

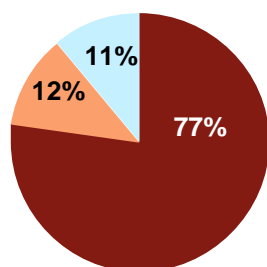
Limiting Sodium (Salt)

Sodium is a mineral found in food, table salt and sea salt. Your body needs some sodium, but too much can raise your blood pressure. This increases your risk for heart disease, heart failure, stroke and kidney stones. Too much sodium can also weaken your bones.

To improve your health, limit the amount of sodium you eat to 2000mg or less each day.

In the average Canadian diet, where does sodium come from?

- Ready-made processed foods and restaurant meals (77%)
- Naturally occurring in food (12%)
- Added to food in cooking and at the table (11%)



How to avoid sodium (salt)?

Eat fresh foods most of the time and prepare home-cooked, low sodium meals.

Frozen foods (such as vegetables and fruit) are okay if they do not have added salt or sodium additives.

Did you know?

One teaspoon of salt has 2300mg of sodium!



Remove the salt shaker from the table.

- Don't add salt, flavoured salts, or seasonings high in salt to your foods.
- Season your food with herbs, spices, lemon juice, dry mustard and garlic. Try one of the many seasoning blends which do not contain any salt such as Mrs. Dash®.

Stay away from:

- processed foods
- deli meats
- pickled foods
- salted snacks such as potato chips, pretzels, dips, and salted nuts

Limit the amount of canned foods.

- Choose products labelled as 'low sodium'. Foods labelled 'lower than', 'less than' or 'reduced in salt or sodium' may still be high in sodium (including soups and meats).

Eat out less often.

- Restaurant meals and fast foods are always higher in salt than home-cooked low sodium meals.
- Ask the restaurant to give you information on low sodium choices.
- For more info, please search for 'Low Sodium' topics at www.healthlinkbc.ca. Also refer to 'Heart Healthy Restaurant Eating' fact sheet from Fraser Health.

Limiting Sodium (Salt) - *continued*

Can I use Salt Substitutes?

Some salt substitutes use potassium instead of sodium. Check with your doctor, pharmacist, or dietitian before using a salt substitute. Some people need to also limit potassium in their diet.

Keep your sodium intake to less than 2000mg each day.

As you gradually reduce the amount of salt you are eating, your taste buds will adjust!

How do I know how much sodium is in food?

Here are some helpful tips when reading the nutrition label:

- Look at the serving size – the amount of sodium listed is **per serving**, not the whole package.
- Keep track of the total amount of sodium you eat.
Remember: Limit your sodium intake to 2000mg or less a day from all sources.
- By law, foods labelled ‘low sodium’ must contain 140mg or less per serving.

Note

Other ingredients high in sodium include: baking soda, brine, monosodium glutamate (MSG), soy sauce, fish and oyster sauce, garlic salt, celery salt, sea salt, kosher salt, or any ingredient with ‘salt’ or ‘sodium’ as part of its name.

Nutrition Facts	
Per ½ cup (50 g)	
Calories 140	% Daily Value*
Fat 0.5 g	1%
Saturated 0.2 g	1%
+ Trans 0 g	
Carbohydrate 28 g	
Fibre 5 g	18%
Sugars 9 g	9%
Protein 7 g	
Cholesterol 0mg	
Sodium 390mg	16%
Potassium 450 mg	10%
Calcium 104 mg	8%
Iron 3 mg	15%
* 5% or less is a little , 15% or more is a lot	

Look what happens to the sodium content of foods when they are processed

Unprocessed	Processed
Cucumber 7 slices = 2mg	Dill pickle 1 medium = 569mg
Chicken Breast 3oz = 74mg	Chicken Pie 1 serving frozen = 889mg
Tomato 1 small = 14mg	Tomato Soup 1 cup = 960mg
Pork Tenderloin 3oz = 58mg	Ham 3oz = 1095mg

Adapted from ‘Limiting Sodium (Salt) When You Have Heart Failure’ with permission, BC Heart Failure Network (bcheartfailure.ca)

This information does not replace the advice given to you by your healthcare provider.