

Watch your salt intake

This handout offers tips about watching your salt intake.

Some salt is OK, but not too much

- Only 1500 to 2500 mg a day of salt or sodium
- One teaspoon of salt has 2130 mg of sodium
- Salt substitute may have too much potassium for you

Stay away from food high in salt

- Canned foods like soups, vegetables, and tomato juice
- Processed meats like hot dogs, bacon, sausages, ham, salami, and other deli meats
- Processed foods like microwave dinners
- Cheeses like hard cheese, cottage cheese, and cream cheese
- Take out food like pizza and Chinese food
- Some snack foods like salted nuts and popcorn
- Some bottled waters and soft drinks have salt
- Condiments or seasonings like soy sauce, catsup, mustard, pickles, and olives
- Packaged mixes like pancake mix or cake mix

Throw out the salt shaker

- Do not keep a salt shaker on the table
- Do not cook with salt
 - Use herbs, spices, lemon juice, or vinegar to add flavor

Read labels on food

- Watch for these words on food labels
 - Salt
 - Sodium nitrate or benzoate
 - Sodium ascorbate
 - Baking soda (sodium bicarbonate)
 - Baking powder
 - Brine
 - Monosodium glutamate or MSG
 - Hydrolyzed vegetable protein
 - Soy sauce
 - Whey solids

Watch your salt intake (cont)

Some common drugs have salt

- Many drugs you can buy at the store for colds or upset stomach have salt
 - Antacids, laxatives, cough medicines, and others
- Check with your doctor before taking any drugs you buy at the store

Choose low salt food

- Make sure low salt food is also low in potassium and phosphorus
- Low salt food
 - Fresh meats, poultry, and fish
 - Fresh potatoes
 - Fresh or frozen vegetables, but not peas and lima beans
 - Whole grain breads
 - Pastas, but only with small amounts of sauce labeled low in sodium
 - Unsalted or homemade soups labeled low in sodium
 - Unsalted peanuts or pretzels
 - Spices and herbs

Tips for when you eat out

- Plan ahead
 - Drink less, and eat less sodium, phosphorus, and protein during the day so you can have more when you eat out

The content in this letter is intended as general information and may not apply to you or your condition. Talk to your doctor about how to best use this information and how to take care of your medical condition. This information is not intended to provide or replace professional medical advice or services.
