

SAVE YOUR HEALTH:

Maintaining a Low Sodium Diet

While sodium is something we need, most of us eat too much of it. The average American consumes about 3,400 milligrams of sodium a day while the American Heart Association recommends consuming less than 1,500 milligrams of sodium a day (less than 1 teaspoon of table salt).

Good Low Sodium Food Choices

- Fresh and frozen fruits and vegetables without sauce
- Salt-free nuts
- Plain rice and potatoes
- Plain oatmeal
- Cooked pasta without salt
- Fresh fish and chicken (watch out for chicken injected with sodium) and lean meat
- Orange or pineapple juice as a base for meat marinades
- Condiments such as cranberry relish or apple butter
- Fresh or dried herbs, spices, sodium-free seasoning blends, zest from citrus fruit, vinegar and fruit juices to jazz up meals
- Puffed rice and puffed wheat cereals

Foods to Eat in Moderation

- Processed and packaged foods: read the labels when shopping and look for lower sodium options; 77% of salt intake comes from processed and prepared restaurant foods
- No salt added pasta sauces
- Soup made from scratch
- Oil roasted, salted peanuts
- Ketchup (low sodium options)
- Cheese (low sodium options)
- Bread or rolls
- Milk

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Foods to Avoid

- Frozen dinners (5-ounce turkey and gravy dinner = 787 milligrams of sodium)
- Canned soups (744 milligrams of sodium)
- Vegetable drinks (one cup = 479 milligrams of sodium)
- Processed meats including lunchmeats, bacon, sausage, hot dogs and ham (as much as 1,050 milligrams of sodium)
- Pizza (one slice = 760 milligrams of sodium)
- Breaded chicken (3 ounces = 600 milligrams of sodium)
- Teriyaki sauce (1 tablespoon = 690 milligrams of sodium)
- Soy sauce (1 tablespoon = 1,024 milligrams of sodium)
- Spaghetti sauce (1/2 cup = 554 milligrams of sodium)
- Dry-roasted, salted peanuts (1 ounce = 192 milligrams of sodium)
- Snack foods (potato chips = 136 milligrams, cheese puffs = 240 milligrams, pretzels = 385 milligrams)

Note: When you're scanning a food label, don't just look for the word "salt." Watch out for various forms of sodium or other names for the same thing:

- Sodium alginate
- Sodium ascorbate
- Sodium bicarbonate
- Sodium benzoate
- Sodium caseinate
- Sodium chloride
- Sodium citrate
- Sodium hydroxide
- Sodium saccharin
- Sodium stearoyl lactylate
- Sodium sulfite
- Disodium phosphate
- Monosodium glutamate (MSG)
- Trisodium phosphate
- Na



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For more tips on maintaining a low sodium diet or to hire professional in-home care with meal planning and preparation, contact CareWorks Health Services at **(949) 859-4700** or **(714) 421-4005**.

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