

## Follow a Low-Sodium Diet

Your doctor may suggest that you limit sodium (salt). Sodium causes your body to hold on to extra water. This may cause your heart failure symptoms to get worse. Limiting sodium may help you feel better. People get most of their sodium from processed foods. Fast food and restaurant meals also tend to be very high in sodium.

- Have no more than 2,000 mg of sodium each day from food and drink or as prescribed by your doctor.
- It is good to choose foods with no more than 140 mg of sodium per serving. Foods with more than 300 mg of sodium per serving may not fit into a reduced-sodium meal plan.



Scan the QR code to watch *“Heart Failure: Limiting Sodium.”*

## Read Food Labels

- Read food labels on cans and food packages. The labels tell you how much sodium is in each serving. Make sure you look at the serving size. If you eat more than the serving size, you have eaten more sodium than is listed for 1 serving.
- Food labels also tell you the Percent Daily Value (DV) for sodium. Choose products with low Percent Daily Values for sodium.
- Be aware that sodium can come in forms other than salt, including monosodium glutamate (MSG), sodium citrate, and sodium bicarbonate (baking soda). MSG is often added to Asian food. When you are eating out, ask for food without MSG or salt.

**Important:** Many over-the-counter medicines have sodium in them. Make sure you read the labels or ask your pharmacist about the sodium content.

The label information is based on the serving size listed here. For this product, it is 3 ounces.

The amount of sodium in a 3 ounce serving is 650 milligrams, or 28 percent of the recommended daily intake.

The Daily Value, or recommended intake for sodium, is 2,400 milligrams or less. This is a reasonable total for most people, but too high for those with heart failure or high blood pressure.

Those with heart failure should have less than 2,000 mg of sodium per day.

Amount Per Serving		% Daily Value*	
<b>Calories</b>	200	Calories from Fat	120
<b>Total Fat</b> 15g <b>20 %</b>			
Saturated Fat 5g <b>28 %</b>			
Trans Fat 3g			
<b>Cholesterol</b> 30mg <b>10 %</b>			
<b>Sodium</b> 650mg <b>28 %</b>			
<b>Total Carbohydrate</b> 30g <b>10 %</b>			
Dietary Fiber 0g <b>0 %</b>			
Sugars 5g			
<b>Protein</b> 5g			
Vitamin A 5%		Vitamin C 2%	
Calcium 15%		Iron 5%	
*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		300mg	375mg
Dietary Fiber		25g	30g

Scan the QR code to watch *“Reading a Food Label.”*



## Buy Low-Sodium Foods

- Buy foods that are labeled “unsalted” (no salt added), “sodium-free” (less than 5 mg of sodium per serving), or “low-sodium” (140 mg or less of sodium per serving). A food labeled “light sodium” has less than half of the full-sodium version of that food. Foods labeled “reduced sodium” may still have too much sodium.
- Buy fresh vegetables or plain, frozen vegetables. Buy low-sodium versions of canned vegetables, soups, and other canned goods.
- When purchasing convenient foods, buy low-sodium ones. Choose frozen dinners with less than 300 mg per serving.

## Prepare Low-Sodium Meals

- Use less salt each day when cooking. Reducing salt in this way will help you adjust to the taste. Do not add salt after cooking.
- Flavor your food with garlic, lemon juice, onion, vinegar, herbs, and spices instead of salt. Do not use soy sauce, steak sauce, onion salt, garlic salt, or ketchup on your food.
- Make your own salad dressings, sauces, and ketchup without adding salt.
- Use less salt (or none) when recipes call for it. You can often use half the salt a recipe calls for without losing flavor. Other dishes like rice, pasta, and grains do not need added salt.
- Rinse canned vegetables. This removes some (not all) of the salt.
- Avoid water that has a naturally high-sodium content or that has been treated with water softeners, which add sodium. If you buy bottled water read the label, and choose a sodium-free brand.

Avoid high-sodium foods, such as:

- Smoked, cured, salted, and canned meat, fish, and poultry
- Ham, bacon, hot dogs, and lunch meats
- Regular, hard, and processed cheese
- Regular peanut butter
- Crackers with salted tops
- Frozen prepared meals
- Canned and dried soups, broths, and bouillon, unless labeled sodium-free or low-sodium
- Canned vegetables, unless labeled sodium-free or low-sodium
- Salted snack foods such as chips and pretzels
- French fries, pizza, tacos, and other fast foods
- Pickles, olives, ketchup, and other condiments, especially soy sauce, unless labeled sodium-free or low-sodium

## Tips for Eating Out

- Ask for your order to be prepared without added salt or MSG.
- The heart symbol found on the menu at some restaurants may mean the item is low-fat and/or low in cholesterol. These items may often be higher in sodium. When choosing a low-fat, low-cholesterol meal in a restaurant, ask for it to be served with as little salt content as possible.
- Order baked, broiled, grilled, or steamed foods without sauces, butter, breading, and gravies.
- Ask for salad dressings, sauces, and gravy on the side.
- Avoid soups, broths, salted crackers or rolls, pickles, cheese, olives, seasoned croutons, and cured meats.

## Recommended Foods

- **Bread/Cereal/Rice/Pasta**
  - > Bread/rolls without salted tops
  - > Muffins
  - > Most ready-to-eat and cooked cereal
  - > Unsalted crackers and breadsticks
  - > Low-sodium or homemade breadcrumbs and stuffing
- **Vegetables**
  - > Most fresh, frozen, and low-sodium canned vegetables
  - > Low-sodium and salt-free vegetable juices
- **Fruits**
  - > Most fresh, frozen, and canned fruits
  - > All fruit juices
- **Milk/Yogurt/Cheese**
  - > All milk, but limit to a total of 2 cups per day
  - > All yogurts
  - > Most low-sodium cheeses including low-sodium ricotta, low-sodium cream cheese, low-sodium cottage cheese, and Swiss cheese
- **Meats/Poultry/Fish/Dry Beans and Peas/Eggs/Nuts**
  - > Any fresh or frozen beef, lamb, pork, poultry, and fish (including some shellfish)
  - > Eggs and egg substitutes
  - > Low-sodium peanut butter
  - > Dry peas and beans
- **Fats/Snacks/Sweets/Condiments/Beverages**
  - > Low-sodium or unsalted versions of butter, margarine, salad dressing, soups, soy sauce, condiments, and snack foods
  - > Pepper, herbs and spices, vinegar, lemon, or lime juice
  - > Low-sodium carbonated drinks

