

Sodium Modified Diet

Sodium (or salt) is essential for good health. You must have a certain amount of sodium and water in your body. Too much salt or too much water will upset the balance in your body. In some people, too much sodium may cause high blood pressure or swelling known as edema.

Facts on Salt

- Most foods contain some sodium but it is usually added to food before it gets to the store and in home cooking.
- To balance your salt intake, you must be aware of both natural sodium content and the amount of added sodium when selecting foods.
- Most of the sodium in your diet is in the form of sodium chloride, which is table salt. Other forms of sodium are also found in food, so watch out for the words “salt” **and** “sodium”.
- Try to have less than 2,400 milligrams of sodium a day (this is the same as six grams or 1 teaspoon of salt). That includes **all** sodium and salt contained in the product, added in cooking, and added at the table.
- Processed foods account for most of the sodium and salt consumed.
- Read food labels! Sodium is in some foods you might not expect, such as ketchup, soy sauce and some antacids.
- Kosher salt and sea salt are just that — salt. Remember to include them when adding up your sodium intake for the day.

Tips for Reducing Sodium in Your Diet

- Reduce the amount a little each day until none is used.
- Buy fresh, plain frozen, or canned vegetables that state "with no salt added" on the label.
- Use fresh poultry, fish, and lean meat, rather than canned or processed types.
- Use herbs, spices, and salt-free seasoning blends, such as Mrs. Dash®, in cooking and at the table.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose "convenience" foods that are lower in sodium. Try to eat less frozen dinners, pizza, packaged mixes, "instant" products, sauces, canned soups or broths, and salad dressings; these often have a lot of sodium.
- Rinse salt from all canned foods.
- When available, buy low- or reduced-sodium, or no-salt-added versions of foods.
- Choose ready-to-eat breakfast cereals and breads that are lower in sodium.

Flavor That Food!

Make foods tasty without using salt. Try these flavorings, spices, and herbs:

For Meat, Chicken, and Fish

Beef	Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
Lamb	Curry powder, garlic, rosemary, mint, pepper
Pork	Garlic, onion, sage, pepper, oregano
Veal	Bay leaf, curry powder, ginger, marjoram, oregano
Chicken	Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
Fish	Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper

For Vegetables

Carrots	Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
Corn	Cumin, curry powder, onion, paprika, parsley
Green beans	Dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme
Leafy greens	Onion, pepper
Peas	Ginger, marjoram, onion, parsley, sage
Potatoes	Dill, garlic, onion, paprika, parsley, sage
Summer squash	Cloves, curry powder, marjoram, nutmeg, rosemary, sage
Winter squash	Cinnamon, ginger, nutmeg, onion
Tomatoes	Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

Read the Food Label

Food labels can help you choose foods lower in sodium, as well as calories, saturated fat, total fat, and cholesterol. By paying close attention to food labels when you shop, you can eat less sodium.

Use food labels to help you choose products that are low in sodium.

Please see the example located to the right.

Number Of Servings

The serving size is 1 cup. The package contains two servings.

Amount Per Serving

In this example, one serving is equal 1 cup. If you eat more or less than a serving, add or subtract amounts.

Percent Daily Value

Percent Daily Value helps you compare products and tells you if the food is high or low in sodium. For sodium, choose products with the lowest Percent Daily Value.

Nutrients

You'll find the milligrams of sodium in one serving. Remember we recommend having less than 2400mg sodium per day.

Nutrition Facts

2 servings per container

Serving size

1 cup (255g)

	Per serving		Per container	
Calories	220		440	
	% DV*		% DV*	
Total Fat	5g	6%	10g	13%
Saturated Fat	2g	10%	4g	20%
Trans Fat	0g		0g	
Cholesterol	15mg	5%	30mg	10%
Sodium	240mg	10%	480mg	21%
Total Carb.	35g	13%	70g	25%
Dietary Fiber	6g	21%	12g	43%
Total Sugars	7g		14g	
Incl. Added Sugars	4g	8%	8g	16%
Protein	9g		18g	
Vitamin D	5mcg	25%	10mcg	50%
Calcium	200mg	15%	400mg	30%
Iron	1mg	6%	2mg	10%
Potassium	470mg	10%	940mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.