

Live Healthier with Less Sodium

Tips for Reducing Sodium in Your Diet

Your daily sodium intake should be less than 2,300 mg from all foods, beverages and seasonings. Too much sodium in your diet can cause fluid retention and high blood pressure.



Use These Tips to Reduce Your Sodium Intake

- **Avoid adding salt in your cooking and do not add salt to your meals at the table.**

One teaspoon of salt contains approximately 2,300 mg of sodium, which is equivalent to the daily recommended intake.

- **Read food labels for sodium. A food with:**

Less than 35 mg of sodium per serving is very low in sodium.

Less than 140 mg of sodium per serving is low in sodium.

Less than 400 mg of sodium per serving is moderate.

More than 400 mg of sodium per serving is high.

- **Minimize soy sauce in your meals.**

Just one tablespoon contains approximately 1,000 mg sodium.

- **Choose fresh foods more often than canned foods or frozen ready-made meals.**

However, plain frozen fruits and vegetables are still good options because they do not have added sodium. Make certain you choose the plain types rather than those with sauces included.

- **If using canned beans or vegetables, choose sodium-free or low sodium.**

Rinsing with water prior to cooking/serving will help reduce the sodium in canned beans and vegetables.

- **Choose Swiss cheese instead of American cheese.**

Provolone, Cheddar and Monterey Jack also have less sodium than American Cheese.

- **Limit the amount of processed, cured and canned meats.**

This includes deli meats, bacon, sausages, etc.

- **Choose simple salad dressings such as balsamic vinaigrette.**

Even better, make your own salad dressing with olive oil, balsamic vinegar and any herbs you would like to flavor your salad.

- **Use sodium-free seasoning.**

Mrs. Dash®, dried herbs (oregano, parsley, etc.), chili powder, garlic powder (NOT garlic salt, which has sodium), onion powder and pepper are good options.

For more seasoning tips see reverse side of this handout.

Nutrition Facts

Serving Size package (255g)

Serving Per Container 1

Amount Per Serving	Calories from Fat 45	
		% Daily Value*

Calories 230

Total Fat	5g	8%
Saturated Fat	2g	4%
Trans Fat	0g	0%
Cholesterol	20mg	7%
Sodium	480mg	20%
Potassium	530g	15%
Total Carbohydrates	37g	12%
Dietary Fiber	5g	20%
Sugars	7g	
Proteins	10g	

* Percent Daily Values are based on a 2,000 calorie diet.

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Herb & Spice Chart

SEASONING	FOODS TO USE IT ON	TIPS AND INFORMATION
Basil	Fish, lamb, pork, veal, tomatoes, potatoes, vegetables, rice	Basil has a sweet aroma and flavor and is a great seasoning to use with tomato products. Add at end of cooking time or on prepared dish.
Bay Leaf	Lean meats, stews, poultry, soups, tomatoes	A bay leaf brings the best out of warm spices and meaty flavors.
Chive	Eggs, yogurt sauces, fish, chicken, beef, lamb, vegetable dishes	Delicate onion flavor can be found in fresh, dried and frozen form.
Cilantro	Fish, chicken, salads, salsas, soups	Also known as "coriander" and "Chinese parsley." Commonly used in Chinese, Thai, Indonesian and Mexican cuisines.
Cumin	Meat dishes, marinades, vegetable dishes, soups, curries	Cumin has a slightly bitter, spicy yet warm flavor. Commonly used in Mexican, Mediterranean, Indian and Chinese cuisines.
Curry Powder	Lean meats (especially lamb), chicken, fish, soups, stews	Curry powder is a blend of up to 20 spices. Cinnamon and cardamom add sweetness; chilies and pepper add heat.
Marjoram	Beef, veal, lamb, sausage, pâtés, poultry, stews, soups, vegetables, salads, sauces	Gray-green herb from the mint family. Similar to oregano, but milder.
Oregano	Chicken, lamb, pork, eggplant, tomato sauces	Earthy flavor. Oregano is often used in Mexican dishes. Retains good flavor when dried.
Paprika	Lean meats, fish, soups, salads, sauces, vegetables	Bright red to brown powder ranges from sweet and mild to more pungent and hot. Generally it is less spicy than chili powder and fruitier than cayenne pepper.
Parsley	Lean meats, fish, soups, salads, sauces, vegetables	Curly-leaf has a milder flavor and is mainly used as a garnish to salad, soups. Flat-leaf or Italian parsley has a stronger flavor and often is used in cooking.
Rosemary	Lean meats, sauces, stuffing, potatoes, peas, beans	Piney flavor, intensely aromatic, can easily overpower other flavors.
Sage	Lean meats, sausages, stews, stuffing, sauces, green beans, squash, lima beans, onions, peas	Earthy slightly bitter flavor. Fresh sage is far less bitter than dried sage.
Thyme	Lean meats (especially veal and pork), rice, sauces, soups, onions, peas, salads, vegetables, egg dishes, stews	Complex combination of sweet and savory. Thyme is slow to release its flavors so it is best added early in the cooking process.