

# Why is it Important To Reduce My Salt Intake?

Salt is made from a combination of sodium and chloride. When you eat salt, it is necessary for your body to balance the sodium with the water in your bloodstream and body tissues.

**If you have a lot of salt or salty foods in your diet, your body will need to hold more water in order to dilute the excess sodium.**

But if your heart is weak, it cannot cope with extra water and you may have swelling of the hands, feet, or legs and/ or difficulty breathing (due to fluid in your lungs). Eating less sodium can help reduce or prevent these problems.

Most fresh vegetables and fruits, fluid milk, yogurt, whole grains, pasta, rice, plain breads, and fresh meats, poultry, fish, or eggs are naturally low in sodium.

## These Foods are High in Sodium

### CHOOSE THEM LESS OFTEN

Luncheon Meats	Processed Cheese	Microwave Popcorn
Canned Meats	Cottage Cheese	Salted Crackers
Ham & Bacon	Sauerkraut	Potato Chips & Taco Chips
Sausages & Wieners	Pickled Foods & Olives	Pretzels
Liverwurst	Convenience Foods	Canned/Dried Soups
Salted Seeds & Nuts	Vegetable Juices	Canned Vegetables

\* Canned beans and canned fish are still quick and healthy choices - but you need to drain the fluid from the can and rinse off the contents with water.

## These Seasoning & Sauces are High in Sodium

### USE THEM IN MODERATION

Garlic Salt	MSG	Soy Sauce
Onion Salt	Lemon Pepper	Teriyaki Sauce
Sea Salt	Meat Tenderizer	Barbecue Sauce
Seasoning Salt	Bouillon Cubes	Spaghetti Sauce
Celery Salt	Commercial Salad Dressings	Worcestershire Sauce

Food Item	Portion	Sodium (mg) per portion
Salt	1 Tsp (6 g)	2325
Soy sauce	1 Tbsp (15mL)	1029
Soy sauce, 40% reduced sodium	1 Tbsp (15mL)	600
Oyster sauce	1 Tbsp (15mL)	326
Teriyaki sauce	1 Tbsp (15mL)	690
Barbecue sauce	1 Tbsp (15mL)	230
Salsa	1 Tbsp (15mL)	40-115
Ketchup, mustard, relish	1 Tbsp (15mL)	120-190
Hamburger Helper® dry mix	½ cup (26 g)	645
Shake and Bake® dry mix	½ cup (46 g)	1872
Legumes/beans, boiled without salt	1 cup (250 mL)	< 12
Legumes/beans, canned	1 cup (250 mL)	700-900
Peanuts, salted	½ cup (125 mL)	594
Peanut butter	1 Tbsp (15 mL)	75
Peanut butter, no added salt	1 Tbsp (15 mL)	< 2
Tofu, firm, raw	3 oz (90 g)	13
Fresh fruits	1 cup (250 mL)	0-20
Fresh vegetables	1 cup (250 mL)	0-100
Canned vegetables, drained	1 cup (250 mL)	350-680
Canned tomatoes	1 cup (250 mL)	450-600
Tomato juice	1 cup (250 mL)	860
Tomato sauce, canned	1 cup (250 mL)	1482
Sauerkraut	½ cup (125 mL)	780
Pickle, dill	1	833
Olives, black, canned	5 (20 g)	225
Most breads	1 slice (30 g)	130-150
Rye bread/Pumpernickel bread	1 slice (30 g)	215
Bagel, plain	1	379
English Muffin/ plain	1	264
Pita	1	322
Tortilla	1	40
Oatmeal, cooked	1 cup (250 mL)	2
Shredded Wheat® cereal	1 cup (250 mL)	7
Corn Flakes® cereal	1 cup (250 mL)	330
Pasta/rice, cooked with no salt	1 cup (250 mL)	< 2
Instant noodles eg: Ramen noodles	1 cup (250 mL)	829
Potato chips, salted	20	230-350
Pretzels, twists	10	966
Popcorn, air popped, plain	1 cup (250 mL)	0
Crackers, saltines	4	156
Crackers, saltines, unsalted tops	4	108
Cookies eg: arrowroot, social tea	2	20
Cookies eg: chocolate chip, oatmeal	2	70-200
Club soda beverage	1 cup (250 mL)	50
Cheeseburger, single patty, plain	1	500
Pizza, meat/cheese/vegetable	1/8 large pizza	481
Macaroni and cheese	1 cup (250 mL)	940
Canned soup	1 cup (250 mL)	1000-1200
Beans in tomato sauce	1 cup (250 mL)	920
Caesar salad	1 cup	617
Chicken chow mein	1 cup	718
Submarine sandwich, 6 inch	1	700-1650

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## Other Tips

- ❑ Look for the wide variety of low sodium seasoning mixes at the supermarket:

