



# SODIUM CONTENT OF FOODS

## How much sodium is too much?

If you are on a special diet, your doctor or dietician will give you specific recommendations. For healthy adults, the suggested intake is 2,000mg or less per day.

I should limit sodium to \_\_\_\_\_ mg a day.

It is quite common to consume 2 to 3 times 2,000mg per day without knowing. The following are popular foods and condiments that are very high in sodium. Check off the food items you eat. This exercise will give you an idea of the foods you should avoid.

### 140 – 300mg

- |   |  |
|---|--|
| <input type="checkbox"/> Bagel, plain       | <input type="checkbox"/> Crackers        |
| <input type="checkbox"/> Barbecue sauce     | <input type="checkbox"/> Hash browns     |
| <input type="checkbox"/> Donuts, pastries   | <input type="checkbox"/> Margarine, soft |
| <input type="checkbox"/> Cakes (most types) | <input type="checkbox"/> Nuts, salted    |
| <input type="checkbox"/> Catsup             | <input type="checkbox"/> Yogurt, plain   |

### 300 – 900mg

- |   |  |
|---|--|
| <input type="checkbox"/> Bacon                            | <input type="checkbox"/> English muffin                    |
| <input type="checkbox"/> Baking powder, soda              | <input type="checkbox"/> Lemon pepper                      |
| <input type="checkbox"/> Bologna                          | <input type="checkbox"/> Milk shake                        |
| <input type="checkbox"/> Broth, beef or chicken           | <input type="checkbox"/> Olives                            |
| <input type="checkbox"/> <b>Canned vegetables</b>         | <input type="checkbox"/> Pancakes                          |
| <input type="checkbox"/> Cheese, American, Cheddar, Colby | <input type="checkbox"/> Pie (most kinds)                  |
| <input type="checkbox"/> Chicken fried                    | <input type="checkbox"/> Potato chips                      |
| <input type="checkbox"/> Chocolate pudding                | <input type="checkbox"/> Salami                            |
| <input type="checkbox"/> Cottage cheese, creamed, low fat | <input type="checkbox"/> Tomato or vegetable juice, canned |
| <input type="checkbox"/> Croissant                        | <input type="checkbox"/> Tuna, canned                      |

### 900 – 1500mg

- |  |  |
|--|--|
| <input type="checkbox"/> Canadian-style bacon            | <input type="checkbox"/> Ham, extra lean             |
| <input type="checkbox"/> Canned or dry soups or beans    | <input type="checkbox"/> Pickles, dill               |
| <input type="checkbox"/> Corned beef brisket             | <input type="checkbox"/> Sauerkraut                  |
| <input type="checkbox"/> Crab, Alaskan king              | <input type="checkbox"/> Spaghetti sauce, from a jar |
| <input type="checkbox"/> <b>Fast foods</b>               | <input type="checkbox"/> Sausage                     |
| <input type="checkbox"/> <b>Frozen entrees and meals</b> | <input type="checkbox"/> Tomato sauce                |

### 1500 – 2500mg

- |  |  |
|--|--|
| <input type="checkbox"/> Soup, cream of mushroom, tomato | <input type="checkbox"/> <b>Fast foods</b> |
| <input type="checkbox"/> Garlic or onion salt            | <input type="checkbox"/> <b>Salt</b>       |
| <input type="checkbox"/> Meat tenderizer                 | <input type="checkbox"/> Soy sauce         |

Note the foods you checked. You may have to avoid these foods and foods like them. But there are delicious, low-sodium foods that you can eat.

### **Eating foods that are low in sodium will help you feel better.**

Here are some foods that are relatively low in sodium. Generally foods with less than 140mg of sodium per serving are considered low in sodium. Circle the hearts of the food items you eat. This exercise will give you an idea of the good foods you enjoy. These food items, and others like them, you can use to replace high-sodium foods.

- |   |                                     |
|---|-------------------------------------|
| ♥ Apple, 1 medium                       | ♥ Parmesan grated 1 Tbsp.           |
| ♥ Apple sauce, sweetened, ½ cup         | ♥ Pasta, unsalted, ½ cup            |
| ♥ Banana, 1 medium                      | ♥ Pickles, sweet, 1                 |
| ♥ Bread, white, 1 slice                 | ♥ Popcorn, air popped, no salt      |
| ♥ Broccoli, boiled, ½ cup               | ♥ Potato, fresh, baked              |
| ♥ Butter, unsalted, 1 Tbsp.             | ♥ Pound cake, 1/17 cake             |
| ♥ Canned tuna, low sodium variety, 2oz. | ♥ Rice, unsalted, ½ cup             |
| ♥ Cereal, unsalted, ½ cup               | ♥ Shrimp, fresh, 4 large            |
| ♥ Egg, whole, 1 large                   | ♥ Swiss cheese 1 oz.                |
| ♥ Fresh meat, poultry or fish, 3oz.     | ♥ Tomato, fresh, 1 medium           |
| ♥ Fruit cocktail, in heavy syrup, ½ cup | ♥ Tortilla, corn, 1                 |
| ♥ Iceberg lettuce, 1 leaf               | ♥ Vegetables, fresh                 |
| ♥ Milk, 1 cup                           | ♥ Yogurt, low fat with fruit, 8 oz. |



### **IDEAS FOR LOW-SODIUM MEAL PREPARATION**

- Check sodium content on food labels and compare brands, they can differ greatly in sodium content.
- Purchase foods with low or no salt added.
- Look for “low-sodium” milk & cheese. Use natural cheeses instead of processed.
- Fast foods are generally over 500mg of sodium. Try to avoid these foods completely.
- Learn to use herbs & spices for flavor.
- Fresh is ALWAYS better when buying, meats and vegetables
- Use low-sodium baking powder for baking.
- Keep plenty of fresh fruit on hand for snacks and desserts.
- Avoid breading, sauces & marinades that contain sodium.