

# JUST SAY NO TO SALT



Your goal should be to always LOWER the amount of sodium or salt you eat on a daily basis. The American Heart Association recommends you take in no more than 2000mg (or 2gm) of salt per day. Just one teaspoon of salt contains 2,000mg of salt, so you can see how easy it might be to go over your daily recommended allowance of sodium.

Most foods, especially processed foods, contain a lot of salt. You should avoid eating canned or frozen foods, deli meats, hot dogs, jars of pickles, tomato or pasta sauce, chips or crackers, meats such as ham, bacon, sausage and kielbasa. French fries, sea salt, adobo seasoning, salad dressing, cheeses and soy sauce. Instead, choose heart healthy foods such

as baked chicken and fish, steamed vegetables and salads with sauces and dressings on the side. Do not add salt when you are cooking your food or at the table. If you go out to eat, avoid Chinese, Mexican and fast food. Also, let the waiter or order taker know that it is important for your health that no salt be used in the preparation of your food and no salt added to your meal after cooking.

If you do eat salt, it is important that you tell your doctor as your medications may need to be adjusted. Your doctor may also want to see you more often and/or may encourage you to talk more with your Dietitian to help you find low-sodium foods that you can enjoy and leave you satisfied.

It's also important to recognize what language on food labels mean, as the government has ruled that some words can be used on labels only if they meet strict requirements:

Key Words on Label	Food must contain:
Sodium-free or Salt-free	Less than 5mg of sodium per serving
Very low sodium	Less than 35mg of sodium per serving
Low sodium	Less than 140mg of sodium per serving
Less sodium	At least 20% reduction from the original
Reduced sodium	At least 25% reduction from the original
Light in sodium	At least 50% reduction from the original
Unsalted. Without added salt. No salt added	No salt added during processing

Always make sure to look at how many servings are in a box or can of food. If you eat a portion that is larger than one serving size, you are eating more salt than is listed on the label. For example, if you eat two servings of cereal, you will need to record the sodium listed on the label twice. Keeping a journal of your daily food intake including salt/sodium can be very useful as you monitor your related symptoms.



### Avoid High Sodium Foods Including:

- Potato Chips
- Salted Pretzels
- Salted Popcorn
- Salted Nuts
- Salted Crackers
- Canned Food
- Onion Rings
- Soy Sauce
- Table Salt
- Frozen Dinners
- Sauerkraut
- Bacon/Ham
- Sausage
- Sardines
- Lunch Meat
- Pickles/Relish
- Cereal
- Salad Dressing
- Pizza
- Fries
- Ketchup
- Hot Dogs
- Olives
- Burgers
- Soda
- Biscuits
- Marinara