

How To Lower Your Salt Intake



SALT AND YOUR BODY

Salt or sodium chloride, plays an important role in our bodies for proper health. Sodium helps balance body fluids and blood pressure. Most people eat much more sodium than the required amount.

DID YOU KNOW...

The more salt you add to your diet, the more fluid your body holds onto. Your heart muscle will then have to work harder to pump this added fluid. In some people it may increase blood pressure. People with elevated blood

WHEN THE LABEL STATES:

1. Sodium free
2. Very low sodium
3. Low sodium
4. Reduced sodium
5. No salt added

IT MEANS:

1. Less than 5mg per serving
2. Less than 35mg per serving
3. Less than 140mg per serving
4. Has 25% less than regular product
5. No salt was added when made, but still contains sodium.

pressure, increase their risk for heart disease and stroke if not treated.

READ YOUR LABELS!

Most foods are labeled and must show how much sodium is in one serving. Pay attention when you see statements like "sodium free" and "low sodium" on the product. They do not

always mean what you think.

You should limit your daily salt/sodium intake to no more than 2,300 mg per day or the equivalent of nearly 1 tsp.



FOR MORE INFORMATION about cardiac health, call Care Management 1.800.414.6641 (TTY: 1.800.473.0989).



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Medicaid & Medical Assistance

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CARDIAC CARE

800.414.6641

AVOID FOODS THAT HAVE “SODIUM” NEAR OR AT THE TOP OF THE INGREDIENT LIST. WHEN READING FOOD LABELS, DON’T FORGET TO LOOK AT ALL OF THE INGREDIENTS.

1. Don't use salt during cooking or at the table.
2. Try using herbs and spices to flavor food.
3. Try to eat more fresh fruit and vegetables.
4. If using canned or frozen fruit and vegetables, drain any juice and then rinse with water before cooking. This removes half the salt.
5. Try raw nuts, seeds, beans and lentils. These are lower in salt than the canned version and higher in protein.
6. Take some time to read food labels in the grocery store.
7. Look for food labels that have a sodium content below 140mg per serving.
8. Look for unsalted, fat free broths and soups. Also low sodium, low fat cheeses and skim or low fat milk.
9. When eating out, avoid fast food restaurants. Don't be afraid to ask that your meal be prepared without salt. You're the customer, you're paying for a service.
10. When using salt substitutes, always check the label for potassium content, then check with your doctor before using.

If you have a water softener for your home drinking water, it may contain significant amounts of salt.

Some over-the-counter medicines (laxatives, cough medicines, antacids, baking soda) may have lots of sodium. **Always read labels and check with your doctor.**

