

## What is Sodium?

Sodium is a key ingredient in table salt. Many health officials insist that Americans need to eat less sodium.

Sodium acts as a flavor enhancer and preservative – you'll find it in most canned and frozen foods. Of course, it's also in the salt shaker, but most of the sodium in people's diets comes from frozen and canned foods.

## Why Should I Reduce My Sodium Intake?

Sodium can have a negative effect on your health. Its biggest impact is on your heart. You see, eating too much sodium can increase your blood pressure. High blood pressure is dangerous because it makes your heart work harder than it should.

High blood pressure increases your risk for cardiovascular disease, dementia, and kidney disease. According to the Dietary Guidelines for Americans, people should get no more than 1,500-2,300 mg of sodium per day. Less salt is good for your health – especially your heart, eyes, kidneys and brain.

## How Can I Reduce the Sodium in My Diet?

There are many ways to reduce the sodium in your diet. Here are 3 to start:

- **Research restaurant menus** online to find low-sodium options.
- **Read Nutrition Facts Labels** in the grocery store and shoot for 5% or less of the daily value for sodium.
- **Switch from processed to fresh.**



## 40 Low-Sodium Foods:

### Grains:

1. Cooked grains that you season yourself: **pasta, rice, barley, oatmeal**
2. **Low-sodium bread** or pita bread
3. **Low-sodium crackers** (matzah or whole grain)
4. Air-popped **popcorn**
5. **Corn tortillas**
6. Low-sodium **tortillas**
7. **Shredded wheat** cereal
8. **Flax**

### Protein:

9. Fresh or frozen **poultry, fish** or **meat** that is unprocessed
10. Low-sodium **tuna**
11. **Egg whites**
12. **Nuts** and nut butters
13. Cooked dried **beans**

### Fruits & Veggies:

14. **Fresh veggies**

15. Frozen veggies without added salt

### Dairy:

16. Skim milk or soy milk
17. **Yogurt**
18. Low-fat **ricotta** cheese, **Swiss** cheese

### Cans and Jars:

19. Canned **veggies** without added salt
20. Flavored **vinegar**
21. No-Added-Salt **Ketchup**
22. **Worcestershire**
23. Canned goods: No-Added-Salt

### Boxes:

24. **Cous cous** (plain)
25. **Quinoa** (plain)
26. Low-sodium **stuffing**

### Frozen Meals:

27. Look for "kits" and discard sauce
28. Frozen **ravioli** (look for low sodium)
29. Stir fry **veggies**
30. Some **healthy** brands that are labelled low-sodium
31. Some frozen **soups** that are labelled low-sodium

### Restaurant Meals:

32. **Baked, poached** or **grilled fish**
33. **Grilled chicken** or **meat, sauce on side**
34. **Salads** with veggies and vinegar
35. Steamed **veggies**
36. **Baked potato**
37. Steamed veggie **rice bowl** instead of wrap or sandwich
38. Small **burger**, no condiments
39. **Pizza**, light on cheese
40. Veggie **sushi** or sushi with raw