



## Low Sodium and Salt Reduction Diet

### MU Patient Education Series

According to the Centers for Disease Control and Prevention, current dietary guidelines for Americans recommend that adults in general should consume no more than 2300 mg of sodium per day. Eating less sodium can help prevent, or control, high blood pressure.

It is also important to incorporate potassium-rich foods in your diet that includes fruits and vegetables.

If you are in the following population group, you should consume no more than 1500 mg of sodium per day and meet the potassium recommendation of 4700 mg per day with food.

- 51 years of age or older
- African American
- High blood pressure
- Diabetes
- Chronic kidney disease

Tips for a lower sodium diet include eating fresh foods as opposed to processed or canned foods. Check food labels that read “no salt added”, “low sodium” or “sodium reduced” for a better choice. Try these seasonings instead of salt to flavor food:

- Herbs, spices, or salt-free seasoning blends
- Chopped vegetables, such as garlic, onions, and peppers
- Lemons and limes
- Ginger

#### BREADS, CEREALS, AND GRAINS:

- Plain rice
- Plain pasta
- Unsalted popcorn
- Avoid adding salt when cooking pasta or rice



### FRUITS AND VEGETABLES:

- Fresh fruits or vegetables is always your best choice
- When choosing frozen fruits or vegetables avoid those with sauces

### MEATS, NUTS, AND BEANS:

- Fish
- Shellfish
- Chicken breast without skin
- Turkey breast without skin
- Lean cuts of beef or pork
- Unsalted nuts and seeds
- Peas
- Beans
- Canned beans labeled “no salt added”, “low sodium” or “sodium reduced”
- Eggs

### MILK PRODUCTS:

- Fat-free milk
- Low-fat (1%) milk
- Fat-free yogurt
- Low-fat yogurt
- Low sodium cheese
- Reduced sodium cheese

### DRESSINGS, OILS, AND CONDIMENTS:

- Unsalted butter
- Unsalted margarine
- Vegetable oils (canola, olive, peanut, sesame oil)
- Sodium-free salad dressing
- Sodium-free mayonnaise
- Vinegar



### REMEMBER...KEEPING YOUR HEART HEALTHY INCLUDES:

- Maintaining a healthy weight
- Regular checks up with your healthcare provider
- Maintaining a healthy blood pressure
- Exercising 3-5 times a week
- Eating a healthy diet

Always check with your healthcare provider before starting any exercise program to make sure your heart is healthy for activity.

#### **DISCLAIMER:**

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