



SODIUM

Most people tend to consume ***MORE*** sodium than they need, which may play a part in:

High Blood Pressure

- ◆ High blood pressure puts strain on the heart
- ◆ The extra strain can lead to a heart attack, stroke, and kidney failure
- ◆ Lower your risk of high blood pressure by consuming low amounts of sodium and working to maintain a healthy weight



Sources of Sodium:

- Saltshaker
- Processed foods
- Foods naturally containing sodium

Aim to get no more than 1500 mg of sodium a day

Keep in mind:

1 tsp. salt = 2300 mg sodium

Most adults, on average, consume 4000-6000 mg a day!

If your family has a history of hypertension, it's imperative that you watch your sodium intake.

Functions of sodium:

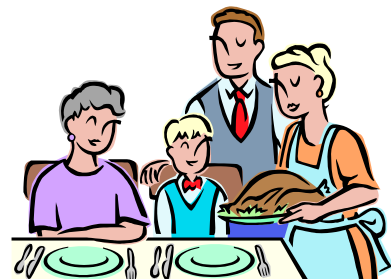
Maintains water balance

Maintains acid-base balance

Transmits nerve impulses

Regulates muscle contractions

Absorbs and transports some nutrients



Suggestions for reducing sodium intake:

- Consume fewer salty snacks such as potato chips, nuts, cheese, and pretzels
- Read the “Nutrition Facts” label on food items to see how much sodium is in the product
- Look for “Low Salt”, “Reduced Sodium”, or “No added salt” items
- Use fresh or frozen vegetables instead of canned ones
- Limit products like sauerkraut, deli meats, sausages, and canned fish
- Use herbs and spices like garlic powder (instead of garlic salt), thyme, oregano, and basil to flavor food instead of salt
- When ordering items, ask for no added salt
- Limit intake of PROCESSED foods; opt for FRESH choices
- When ordering Chinese food, ask for steamed meats and vegetables and no MSG



Sodium Content in Popular Foods/ Items:

<u>FOOD:</u>	<u>SERVING SIZE:</u>	<u>SODIUM (mg):</u>
Jolly Time Popcorn		
-Better Butter	1 cup popped	70
-Healthy Pop Kettle Corn (94% fat free)	1 cup popped	50
Bread		
-Arnold's 100% Whole Wheat	1 slice	130
-Stroehmann's White Enriched	1 slice	105
Soup		
-Campbell's Healthy Request (30% less sodium)	½ cup	430
-Progresso's Chicken & Homestyle Noodles	1 cup	920
Easy Mac		
-Extreme Cheese (microwaveable packets)	1 pouch	540
Peanut Butter		
-Jif (regular)	2 Tbsp	150
Crackers		
-Ritz	5 crackers	135
Tomato Sauce		
-Francesco Rinaldi Three Cheese	½ cup	470
Vegetables		
-Canned Whole Kernel Sweet Corn	1/3 cup	220
-Canned Green Beans No Salt Added	½ cup	10
-Peas (green, frozen)	½ cup	1
-Peas (green, canned)	½ cup	200
Condiments		
-Ketchup	1 Tbsp	190
-Classic Caesar Dressing	2 Tbsp	310
-Yellow Mustard	1 tsp	60
Fruit		
-Orange	1 medium	0
-Pineapple	1 cup	1.55
-Cantaloupe	1 cup	14
-Apricots (dried)	10 halves	4
Ramen Noodles	1 package	1000