



## Healthy Living Series

# SODIUM

Sodium is a mineral and one of the chemical elements found in salt (sodium chloride). While our bodies do need some sodium in order to function properly, a majority of us consume far more sodium than we need, which can have a harmful impact on our health.

### Sodium Guidelines and Health Effects:

- The general recommendation is to aim for less than 2,300 mg of sodium per day (about 1 teaspoon of table salt) but consult with your doctor for specific dietary needs.
- Read the food label! As a general guide when looking at the “Daily Value” of sodium per serving: 5% or less is low and 20% or more is high.
- Excess sodium causes the body to pull water into the bloodstream, which leads to high blood pressure and increases your risk of heart disease and stroke.
- It can also increase your risk of kidney disease, osteoporosis, and stomach cancer.



Nutrition Facts		
4 servings per container		
Serving size 1 1/2 cup (208g)		
Amount per serving		
<b>Calories</b>		<b>240</b>
% Daily Value*		
Total Fat 4g		5%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 50mg		10%
<b>Sodium</b> 460 mg		<b>20%</b>
Dietary Fiber 7g		25%
Total Sugars 4g		

### Avoid foods that are often high in sodium

- Salt is a preservative, so most of our sodium intake comes from canned, packaged, or frozen foods, and even foods that don't taste “salty” like bread and cereal.
- Burgers, deli sandwiches, pizza, burritos, soups, fried chicken, cheese, pasta dishes, and egg dishes
- Savory snacks (e.g. chips, crackers, popcorn)
- “Instant” rice and noodles
- Sports drinks
- Preserved/cured meats: bacon, ham, sausage, and hot dogs
- Condiments such as soy sauce, bouillon cubes, ketchup, and Cajun seasonings



### Choose healthier low-sodium options

- Whole foods: vegetables, fruits, whole grains, legumes, nuts and seeds.
- Cook meals at home so you can control the sodium.
- Substitute salt for other spices, seasoning, and herbs.
- Use “light” condiments and swap salad dressing for oil & vinegar on salads.
- When you do eat out, ask for sauces on the side and only use what you need.
- Look for “heart healthy” and “low sodium” options. Note: “reduced sodium” simply means it contains less than the original product.
- Replace salty snacks with healthy ones.
- Reduce your portion size - leftovers for the win!
- Fresh non-processed meat like chicken, turkey, and fish (grilled or baked)