BRAND NAME	SEASONING NAME
Mrs. Dash®	<ul style="list-style-type: none"> <li>• Original</li> <li>• Lemon &amp; Herb</li> <li>• Garlic &amp; Herb</li> <li>• Peppercorn Barbecue K great on barbecue chicken</li> <li>• Mexican</li> <li>• Extra Spicy -- this one is hot!</li> <li>• Italian</li> </ul>
The McCormick Company®	<ul style="list-style-type: none"> <li>• Seasoned Herb Medley -- try in marinades &amp; dressings</li> <li>• Garlic &amp; Herb Seasoning</li> <li>• Table Shake Seasoning</li> <li>• Citrus &amp; Pepper Seasoning -- use as a replacement for Lemon Pepper;</li> </ul>
Gayelord Hauser®	<ul style="list-style-type: none"> <li>• Vegit</li> <li>• Italian Blend Herbal Bouquet</li> <li>• Onion Magic</li> <li>• Garlic Magic -- works well on garlic bread</li> <li>• Naturally Salt Free</li> <li>• Salt Free® All Purpose Seasoning</li> <li>• Salt Free Spike®</li> </ul>
President's Choice®	<ul style="list-style-type: none"> <li>• Lemon-Herb Seasoning -- use in dips</li> </ul>
Windisch Foods®	<ul style="list-style-type: none"> <li>• Windisch's Homespun™ "Instead O' Salt" Seasoning</li> </ul>

- ❑ Try balsamic vinegar, wine or flavour extracts to give an added touch to certain recipes.
- ❑ Look for nutrition information labels on food products - but remember that these labels provide information on the amount of sodium "per serving" NOT necessarily "per package". Always check for the serving size described on the nutrition label in order to determine the sodium content of the actual amount of the food product you would normally eat. Don't hesitate to ask a dietitian for help.
- ❑ Try to keep the sodium content of each meal below 650 mg. It is important to spread out your sodium intake in order to prevent excessive thirst and/ or fluid retention.
- ❑ Remember that one teaspoon of salt has 2300 mg of sodium -- so throw out your saltshaker!

Food Item	Portion	Sodium (mg) per portion
Beef bottom round roast	3 oz (90 g)	59
Beef salami	3 oz (90 g)	1056
Pork tenderloin	3 oz (90 g)	50
Ham, lean only	3 oz (90 g)	1194
Chickent breastt no skin	3 oz (90 g)	67
Chicken salad	½ cup	698
Turkey, white meat, no skin	3 oz (90 g)	47
Turkey sausage	3 oz (90 g)	804
Pepperoni, pork/beef	3 oz (90 g)	1832
Bologna, pork/beef	3 oz (90 g)	916
Sausage, pork/beef	3 oz (90 g)	1060-1160
Wieners, beef/pork	1	638
Bacon pork, pan-fried	3 oz (90 g)	1442
Egg	1	63
Fish, fresh	3 oz (90 g)	50-95
Fish, tuna/salmon canned in water	3 oz (90 g)	340-470
Scallops	3 oz (90 g)	238
Shrimp	3 oz (90 g)	201
Lobster	3 oz (90 g)	318
Crab, dungeness	3 oz (90 g)	340
Clams	3 oz (90 g)	101
Milk or yogurt	1 cup (250 mL)	125
Buttermilk	1 cup (250 mL)	257
Soy milk, plain	1 cup (250 mL)	29
Cheese, Swiss, 320/0MF	1 oz (30 g)	73
Light cream cheese, 16% MF	1 Tbsp (16 g)	75
Cheese, mozzarella, 15% MF	1 oz (30g)	130
Cheese, parmesan	2 Tbsp (10 g)	186
Ricotta cheese, low fat, 5% MF	½ cup (125 mL)	195
Cheese eg: cheddar, gouda, brie	1 oz (30 g)	175-290
Cheese, soy	1 oz (30 g)	203
Cheese, feta, 22% MF	1 oz (30 g)	335
Cheese, processed, sliced	1 slice	406
Cheese, blue	1 oz (30 g)	419
Cottage cheese, 1% MF	½ cup (125 mL)	459
Cheese spread	1 oz (30 g)	505
Cheese, roquefort	1 oz (30 g)	543
Butter	1 Tbsp (15 mL)	124
Margarine, soft	1 Tbsp (15 mL)	152
Unsalted margarine, soft	1 Tbsp (15 mL)	4
Oil eg: canola, olive	1 Tbsp (15 mL)	0
Mayonnaise (light or regular)	1 Tbsp (15 mL)	75-110
Salad dressing eq: Italian, Ranch	1 Tbsp (15 mL)	100-220

**A healthy goal is 2000 mg of sodium or less per day**