

# Lowering Your Sodium Intake

## Why should I lower my sodium intake?

Some people with mild hypertension can lower their blood pressure by reducing sodium (salt) in their diet. Choose “no sodium,” “no added salt,” or “reduced sodium” products and eat fresh foods such as fruits and vegetables more frequently.

## How much sodium should I have in a day?

Ask your doctor for a specific sodium intake goal. Most patients with high blood pressure, or with fluid retention are asked to keep their sodium intake below 2,400mg and as low as 1,500mg daily.

## What foods contain sodium?

Most foods contain some sodium. It is most important to know which foods are high in sodium. Below is a table of foods of concern:

| PRINCIPLE                                | FOODS TO AVOID  | SODIUM CONTENT  |
|--|---|---|
| ① <b>Avoid Added Salt</b>                | Salt<br>Soy sauce<br>Ketchup<br>Baking soda<br>Soup Bouillon                        | 1 tsp. 2325mg<br>1 Tbsp. 1005mg<br>1 Tbsp. 167mg<br>1 tsp. 1259mg<br>1 cube 743mg                           |
| ② <b>Avoid Salted Foods</b>              | Salted mixed nuts<br>Salted pretzels<br>Salted potato chips<br>Saltines             | ¼ cup 229mg<br>10 twists 1029mg<br>1 ounce bag 168mg<br>8 crackers 625mg                                    |
| ③ <b>Avoid Processed and Cured Foods</b> | Bacon<br>Hotdogs<br>Instant oatmeal<br>Pickles<br>Prepackaged ham<br>Sausage, beef  | 3 medium strips 566mg<br>1 medium 650mg<br>1 packet 80mg<br>1 dill 1731mg<br>3 slices 849mg<br>1 link 486mg |
| ④ <b>Avoid Canned Foods</b>              | Canned chicken soup<br>Canned peas<br>Canned tomato sauce<br>Canned vegetable juice | 1 can 1909mg<br>1 cup 428mg<br>½ cup 642mg<br>6 fluid ounces 491mg  |

Reference: USDA Nutrient Data Laboratory.

*This resource provides brief, general information about this health care topic. It does not take the place of the instructions you receive from your health care providers. Discuss the risks and benefits of therapies with your doctor and always take medication as prescribed. For answers to other questions talk to your health care provider.*

