



Nutrition Education



How much Sodium do you need?

For healthy eating patterns, the recommendation for men and women over the age of 14 years is to limit sodium to less than 2,300 milligrams per day. For those with certain medical conditions, the recommendation may be lower.

*2,300 milligrams is equivalent to 1 teaspoon of table salt

Sodium and Your Health

While some sodium is needed by the body, too much sodium can be bad for your health. Eating a diet high in sodium can raise your risks of high blood pressure, stroke or heart disease.

Information obtained from:
The Academy of Nutrition and Dietetics
&
Health.gov

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Sodium

What is Sodium?

Sodium is a mineral and an essential nutrient. Table salt, which is commonly used in the kitchen, contains sodium. The words “sodium” and “salt” are used interchangeably.

What food sources are high in sodium?

Foods that are highest in sodium include foods that have been prepackaged or commercially prepared such as chips, crackers, pretzels, breads, processed meats, salad dressings and fast food dishes such as pizza, burgers and burritos.

How Can I Lower My Sodium Intake?

- Choose food items that read “low in sodium,” “sodium or salt free,” or “no added salt”
- Eat more fresh fruits and vegetables
- Eat less processed meats and processed foods
- When cooking replace salt with herbs, spices, garlic or citrus juices
- Rinse or drain canned vegetables
- Increase your intake of whole grains such as whole wheat, brown rice and quinoa

12 ITEMS TO STOCK A LOW-SODIUM PANTRY

BEANS NO SALT ADDED	TOMATO SAUCE NO SALT ADDED
PUREED SQUASH NO SALT ADDED	NOODLES & GRAINS
CHICKPEA FLOUR	& NUTS SEEDS NO SALT ADDED
RICE CRACKERS NO SALT ADDED	NORI NO SALT ADDED
MOLASSES & JAM	COCONUT FLAKES UNSWEETENED
COCONUT MILK	TEA