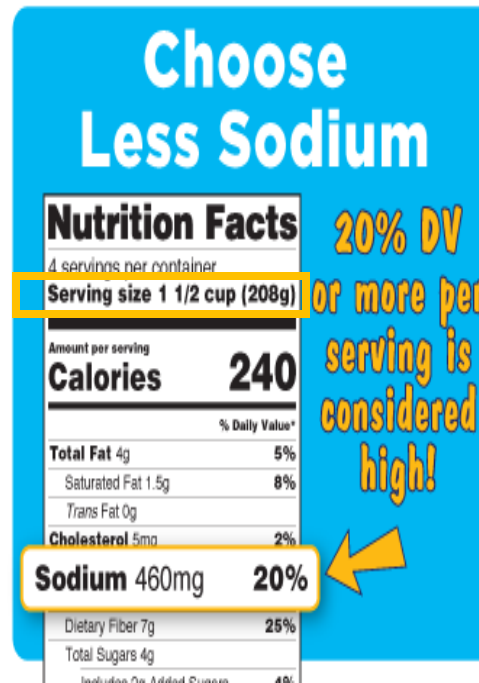


Navigating Sodium

- **Sodium-Free**
 - Fewer than 5 milligrams of sodium per serving, contains no sodium chloride
- **Very Low Sodium**
 - 35 milligrams or less per serving
- **Low Sodium**
 - 140 milligrams or less per serving
- **Reduced (Less) Sodium**
 - At least 25% less sodium per serving than usual
- **Light Sodium/Lightly Salted**
 - At least 50% less sodium per serving than usual
- **No Salt Added or Unsalted**
 - No salt is added during processing, but not necessarily sodium-free

What to Look For



Resources

American Heart Association
www.heart.org

Heart Insight Magazine
<http://heartinsight.heart.org/>

Low-Sodium Living Guide

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Reducing Sodium

*note that this is not an all-inclusive list

- **Canned Vegetables/Beans**
 - Drain the can and wash the vegetables/beans thoroughly to reduce as much sodium as you can.
- **Meats, Poultry, and Seafood**
 - Try to avoid buying pre-marinated or pre-seasoned options.
 - Use caution when purchasing deli or smoked meats.
- **Condiments, Sauces, etc.**
 - Purchase items like reduced sodium or no added sodium. Try to make your own condiment
- **Spices**
 - Make your own seasoning blends, or purchase salt-free seasoning blends
- **Soups**
 - From scratch is better. Low-sodium broths and canned soups are available.
- **Baked Goods**
 - Be mindful of the portion.

Frequently Asked Questions

What is the sodium recommendation?

The American Heart Association recommends no more than 2,300 milligrams of sodium a day.

Is there a difference between table salt, kosher salt, sea salt, Himalayan salt...etc?

There is no difference between the salt regards to sodium content besides texture and flavor. One teaspoon of any salt contains approximately 2,300 milligrams of sodium.

Do I have to worry about hidden sodium?

Yes – think about ingredients you use in your cooking that are high in sodium already. 1 tablespoon of soy sauce has on average 980 milligrams of sodium. Instead, think about using a reduced sodium soy sauce, or not add additional salt for seasoning.

Low-Sodium Dining

- If possible, ask to have no salt added during the cooking of your meal, so you can salt at the table to your taste.
- Choose to skip the extras like cheese, pickles, bacon, or cream.
- Have the sauces, gravies, and condiments on the side; this includes salad dressings and melted butter on vegetables. That way, you have control on how much you would like to use.
- Select meals that have their protein baked, broiled, grilled, poached, roasted, or steamed.
- Drink water. Sodium can be hidden in your soda pop beverages and juices.