

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RDN/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## Low-Sodium Nutrition Therapy

Although sodium is important for your body to function, too much sodium can be harmful for people with the following problems:

**Hypertension** (High Blood Pressure). As sodium and fluid buildup in your tissues and bloodstream, your blood pressure increases. High blood pressure may cause damage to other organs and increase your risk for a stroke.

**Kidney Disease.** High blood pressure can cause damage to your kidneys. This damage may cause your kidney function to be poor, resulting in even more fluid and waste buildup in the body.

**Liver Disease, Heart Failure, and Shortness of Breath.** Too much sodium may cause a buildup of fluids around your heart, stomach, lungs, and legs. This may make your blood pressure too high, cause difficulty breathing, and put stress on your heart and liver.

Even if you take a pill for blood pressure or a water pill (diuretic) to remove fluid, it is still important to have less salt in your diet. Ask your doctor and Registered Dietitian Nutritionist (RDN) what amount of sodium is right for you.

### Reading the Food Label: How Much Sodium Is Too Much?

A low sodium nutrition plan usually limits the sodium that you get from food and beverages to **1,500-2,000 milligrams (mg) per day**. Salt is the main source of sodium. Read the nutrition label to find out how much sodium is in 1 serving of a food.

- Select foods with 140 milligrams (mg) of sodium or less per serving.
- Foods with more than 300 milligrams (mg) of sodium per serving may not fit into a reduced-sodium meal plan.
- Check the serving size on the label. If you eat more than 1 serving, you will get more sodium than the amount listed.

## **Tips for Cutting Back on Sodium:**

- **Avoid processed foods. Eat more fresh foods.**
  - Fresh fruits and vegetables are naturally low in sodium, as well as frozen vegetables and fruits that have no added juices or sauces.
  - Fresh meats are lower in sodium than processed meats, such as bacon, sausage, and hotdogs. Read the nutrition label or ask your butcher to help you find a fresh meat that is low in sodium.
- **Eat less salt – at the table and when cooking.**
  - A single teaspoon of table salt has 2,300 mg of sodium.
  - Leave the salt out of recipes for pasta, casseroles, and soups.
  - Ask your dietitian how to cook your favorite recipes without sodium
- **Be a smart shopper.**
  - Look for food packages that say “salt-free” or “sodium-free”. These items contain less than 5 mg of sodium per serving.
  - “Very low-sodium” products contain less than 35 mg of sodium per serving.
  - “Low-sodium” products contain less than 140 mg of sodium per serving.
  - Beware of “Unsalted” or “No Added Salt” products. These items may still be high in sodium. Check the nutrition label.
- **Add flavors to your food without adding sodium.**
  - Try lemon juice, lime juice, fruit juice or vinegar.
  - Dry or fresh herbs add flavor. Try basil, bay leaf, dill, rosemary, parsley, sage, dry mustard, nutmeg, thyme, and paprika.
  - Pepper, red pepper flakes, and cayenne pepper can add spice to your meals without adding sodium. Hot sauce contains sodium, but if you use just a drop or two, it will not add up to much.
  - Buy a sodium-free seasoning blend or make your own at home.

## **Eating in Restaurants**

Use caution when you eat outside your home. Restaurant foods can be very high in sodium. Ask for nutrition information. Many restaurants provide nutrition facts on their menus or their websites. Let your server know that you want your food to be cooked without salt and that you would like your salad dressing and sauces to come “on the side”.

## Recommended Foods

Food Group	Recommended Foods
<b>Grains</b>	Choose a bread that is <80 mg per slice (Note: yeast breads usually have less sodium than those made with baking soda) Home-made bread made with reduced-sodium baking soda Many cold cereals, especially shredded wheat and puffed rice Oats, grits, or cream of wheat Dry pastas, noodles, quinoa, and rice
<b>Vegetables</b>	Fresh and frozen vegetables without added sauces, salt, or sodium Homemade soups (salt free or low sodium) Low-sodium or sodium-free canned vegetables and soups
<b>Fruits</b>	Fresh and canned fruits Dried fruits, such as raisins, cranberries, and prunes
<b>Dairy (Milk and Milk Products)</b>	Milk or milk powder; Rice Milk; Soy Milk Yogurt, including Greek yogurt Small amounts of natural cheese (blocks of cheese) or reduced-sodium cheese can be used in moderation. (Swiss cheese, ricotta cheese, and fresh mozzarella are lower in sodium than the others) Regular or Soft Cream Cheese Low Sodium Cottage Cheese
<b>Protein Foods (Meat, Poultry, Fish, and Beans)</b>	Fresh meats and fish; turkey bacon (check the nutrition labels – make sure they are not packaged in a sodium solution) Canned or packed tuna (no more than 4 oz at 1 serving) Dried beans and peas Edamame (fresh soybeans) Eggs Unsalted nuts or peanut-butter
<b>Desserts and Snacks</b>	Fresh fruit or applesauce Angel food cake Granola Bars Unsalted pretzels, popcorn, or nuts Pudding or Jell-O Home-made rice-crispy treats Vanilla Wafers Frozen Fruit Bars
<b>Fats</b>	Tub or liquid margarine Unsaturated fat oils (canola, olive, corn, sunflower, safflower, peanut)

