



6 TIPS to Cut Sodium

On average, Americans consume 3,436 milligrams of sodium every day. That's more than twice the 1,500 milligrams that is recommended by leading health experts! It's clear that Americans have a taste for salt, but too much sodium leads to heart diseases such as high blood pressure, heart failure and other diseases such as stroke, osteoporosis (bone disease), kidney disease, and stomach cancer.

If you've been told to cut down on your sodium (or salt) intake or are unsure of what foods you should avoid or cut back on, here are some things you can start doing today to lower the sodium in your diet:

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

- 1. Read nutrition labels.** Sodium can be sneaky. Pay attention to sodium amounts and servings sizes. Limit sodium to 1,500 mg per day.
- 2. Think fresh.** Make fresh fruits and veggies your first choice. Limit processed foods and canned foods like soup, which are high in sodium.
- 3. Avoid temptation.** Take the salt shaker off your table; keep it out of sight in a cabinet instead.
- 4. Cook creatively.** Experiment with using things like lemon juice, herbs, and spices instead of salt.
- 5. Cook at home.** Making your own meals allows you to limit the amount of salt in them. If you do dine out, ask about low-sodium options.
- 6. Eat more potassium.** It counters the effect of sodium and is found in bananas, sweet potatoes, and many dried beans, fruits and vegetables.

SOURCES: American Heart Association:

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sodium-Salt-or-Sodium-Chloride_UCM_303290_Article.jsp;
Centers for Disease Control and Prevention: <http://www.cdc.gov/salt/>



This material was prepared by the West Virginia Medical Institute, the Quality Improvement Organization supporting the Home Health Quality Improvement National Campaign, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The views presented do not necessarily reflect CMS policy. Publication Number: 10SOW-WV-HH-MMD-041014.