

Lowering Your Sodium Intake

Why should I lower my sodium intake?

Some people with 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, vegetables, and low-fat/non-fat dairy more frequently.

How much sodium should I have in a day?

Ask your doctor for a specific sodium intake goal. Patients with high blood pressure, or with fluid retention, may be asked to keep their sodium intake below 1,500 mg daily.

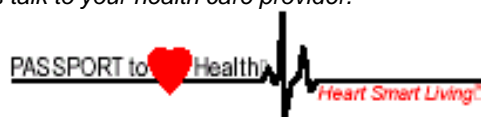
What foods contain sodium?

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

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



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