

SODIUM



What it is...

Sodium is a mineral naturally found in foods. It is also a major part of ingredients that are used as preservatives or additives to processed foods, as well as being the major part of table salt.

It's job is to...

One of the main jobs of sodium in your body is that of regulating blood pressure and blood volume. It is also important in nerve and muscle functions. Sodium helps to regulate your thirst.

It can cause...



Bacon

When your kidneys do not work properly too much sodium in your diet can lead to problems with blood pressure management, edema (swelling), heart failure, shortness of breath, and cramping while on dialysis.



Pickles

Maintaining balance

The limits of sodium in your diet are usually 2 grams per day or 2000 mg per day. If you still make urine, you may be able to eat more sodium in your diet. Your healthcare team will work with you to determine what your specific needs will be.

Tips to help limit your sodium intake:

1. Do not add salt to your foods.
2. Do not use any seasonings that end in the word "salt", such as "garlic salt". Instead use herbs and spices that do not contain salt. Ask your dietitian before using salt substitutes; they may be high in potassium.
3. Limit the use of condiments and salad dressing. Food such as catsup, mustard, barbecue sauce, soy sauce, gravies and salad dressing may have large amounts of sodium in them.

Menu

Be cautious when eating out. Request food to be prepared without salt or MSG. Request sauces or dressings on the side. Avoid cured or salted meats such as: ham, sausage, bacon, hot dogs and luncheon meats. Avoid soups; they are usually very high in sodium. Look at the nutrient analysis if it is available for the foods offered, it will usually list the amount of sodium in each food item..

Speak with your dietitian about your individual needs

Learn How To Read Food Labels

- Sodium is listed on the food label as mg (milligrams) per serving.
- Be sure to check the serving size and compare it to the amount that you eat.
- Some of the sodium containing ingredients used in food processing will be listed on the food label under Ingredients. Some examples of those would be: salt, sodium, monosodium glutamate (MSG), baking powder, baking soda, disodium phosphate, sodium benzoate, sodium hydroxide, sodium nitrite, sodium propionate, and sodium sulfite.
- Do not be fooled by label claims such as “No Salt”---they may still have some of those sodium containing ingredients. Also, the claim “Natural” does not mean low sodium because “salt” is natural. Be careful about “No added Salt” foods, they may be high in potassium.
- Read the food labels on fresh meat and poultry. Normally they should have about 60 mg of sodium in a 3 ounce serving.
- Many grocery stores now carry meats that look like they are fresh or fresh frozen, but have salt added to them. They may be injected with a salt solution that helps keep the meat tender and moist during cooking. This can make a 3 ounce serving of meat have 500mg of sodium.

Limit use of canned, processed and convenience type foods (frozen dinners, dry noodle and rice mixes). Instead try to use fresh or frozen products, they usually have less sodium. Read the label!



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 3g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Potassium 700mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A **4%**

Vitamin C **2%**

Calcium **20%**

Iron **4%**

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Start here

Check calories

Quick guide to % DV

5% or less is low
20% or more is high

Limit these

Get enough of these

Footnote

Source: US Dept of Health and Human Services

Find **lower sodium** snack foods, such as unsalted popcorn, unsalted pretzels, unsalted crackers or chips.

