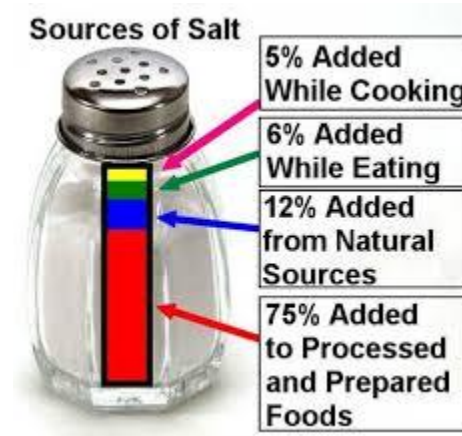

Lowering Sodium Intake

Sodium is another word for salt. Salt is found in many foods, not just table salt. In fact, most of the salt in our diet comes from processed foods. Try to limit daily sodium intake to less than

2400mg a day.

Too much sodium can lead to high blood pressure, edema, fluid retention, and bloating.



Tips for lowering sodium intake:

Use fresh or dried herbs, spices and seasonings without salt.

- Choose: cilantro, basil, oregano, cumin, cinnamon, pepper, Mrs. Dash, garlic or garlic powder, onion or onion powder, lemon or lemon juice, olive oil and canola oil.
- Avoid/limit: salt (including sea salt and kosher salt), nutritional yeast, MSG, soy sauce, teriyaki sauce, fish or oyster sauce, taco seasoning, seasoning salt, steak seasoning, garlic salt, onion salt, bouillon, broth, baking powder and baking soda.

Use lower sodium condiments.

- Choose: low sodium ketchup, balsamic vinegars, homemade salsa, homemade guacamole, homemade vinaigrette.
- Limit: ketchup, BBQ sauce, A1 steak sauce, tartar sauce, relish, salad dressing, olives, pickles, gravies and marinades.

Limit use of processed foods and package or boxed foods.

- Look for “No Added Salt” or “low sodium” in canned or processed foods. Rinse canned foods before eating them
- Limit: macaroni and cheese, Ramen noodles, canned soups and stews, Hamburger Helper, flavored rice, smoked and processed meats, pancake mixes, frozen waffles, frozen vegetables with sauces, processed cheese, microwave meals, Lunchables, jarred sauce, frozen meals (lasagna, burritos, pizzas), and fast foods.