (canola, vegetable, olive)
- Tub or Squeeze Margarine
- Mayonnaise
- Low Sodium or homemade dressings
  
  *Limit added fats if watching weight or blood cholesterol*

### SEASONINGS

- Fresh or dried herbs and spices
- Use vinegar, lemon juice and fruit juices for marinades
- Onion and garlic (fresh, minced, dried in flakes or powdered)
- Pepper, celery seed, and dried vegetable flakes
- Mustard, low sodium bouillon
- Spice and herb blends without added salt
  
  *(Mrs. Dash, Papa Dash)*

### OTHER

- Homemade soups made with low sodium bouillon and fresh/frozen vegetables
- Use reduced sodium canned soups sparingly
- Frozen dinner with less than 600 mg of sodium

### LIMIT

- Biscuits
- Prepared mixes (pancake, muffins, cornbread)
- Seasoned mixes- rice and noodles
  
  *(Ramen noodles, Noodle Roni, Rice-a-Roni, macaroni and cheese)*
- Coating Mixes (seasoned bread crumbs, Shake’n’Bake)
- Salted snacks (potato chips, Doritos, NABS, corn chips, pretzels, pork rinds)
- Instant Potatoes

- Bacon and bacon grease
- Salt pork and fat back
- Commercial salad dressings

- Salt, sea salt, lite salt, bouillon cubes
- Potassium-containing salt substitutes (Nu-Salt, No Salt)
- Seasoning salts (garlic or onion salt, celery salt)
- Spice and herb mixes with added salt (Old Bay)
- Commercially prepared sauces (Teriyaki, soy)
- Large amounts of ketchup, BBQ sauce, or Worcestershire

- Canned soups, dry soup mixes
- Convenience foods (Pizza, Pot Pie, Hamburger Helper, Instant Pudding)
- Frozen dinners with more than 600 mg of sodium

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**INSTEAD of these HIGH Sodium Foods:**

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UVa Heart and Vascular Center  
The University of Virginia Health System  
Fall 2004
### Breakfast Sandwich: Sodium (mg)

<table>
<thead>
<tr>
<th>Item</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grands Biscuit</td>
<td>560</td>
</tr>
<tr>
<td>Regular Bacon (2 slices)</td>
<td>340</td>
</tr>
<tr>
<td>Egg</td>
<td>65</td>
</tr>
<tr>
<td>Processed American Cheese</td>
<td>250</td>
</tr>
<tr>
<td></td>
<td>1215</td>
</tr>
</tbody>
</table>

### Lunch:

- **Bologna**: 540 mg
- **Processed American Cheese**: 250 mg
- **Bread (2 slices)**: 270 mg
- **Doritos (17 chips)**: 170 mg
- **Regular/Diet 12 oz Soda**: 35 mg

**Total for Lunch**: 1265 mg sodium

### Dinner:

- **Buttermilk (1 cup)**: 260 mg
- **Ham (3.5 oz)**: 1500 mg
- **Canned Green Beans (1 cup)**: 780 mg
- **Rice-A-Roni**: 1100 mg
- **1 Tbl Tub Margarine**: 90 mg

**Total for Dinner**: 3730 mg sodium

**Total**: 6210 mg sodium

**CHOOSE these LOW Sodium Foods:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>English Muffin</td>
<td>265</td>
</tr>
<tr>
<td>Egg</td>
<td>65</td>
</tr>
<tr>
<td>1 oz Swiss Cheese</td>
<td>75</td>
</tr>
<tr>
<td>1 slice tomato</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>405</td>
</tr>
</tbody>
</table>

### Lunch:

- **Low Sodium Tuna (1 can)**: 50 mg
- **1 Tbl Reduced Sodium Mayonnaise**: 70 mg
- **Celery/Lettuce/Tomato**: 0 mg
- **Bread (2 slices)**: 270 mg
- **Reduced Fat Triscuits (8)**: 170 mg
- **Apple**: 0 mg
- **Regular/Diet 12 oz Soda**: 35 mg

**Total for Lunch**: 595 mg sodium

### Dinner:

- **Milk**: 120 mg
- **Roast Beef (3.5 oz)**: 65 mg
- **Frozen or Fresh Green Beans (1 cup)**: 30 mg
- **Baked Potato**: 20 mg
- **1 Tbl Tub Margarine**: 90 mg
- **Dinner Roll**: 140 mg

**Total for Dinner**: 465 mg sodium

**Total**: 1465 mg sodium

*For more information and assistance with lifestyle changes: Ask your doctor or nurse to refer you to a registered dietitian, or call UVa’s Heart and Vascular Center Nutritionists at (434) 243-4610.*

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The University of Virginia Health System
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