

NO ADDED SALT (SODIUM) GUIDELINES

3-4 grams of sodium a day

First of all – Sodium is GOOD for you! It is important for brain function, a regular heart beat and it helps to avoid muscle cramping. That being said, too much sodium can:

Cause your kidneys to retain extra water which

Increases your blood volume which

Puts more pressure on your blood vessels which

Makes your heart work harder which

Increases your blood pressure!

You don't need to give up all salt but you can make significant reductions by following a few simple guidelines:

1. It is thought that as much as 75% of our salt intake comes from packaged food and eating out. Increase fresh fruits and vegetables in your diet and eat at home more!
2. Be aware of what foods to **avoid**. Some examples are:

Dairy – buttermilk, processed cheeses, cheese spread

Meats – canned, cured, dried, salted and smoked meats such as bacon, ham, lunch meats, sausage, hot dogs and canned seafood, canned soups and stews, soup mixes, broth, bouillon

Vegetables – canned vegetables. Use frozen instead. Pickles, relish, sauerkraut

Fruits – none

Bread/Cereal – frozen or instant potatoes, potato and snack chips, highly seasoned rice and pasta, salted popcorn, some ready to eat cereals, packaged desserts

Fats – peanut butter, salted nuts and party dips

Seasonings – Accent, barbeque sauce, catsup, celery salt, chili sauce, cooking wine, garlic salt, gravy mixes, meat extracts, meat sauces, meat tenderizers, monosodium glutamate (MSG), onion salt, prepared mustard, salt lite, salt substitute (unless recommended by physician), soy sauce, Worcestershire sauce

Examples of seasonings **allowed**

All spice	garlic	pepper, fresh green or red
Almond extract	garlic powder	pepper, black, red or white
Anise seed	ginger	peppermint extract
Basil	horseradish	pimiento
Bay leaf	juniper	poppy seed
Caraway seed	leeks	poultry seasoning
Cardamom seeds	lemon juice	purslane
Cayenne pepper	mace	rosemary
Chili powder	maple extract	saffron
Chives	marjoram	sage
Cinnamon	mint	sesame seeds
Cloves	mustard, dry	sorrel
Cocoa, dry	nutmeg	sugar
Coconut	onion	tarragon
Coriander	onion powder	thyme
Cumin	orange extract	turmeric
Curry powder	oregano	vanilla extract
Dill	paprika	vinegar
Fennel	parsley	walnut extract

Bottom line: Read the nutrition label and be sure to check sodium percentage against portion size!

Nutrition Facts	
Serving Size 1/2 cup (115g)	
Servings Per Container About 4	
Amount Per Serving	
Calories 250	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Cholesterol 55mg	18%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 4g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 0%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

For example: There are **75mg** in one **serving** but **300mg** if you eat the **whole thing!**