

Nutrition for Low Sodium

The Dietary Guidelines for Americans recommends a daily sodium intake of less than 2,300 milligrams. Those who are 51 and older, African American or have hypertension, diabetes, or chronic kidney disease should aim for a daily sodium intake of no more than 1500 milligrams. If you are unsure of your sodium needs, please consult a registered dietitian or qualified health professional.

If looking to reduce the amount of sodium you consume, follow these tips:

- Surrender the salt shaker- Instead of having the salt shaker at the table where it is easy to grab, put it in the cabinet. Also, before automatically adding salt to your food, taste it to see if it truly needs more salt.
- Experiment with herbs and spices- these can add great flavor to foods and you may not even miss the salt.
- Read food labels- Some foods that are high in sodium may not taste salty flavor so it is important to read the label. Compare different varieties of your favorite foods and choose those with the lowest amounts of sodium.
- Make homemade meals more often- Foods served at traditional and fast food restaurants are often high in sodium so cook meals at home as often as possible where you can control how much salt is added to your food.
- Buy reduced sodium products when available- Food manufacturers are offering more and more varieties of low or reduced sodium products.
- When it comes to veggies, favor fresh or frozen- Choose vegetables that are fresh or frozen or those canned “with no added salt.”
- Balance your food choices- If you know you are going to an evening movie and are going to order a big tub of salty popcorn, go easy on sodium for your breakfast, lunch and snacks that day.

This medical and/or nutritional information is not intended to be a substitute for individual advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.