
Tips to Reduce Sodium Intake

High Sodium Foods to Limit

Grains

- Seasoned rice and pasta mixes
- Packaged potato mixes
- Bread or crackers topped with salt
- Hot or cold cereals with more than 300 mg sodium per serving
- Tortillas
- Biscuits, cornbread, and other “quick” breads prepared with baking soda
- Breadcrumbs

Meat & Seafood

- Cured meat – ham, bacon, sausage, bologna, pepperoni, hot dogs, bratwurst, deli meat
- Canned meat – chili, Vienna sausage, sardines, SPAM (pork), corned beef
- Smoked or pickled fish/meats
- Shrimp

Dairy

- Buttermilk
- Processed cheese such as American cheese
- Processed cheese spreads
- Cottage cheese
- Feta cheese
- Block, sliced or shredded cheese

Vegetables

- Canned vegetables, especially baked beans and tomato sauce
- Pickles, olives, and sauerkraut
- Tomato and vegetable juices
- French fries and onion rings
- Frozen vegetables with sauces

Snack Foods

- Pork rinds
- Beef jerky/beef sticks
- Salted pretzels
- Potato chips, corn chips, tortilla chips
- Popcorn with added salt
- Sunflower seeds
- String cheese
- Salted nuts

Seasonings & Condiments

- Salt, sea salt, kosher salt, onion salt, garlic salt, celery salt, seasoned salt
- Lite salt
- Packaged seasoning mixes containing salt
- Bouillon cubes
- Ketchup
- Barbeque sauce
- Worcestershire sauce
- Soy sauce
- Teriyaki sauce
- Salsa
- Relish
- Salad dressing
- Gravy
- Meat tenderizer powder

Other

- Pizza
- Canned/dried soup, broth, or stock
- Macaroni and cheese
- Canned, packaged, and frozen meals
- Egg substitute
- Salted butter or margarine
- Sports drinks

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“Over 75% of sodium consumed by people in the U.S. is estimated to come from processed and ready meals.”

– American Heart Association

Recommendations

1. Limit sodium intake to 1,500 mg – 2,300 mg per day.
 - One teaspoon of salt = 2,300 mg of sodium.
2. Try to keep sodium to around 600 mg per meal if eating 3 meals per day.
3. Choose frozen and canned fruits and vegetables without added syrups or sauces.
 - Rinse canned foods to decrease sodium content by up to 40%.
4. Make it a habit to read the nutrition label.
 - Compare labels and choose the product that has the lowest amount of sodium per serving.
 - Select foods with 140 mg of sodium or less per serving.
 - Look for labels that say “salt-free,” “sodium free,” “very low sodium,” “low sodium,” or “no added salt.”
 - Choose products that have more calories than milligrams of sodium per serving.
5. Reduced sodium or “healthy request” foods may still have more sodium than you need. Always read the label.
6. Add flavor to your food without the salt.
 - Try lemon juice, lime juice, or vinegar.
 - Add dry spices or fresh herbs.
 - Use a sodium-free seasoning blend or make your own.
7. Reduce intake of fast foods. Check the restaurant’s menu for sodium content.
8. Cook at home to have more control of the amount of sodium that is added.

Low Sodium Snack Ideas

- Fruits – bananas, apples, applesauce, oranges, pears, peaches
- Vegetables – carrots, celery, broccoli, cauliflower, radishes. Try with hummus!
- Unsalted nuts – almonds, walnuts, pistachios, peanuts, pecans
 - Note: One serving is about ¼ cup or a small handful.
- Hard-boiled eggs, rice cakes with 1-2 tbsp. peanut butter, light popcorn, Greek yogurt or roasted chickpeas