

# Sodium Content of Foods

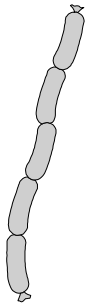


If you are on a special diet prescribed by your physician or simply trying to improve your eating habits, you need to be aware of foods that are high in sodium. Some foods contain natural sodium, but most sodium is added during processing, cooking, or from the salt shaker.

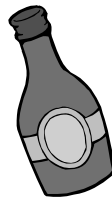
## Foods high in sodium



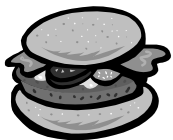
canned soup  
ham, bacon, sausage  
salted crackers, chips  
cheese, cheese spreads



pickles, olives  
boullion cubes  
hot dogs, lunch meats  
canned meats, stew, chili  
salted nuts



soy, worchestershire sauce  
frozen entrees  
instant potato mixes  
sauerkraut, tomato sauce  
canned pork & beans



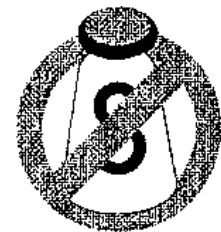
refried beans  
canned spaghetti sauce  
meat tenderizer  
spices with salt added  
fast food



### *How much sodium is too much?*

For healthy adults, intake of sodium should be less than 3300 mg per day. We often get 2 - 3 times this much. For those with high blood pressure, cardiac disease, or another medical problem requiring a restriction in sodium intake, a maximum of 2000 mg is often recommended.

## Tips for reducing your sodium intake



- \* Check package labels for specific sodium content
- \* Learn to use herbs and spices for flavor
- \* Use fresh meats and vegetables, rather than processed ones
- \* Look for canned vegetables marked "No salt added"
- \* Replace table salt with an herb mixture
- \* One teaspoon of salt contains 2100 mg of sodium

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