



Reducing SALT in Your Diet

Your doctor has recommended you follow a low-salt diet. The following foods are examples of foods to be avoided.

SODIUM PITFALLS:

- Pickles, sauerkraut, olives
- Vegetable juice, tomato juice
- Fast food hamburgers, fries and milkshakes
- Canned vegetables, canned soups
- TV dinners
- Chinese food (if made with soy sauce) Processed meats
- Some antacids
- Anchovies
- Clams, oysters

Of course this is not a complete list. Try to remember that processed foods will generally have higher sodium content. Try to select fresh fruits, vegetables and meats whenever possible. Substitute thyme, sage, lemon and other herbs and spices for salt when cooking to give food more flavor.

When doing your grocery-shopping look for sodium on the food labels. Sodium may also be listed as:

- Sodium chloride
- Salt
- Soy sauce
- Teriyaki sauce
- Baking soda
- MSG Monosodium
- Na (chemical symbol for sodium)

Remember

- 1) you only need a pinch (about 500 mg) of table salt each day.
- 2) You should not consume more than 2000 mg of salt (sodium) each day.

