

# SALT

## CONTENT OF FOODS

- **Foods Usually Low in Sodium**

Always check the food label.

- **Protein Foods**

Fresh or frozen, unprocessed meats, fish, shellfish and poultry  
Canned fish; low-sodium or rinsed  
Fresh whole eggs, tofu, peanut butter  
Dried peas, beans, lentils, nuts

- **Dairy Foods**

Milk: all kinds, half & half, yogurt  
Cream: Sour, whipping  
Cheese: Monterey, mozzarella, ricotta, cream cheese  
Ice cream, sherbet, frozen yogurt  
Pudding, custard (not instant mixes)

- **Fruits and Vegetables**

All fresh and frozen fruit and juices  
Vegetables: fresh, frozen or canned (no or low-sodium or rinsed)

- **Breads and Cereals**

Bread; white, whole grain  
Macaroni, noodles, rice (not instant)  
Cereal: cooked (not instant), puffed or shredded rice, corn, or wheat  
Crackers: unsalted, graham, melba  
Cookies, doughnuts, angel food cake  
Corn tortillas, crepes, wonton

- **Beverages**

Juices, Kool-Aid™, Tang™ seltzer or tonic water, soda pop  
Beer, wine, coffee, tea, cocoa

- **Condiments**

Butter, unsalted butter, margarine  
Herbs, spices, sugar, honey, syrup, vinegar, oil, mayonnaise, mustard  
Tabasco™, Worcestershire™

- **Enhanced Meats**

Normally, fresh meat and poultry have about 60 mg of sodium in a 3-ounce serving.

Many grocery stores now carry meats that look like they are fresh or fresh frozen, but have salt added. These “enhanced meats” are injected with a salt solution that helps keep the meat tender and moist during cooking.

Enhanced meats can have up to 500 mg of sodium in a 3-ounce serving. This is almost 10 times more salt than what is in fresh meat or poultry.

If the meat or poultry has a food label on it, it probably has added sodium. Read the food label or ask your butcher if you need help choosing your meat without added salt.

- **Watch for High-Potassium, Reduced-Sodium Foods**

Some foods are now made with less salt. Some are great choices for you but some low-sodium products have potassium added to them.

Potassium is not usually listed on the Nutrition Facts label. If you are following a low-potassium diet, look for “potassium chloride” or “potassium lactate” in the ingredient list. If listed, the food will be high-potassium.

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- **Shake the Habit**



Salt is added to most foods, mainly food in packages and ready to “heat and serve” foods. This helps keep them from spoiling. Salt is listed on food labels as “sodium.”

The problem with sodium (salt) is that it makes you thirsty. The more salt you eat, the thirstier you will feel.

By limiting the salt in your diet, you can help control your thirst, the amount of fluid you drink and the amount of fluid that stays in your body. Good fluid balance helps with your blood pressure control.

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• **Too much salt?**

Food is too salty if it:

- tastes salty, or you can see the salt on it.
- comes in a can or a box.
- is processed meat (such as sausages, not fresh).
- stays fresh for a long time.
- doesn't need refrigeration.
- says "instant" or "quick."
- only needs a microwave to heat.
- has more than 400 mg of sodium.
- lists "salt" or "sodium" more than once in the ingredient listing.

• **Your Sodium Goal**

Your sodium goal is less than **2,000 mg each day**.

Most packaged foods will list the amount of sodium in them. You will find that the "hidden salt" food makers have added to your food is more than 90% of the salt in your diet.

Label reading is a good skill to use all the time when you shop and cook.

There are lots of places on the Internet to find the sodium content of foods. Your dietitian can give you some great sites, too.

• **Nutrition Facts Label**

If you look on packaged foods, you will see a box called "**Nutrition Facts.**" This label tells you a lot about what is in the food.

The most important place to start reading the label is the **Serving Size** and **Servings Per Container**. The rest of the label is based on the size of one serving, not the whole package.

The label below says the serving size is 1 cup and there are 2 servings in the container. If you ate the whole container, you would double the amount of sodium.

$$470 \text{ mg sodium} \times 2 \text{ servings} = 940 \text{ mg sodium}$$

Sodium is also listed as percent Daily Value (% DV). Look for foods that have 6 - 10% DV for sodium. A serving with 6% DV is a low-sodium food, with 140 mg sodium per serving.

Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
<b>Sodium 470mg</b>	<b>20%</b>
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	

• **Shake the Sodium Habit**

Check the things below that you can do:

- Do more home cooking "from scratch."
- Use herbs, spices or salt-free spice mixes instead of salt. Season with lemon or lime juice or grated rind.
- Use a saltless soy sauce.
- Use butter to add flavor instead of salt, salty sauces or gravy.
- Choose fresh or frozen foods that say "without salt added" or "low sodium."
- Avoid cured, smoked, or processed deli meats, even ones that say "lower in sodium."
- Rinse canned foods, such as fish or vegetables, under running water for 1 minute and drain.
- Leave salt out of your recipes. Cook noodles, rice and hot cereal without added salt.
- Use fewer frozen dinners, instant sauces, packaged mixes, canned meals and soups.
- Choose your "convenience" foods carefully by reading the food label. If you eat a high salt food, be careful with other choices you make that day.