

Low Sodium Guidance

- Too much salt can make your body hold on to fluid and **may affect blood pressure**.
- Salt is in foods. It also comes from the saltshaker. Many packaged and restaurant foods have a lot of salt.
- When kidneys aren't working well, salt can build up. **This may lead** to swelling, high blood pressure, and strain on the heart.



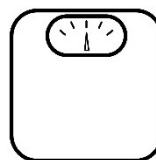
Increased Blood Pressure



Swollen Ankles (edema)



Shortness of Breath



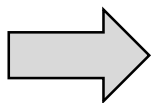
Weight Gain "Water Weight"



Puffy Eyes

High Sodium Foods	Low Sodium Alternatives
deli meat	baked/grilled chicken, turkey, pork or beef
sausage, bacon, hot dogs	no salt added chicken, turkey, or ham
canned fish	fresh fish or canned fish in water
salted nuts, pretzels, popcorn, crackers, chips	unsalted nuts, pretzels, popcorn, crackers
cheese	low-sodium or reduced-sodium cheeses
canned soups	low-sodium canned soups and broths
canned vegetables	fresh, frozen, or no salt added can veggies
seasoned rice, pastas, and noodles	plain rice, pasta, and noodles
store bought condiments, dressings, & sauces: salt, ketchup, pickles, relish, hot sauces, BBQ sauce, salad dressings, marinades, soy sauce, teriyaki sauce, fish sauce, garlic salt, onion salt, pasta sauce, queso and cheese dips, salsa	spices & herbs: garlic, onion powder, cumin, cilantro, thyme, parsley, chili powder, oregano, basil, ginger, rosemary, turmeric, cayenne, paprika, dill, bay leaves, vinegar, lemon, lime, nutritional yeast, Mrs. Dash seasonings and marinades

You might find it helpful to look for labels like "low sodium" or "no salt added." These can support your goals when you're choosing foods.



Dried Black Beans	No Salt Added Canned Black Beans	Seasoned Canned Black Beans
		
0 mg sodium per ½ cup	10 mg sodium per ½ cup	430 mg sodium per ½ cup

More Tips for Eating Less Sodium:

Nutrition Facts	
2 servings per container	
Serving size	1 cup (228g)
Amount per serving	
Calories	250
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 0mg	0%
Potassium 300mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- You can learn a lot from food labels. Some people find it helpful to look for lower sodium numbers (around 140 mg or less per serving).
- Labels like “low sodium” or “no salt added” can be good options.
- Fresh, frozen, or canned veggies without added salt are often great choices.
- Cooking at home can help you manage how much salt goes into your meals.
- You might try using less salt when cooking. Add a small amount at the table if it tastes better to you.
- When eating out, you can ask for less or no added salt if you’d like.
- For packaged or frozen meals, some people look for options with lower sodium (around 600 mg or less).
- There are many ways to add flavor without salt. You might enjoy herbs, spices, vinegar, or salt-free seasonings.
- It can be helpful to check with your dietitian before using salt substitutes (like NuSalt), since some are high in potassium.
- Foods with about 5% Daily Value (or ~140 mg) = lower in sodium.**
- Foods with 20% or more (or ~300 mg+) = higher in sodium, so you might choose these less often.**



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.