

High Sodium Foods to watch out for!



Meats	Meats	Meats	Meats	Meats	Meats
Bacon	Ham	Chicken nuggets	Hot dogs	Deli turkey	Fried chicken
Salted chips	Salted pretzels	Salted rice cakes	Popcorn (salted)	Salted nuts	Salted crackers
Canned soup (regular)	Canned beans (with salt)	Canned chili	Canned tuna (regular)	Canned corn (with salt)	Canned peas (with salt)
Cheddar cheese	Processed cheese slices	Parmesan	Cheese dip	Cottage cheese (regular)	Buttermilk
Soy sauce	BBQ sauce	Ketchup	Salad dressing (bottled)	Salted butter	Pickles (regular)
Frozen pizza	Instant noodles	Fried potatoes	Pancake mix (boxed)	White bread (regular)	Buttered toast

- Processed meats, including cold cuts, bacon, sausage and hot dogs
- Ham
- Macaroni and cheese
- Salted chips, pretzels and crackers
- Processed cheese and cheese spreads
- Salted nuts
- Pickles and olives
- Some dips, dressings and sauces
- Canned soup and other goods

HAVE MORE QUESTIONS?

Here are more great websites to explore:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart>

<https://www.cdc.gov/salt/reduce-sodium-intake/index.html>

Contact us!
We'd love to help!



701-475-2582



kiddercountyhealth@gmail.com



www.kiddercountyhealth.com



422 2nd Ave NW, Steele, ND

Heart Healthy Diet

EATING LOW SODIUM

INFO AND HACKS TO HELP!!!

BROUGHT TO YOU BY:



Public Health
Prevent. Promote. Protect.

KNOW YOUR SODIUM AMOUNTS!

People with high blood pressure and/or kidney disease should generally eat between **1,500-2,300 milligrams (mg)** of sodium a day; however, it's important to follow your doctor or dietitian's individual recommendations.

Check the label!

Guideline for amount of salt per serving

0 mg - 120 mg 0%-5%	121 mg - 360 mg 6%-14%	More than 360 mg ≥ 15%
Go ahead!	Watch out!	Too much!

How much salt is in a...

1/4 teaspoon* = 575 mg sodium
1/2 teaspoon* = 1,150 mg sodium
3/4 teaspoon* = 1,725 mg sodium
1 teaspoon* = 2,300 mg sodium

*MEASUREMENTS ARE AN APPROXIMATION



**Even if a product is "low sodium" or "no salt added" still check the label - the sodium content might still be high!

10-STEP LOW-SODIUM DIET PLAN

1	Eat less processed food	
2	Eat more fresh produce	
3	Choose proper protein	
4	More home-cooked meals	
5	Read labels	
6	Get creative with seasoning	
7	Remove the salt shaker from the table	
8	Avoid canned foods or rinse canned foods thoroughly	
9	Avoid softened water	
10	Avoid certain medications, such as antacids	

Great alternatives to salt

Seasonings include: basil, curry, dill, garlic, onion powder, oregano, paprika, rosemary

Liquids: olive oil, lemon juice

Any brand that has a "salt free" option: Mrs. Dash, McCormick, Lawrys, etc.

OTHER TIPS TO HELP

- Use fresh fruits and veggies when cooking
- If you use canned goods, rinse them off with water prior to using
- Don't use the salt shaker when cooking - opt for herbs and spices
- Keep a small shaker of your favorite sodium free seasoning in your purse or car - that way when you go to a restaurant you have it to use!
- Fill your plate with less salty foods first before reaching for a high sodium food
- When going to a holiday party - make your own favorite low sodium dish to pass to ensure you have something to eat
- **Grains:** choose the "unsalted" snack variety (cracker, pretzel, etc)
- **Dairy:** avoid processed cheese
- **Protein:** pass on the smoked, cured, or canned meats - choose fresh and lean
- **Condiments:** choose lower sodium varieties of BBQ, ketchup, and soy sauce, and other marinades

