

Low Sodium (Salt) Eating



Why Low Sodium Eating is Important

This resource is designed to help you choose foods that are lower in sodium (salt). Low sodium eating will help keep your blood pressure at a good level. Increased blood pressure has been linked to several chronic diseases such as stroke, heart disease and kidney disease. Your daily sodium intake should be 2300 mg or less per day. These tips will help you to lower your sodium intake (to less than 2300 mg per day).



Steps You Can Take to Lower Sodium Intake

- Read the *Nutrition Facts* box on packaged foods and choose foods lower in sodium.
- Added salt at the table and in cooking should be replaced with low sodium herbs, spices, seasonings, and other flavourings. Use fresh or dried garlic, onions, and ginger instead of salty seasonings (such as sea salt, garlic salt, onion salt, MSG).
- Buy unprocessed fresh or frozen foods more often (meats, fish, vegetables, fruits, dried beans, peas and lentils, nuts and seeds).
- When buying canned foods, choose ones with no salt added.
- Limit fast foods and “convenience” foods (such as seasoned pasta or rice mixes), and canned foods (such as stews and vegetables).
- Limit processed meats (such as ham, turkey roll); cured meats (such as bacon, corned beef); processed cheese and cheese spreads; pickles, condiments (ketchup, mustard) and salty sauces (soy sauce).

Other Tips

Check with your doctor before:

- using salt substitutes (for example: Half Salt®, No Salt®) as they can contain high amounts of sodium and potassium;
- taking medications (including laxatives and antacids) or home remedies (baking soda), as these can be high in sodium;
- becoming a competitive athlete or working in a job where you sweat a lot (like fire fighting), as you may need more salt in your diet to replace sweat losses.

This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.



More Information For You

- Canadian Diabetes Association, Dietitians of Canada. Healthy Eating is in Store for You – Nutrition Labelling Fact Sheets
http://www.healthyeatinginstore.ca/pdf/ENG_BW_FactSheet.pdf.

References Used For This Factsheet:

- Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate 2004. Available from: NAP: <http://www.nap.edu/books/0309091691/html/269.html>; accessed 24 Nov 2005.



Notes

This handout distributed by:

The following resources are also available on sodium:

Low Sodium (Salt) Cooking
Low Sodium (Salt) Eating Out
Low Sodium (Salt) Eating Resources
Low Sodium (Salt) Food Choices
Reading Food Labels for Sodium (Salt)

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