

LOW SODIUM DIET FRUITS & VEGETABLES

LOW



Low: Fresh fruits and vegetables are low in sodium.

HIGH



High: Canned vegetables and vegetable juices are high in sodium.

LOW SODIUM DIET MILK & DAIRY

LOW



Low: Fresh cheese, yogurt, low fat milk, and soy milk are low in sodium.

HIGH



High: Processed cheese spreads, cottage cheese, and blue cheese are high in sodium.

LOW SODIUM DIET MEAT & PROTEIN

LOW



Low: Meats, like chicken, salmon, low-sodium tuna, and red meat, and other sources of protein, like eggs, unsalted peanut butter, beans, and tofu, are low in sodium.

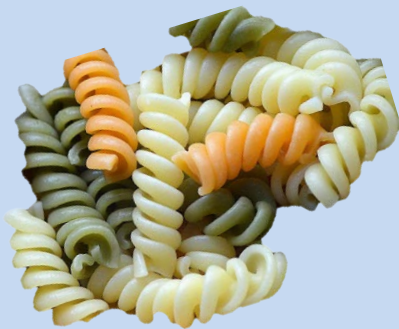
HIGH



High: Cured and processed meat products are high in sodium.

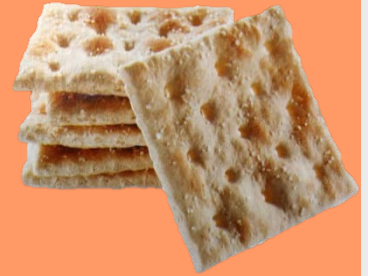
LOW SODIUM DIET CEREAL & STARCHES

LOW



Low: Plain rice, oats, breads, pastas, and potatoes are lower in sodium.

HIGH



High: Crackers, chips, pretzels, and packaged meals with flavors are high in sodium.

LOW SODIUM DIET

FATS

LOW



HIGH



Low: Unsalted butter and margarine, olive oil, and light sour cream are low in sodium.

High: Salted butter, flavored salad dressings, bacon, and gravy mixes are high in sodium.

LOW SODIUM DIET SEASONING

LOW



Low: Natural seasonings, like lemon, garlic, onion, and basil, and unsalted dry spices, like oregano, cayenne pepper, and Mrs. Dash, are low in sodium. Low-sodium soup bases have less sodium than regular soup bases.

HIGH



High: Pre-made seasoning mixes, flavored salts, and chicken bouillon are high in sodium.

LOW SODIUM DIET SAUCES

LOW



Low: Oil, vinegar, and low-sodium sauces are low in sodium.

HIGH



High: Many prepared salad dressings, tomato sauces, regular soy sauce, and other seasoned sauces are high in sodium.

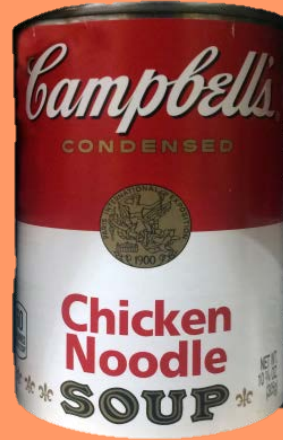
LOW SODIUM DIET OTHER

LOW



Low: Cook meals at home without adding salt. Unsalted nuts are low in sodium.

HIGH



High: Packaged and canned soups and salted nuts are high in sodium.

LOW SODIUM DIET WAFFLES & PANCAKES

LOW



Low: Homemade waffles and pancakes without added salt have less sodium.

HIGH



High: Packaged waffle and pancake mixes are high in sodium.

LOW SODIUM DIET HOME COOKED VS. RESTAURANT

LOW



17 mg



172 mg

1 mg

1 mg

176 mg

63 mg

413 mg

HIGH

680-1050 mg



270-350 mg



Low: Cook at home without adding salt. Homemade burgers and fries without added salt are low in sodium.

High: Fast food restaurants serve foods high in sodium.

LOW SODIUM DIET READING LABELS

LOW

Nutrition Facts

Serving Size 5 crackers (14g)
Servings Per Container About 32

Calories 60
Calories from Fat 10

Amount Per Serving % Daily Value*

Total Fat 1g **2%**

Saturated Fat 0.5g **1%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4%

Amount Per Serving % Daily Value*

Sodium 115mg **5%**

Total Carbohydrate 10g **3%**

Dietary Fiber less than 1g **2%**

Sugars 0g

Protein 1g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Sodium 115mg 5%

Nutrition Facts

Serving Size 1 medium apple (154g)
Servings Per Container varied

Amount Per Serving

Calories 80 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Potassium 170mg **5%**

Total Carbohydrate 22g **7%**

Dietary Fiber 4g **15%**

Sugars 16g

Protein 0g

Sodium 0mg 0%

HIGH

Sodium 910mg 38%

Nutrition Facts

Serving Size 1.5 oz (42g/about 1/2 dry noodle block and 1 tsp seasoning mix)

Servings Per Container 2

Calories 190
Calories from Fat 60

Amount/serving %DV*

Total Fat 7g **11%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 910mg **38%**

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 10%

Amount/serving %DV*

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars less than 1g

Protein 5g

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, SALT, MONOSODIUM GLUTAMATE, HYDROLYZED CORN PROTEIN, POWDERED CHICKEN, ONION POWDER, GARLIC POWDER, SPICE AND COLOR, SODIUM CARBONATE, MALTODEXTRIN, CALCIUM SILICATE, SODIUM TRIPOLYPHOSPHATE, HYDROLYZED SOY PROTEIN, WHEAT, SOYBEAN SUGAR, AUTOLYZED YEAST EXTRACT, RENDERED CHICKEN FAT, DRIED LEEK FLAKE, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, DISODIUM GUANYLATE, DISODIUM INOSINATE, SODIUM ALGINATE, TBHQ (PRESERVATIVE), POTASSIUM CARBONATE.

SODIUM ALGINATE,

SODIUM CARBONATE,

MONOSODIUM GLUTAMATE,

DISODIUM GUANYLATE,

SALT,

SODIUM TRIPOLYPHOSPHATE,

DISODIUM INOSINATE,

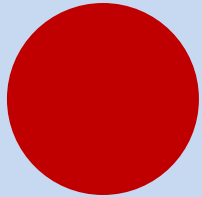
Low: When reading labels, look at the % Daily Value. Choose foods with less sodium than 20% per serving.

High: There are many sources of sodium. Review the ingredients list for sodium.

LOW SODIUM DIET

ONE DAY OF SODIUM

LOW



2300 mg per day



EXAMPLES



1 mg



333 mg

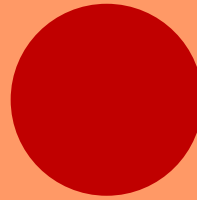


132 mg

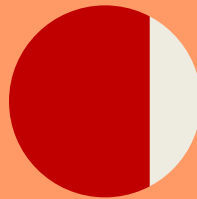


HIGH

2225 mg per can



1650 mg per can



Low: Low-sodium foods naturally contain the amount of sodium our bodies need throughout the day.

High: Many high-sodium foods contain our daily limit of sodium in one serving.