<b>Food Group</b>	<b>Recommended</b>
<b>Condiments</b>	<p>Fresh or dried herbs                      Low Sodium Ketchup</p> <p>Vinegar    Lemon or lime juice</p> <p>Pepper</p> <p>Salt-free seasoning mixes and marinades: Mrs. Dash or McCormick's salt-free blend.</p> <p>Simple salad dressings: vinegar and oil</p> <p>You can purchase salt-free barbeque sauce and many others on the internet. Ask your dietitian.</p>

## Foods Not Recommended

<b>Food Group</b>	<b>Not Recommended</b>
<b>Grains</b>	<p>Breads or crackers topped with salt</p> <p>Cereals (hot/cold) with more than 300 mg sodium per serving</p> <p>Biscuits, cornbread, and other "quick" breads prepared with baking soda</p> <p>Pre-packaged bread crumbs</p> <p>Self-rising flours</p>
<b>Vegetables</b>	<p>Canned vegetables (unless they are salt-free or low-sodium)</p> <p>Frozen vegetables with seasoning and sauces</p> <p>Sauerkraut and pickled vegetables</p> <p>Canned or dried soups (unless they are salt-free or low-sodium)</p> <p>French fries and onion rings</p>
<b>Fruits</b>	Dried fruits preserved with sodium-containing additives
<b>Dairy (Milk and Milk Products)</b>	<p>Buttermilk</p> <p>Processed cheeses such as Cheese Wiz, Velveeta, and Queso</p> <p>Cottage Cheese (1 cup may have over 500 mg of sodium; Look for a low-sodium brand)</p> <p>Feta Cheese</p> <p>Shredded Cheese has more sodium than blocked cheeses</p> <p>"Singles" cheese slices</p> <p>String Cheese</p>
<b>Protein Foods</b>	<p>Cured meats: Bacon, ham, sausage, pepperoni and hot dogs</p> <p>Canned meats (chili, vienna sausage, sardines, and spam)</p> <p>Smoked fish and meats</p>

	Frozen Meals that are >600 mg of sodium Store bought Egg Beaters (with added sodium)
<b>Food Group</b>	<b>Not Recommended</b>
<b>Fats</b>	Salted butter or margarine
<b>Condiments</b>	Salt, sea salt, kosher salt, onion salt, and garlic salt Seasoning mixes containing salt: Lemon Pepper or Lawry's Bouillon cubes Catsup or Ketchup Barbeque sauce and Worcestershire sauce Soy sauce Salsa, pickles, olives, relish Salad Dressings: Ranch, Blue Cheese, Italian, and French.
<b>Alcohol</b>	Check with your doctor.

## Sample 1-Day Menu

<b>Breakfast</b>	1 cup regular oatmeal made with water or milk 1 cup (240 ml) reduced-fat (2%) milk 1 medium banana 1 slice whole wheat bread with 1 tablespoon of peanut butter
<b>Lunch</b>	3 ounces grilled chicken breast 1 cup salad greens with olive oil and vinegar dressing 5 unsalted or low-sodium crackers Fruit plate with ¼ cup strawberries, ½ orange sliced, 1 peach half
<b>Evening Meal</b>	3 ounces herb baked fish 1 baked potato with 2 teaspoons soft margarine ( <i>trans</i> fat-free) Sliced tomatoes ½ cup steamed spinach drizzled with lemon juice 3 inch square of Angel Food Cake with fresh strawberries (2)
<b>Snacks</b>	½ cup of dried cranberries ½ low-sodium turkey sandwich on whole wheat bread 2 tablespoons salt-free peanut butter with 5 low-sodium whole grain crackers

**Notes:**