



# BE SODIUM SAVVY

## Recommended Intakes

- The CDC reports that the average American eats 3,400 mg of sodium per day
- American Heart Association recommends less than 2,300 mg/day
- People may need additional limits on sodium, if they:
  - Are 51 years of age and older
  - Are African American
  - Have high blood pressure, diabetes, or chronic kidney disease

## American Heart Association's Salty Six

These are the top 6 foods the AHA has identified that supply large amounts of sodium in the American diet:

- Breads and rolls
- Cold cuts and cured meats
- Pizza
- Poultry
- Soups
- Sandwiches and burgers

## Grocery Shopping Tips

- Include more fresh fruits and vegetables, lean proteins, dairy and whole grains.
- Limit canned foods. Rinse with water to remove some salt.
- Limit processed meats, i.e. cured, smoked, brine or deli meats.
- Be aware of sodium labels.
  - Sodium free, salt free, no sodium = less than 5mg of sodium per serving
  - Very low sodium = 35mg or less of sodium
  - Low sodium = 140mg or less of sodium
  - Reduced or less sodium = 25% less sodium than the regular
  - Light or lite in sodium = 50% less sodium than the regular
  - Lightly salted = 50% less sodium than normally added
  - No salt added or unsalted = no salt added during processing
- Check ingredient lists for **soda** or **sodium**.
  - Sodium bicarbonate/baking soda, baking powder, MSG, sodium chloride, sodium nitrite
- Compare nutrition facts labels.
  - Use %DV; 5% or lower is a low sodium food, 20% or higher is a high sodium food
  - Different brands of the same food may have differing amounts of sodium

## Summary

- Follow a low sodium meal plan like the DASH diet. (Dietary Approaches to Stop Hypertension.)
- Limit processed foods and eating out.
- Try using more fresh or dried herbs and spices, or try salt-free blends for flavor and seasoning.
- Be aware of hidden sodium. Check medications for **sodium carbonate** or **bicarbonate**.
- Increase exercise and limit alcohol.

## Other resources

- American Heart Association <http://www.heart.org>
- CareHere Connect <http://carehere.com>
- CareHere Wellness Coaches by emailing [Wellness@CareHere.com](mailto:Wellness@CareHere.com)