

What is the Low Sodium Diet?



Low Sodium Dietary Handout Created For



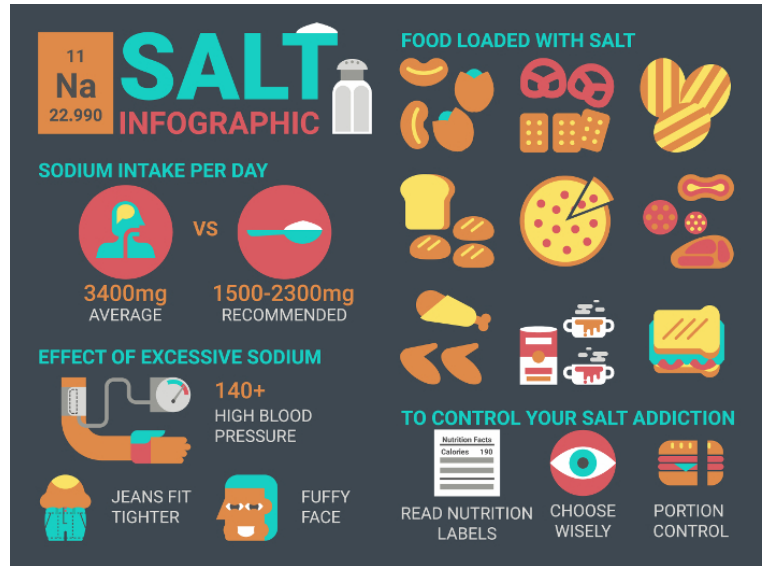
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What is it?

Sodium is a naturally occurring mineral that is important for maintaining fluid balance in the body. It is found naturally in some foods but added to many foods commonly consumed such as processed food.¹ On average, Americans get 71% of their daily sodium from processed foods.²

Current estimates indicate that the average American eats five or more teaspoons of salt per day. This is about 20 times the amount that the body needs. Eating too much sodium can have numerous health consequences including high blood pressure and fluid retention leading to other health issues.³

The 2015-2020 Dietary Guidelines for Americans recommend a daily consumption of less than 2,300 milligrams of sodium per day. This is equivalent to one teaspoon of salt per day.²



How to Cut Down on Salt

- Eliminate the salt shaker from the table.
- Avoid using other types of salt such as garlic or onion salt, meat tenderizers, broth mixes, soy sauce, or other condiments with added salt.
- Try to focus on using fresh ingredients with no added salt.
- Try deleting salt from your favorite recipes.
- Avoid canned soups, frozen entrees, and gravy sauce mixes as these commonly have high amounts of salt.
- Use low-sodium canned vegetables soups, and lunch meats.
- Look for seasonings or spice blends that don't have salt added.
- Read food labels, try to buy packaged foods with little or no added salt. Foods with 400 mg or more of sodium are considered high-sodium foods whereas foods with less than 140 mg are low-sodium foods.
- Eat more home-cooked meals, foods cooked from scratch are naturally lower in sodium than boxed or instant meals.
- Avoid pickles, olives, sauerkraut, or other pickled vegetables.
- Choose fresh meats and poultry over smoked, cured, salted, or canned options^{1,3}

So what can I eat?

- Fresh or frozen meat, fish, or poultry
- Low-sodium canned fish
- Water or oil packed canned fish and poultry
- Low-sodium nut butters
- Dried peas and beans
- Milk, yogurt, and ice cream
- Low-sodium cheeses such as cream cheese, ricotta cheese, or mozzarella
- Unsalted popcorn, chips, and pretzels
- Fresh and frozen vegetables without sauces
- Low-sodium canned vegetables and beans
- Rice and pasta cooked without salt
- Breads, bagels, and rolls without salted tops
- Low-sodium tortillas, crackers, and breadsticks
- Fresh fruits and vegetables
- Frozen, canned, or dried fruits
- Unsalted butter or margarine
- Low sodium sauces and salad dressings
- Homemade soups without added salt
- Desserts made without salt^{1,3}

Low-sodium foods

All of these foods are low in sodium only if they are not salted.

Fresh beans, peas, lentils
 Cereals
 Seltzer water, club soda
 Yogurt
 Rice
 Vegetables (fresh and plain frozen)
 Fruits, fruit drinks (fresh and plain frozen)
 Non-salt herbs and spices
 Milk (cow's milk and soy milk)
 Fresh meats, fish, poultry

High-sodium foods

Avoid these foods to help make it easier to stay below your daily sodium limit.

MEATS Anchovies, sardines Frozen breaded meats Beef jerky Lunch meats Corned beef Pastrami, salami Canned tuna, canned salmon Knockwurst, kielbasa Hot dogs, bologna Bacon, sausage	STARCHES Canned baked beans Corn chips and potato chips Instant hot cereals and pancake mixes Boxed macaroni and cheese Popcorn Frozen waffles
VEGETABLES Olives and pickles Canned vegetables Sauerkraut Stewed tomatoes Tomato and vegetable juice	MILK PRODUCTS Buttermilk Canned milk
	DRINKS/LIQUIDS Tonic water V-8 juice Bloody Mary mix
	OTHER Bouillon cubes and broth Canned soups Salted nuts and mixed nuts

Look for these words:

LOW-SODIUM
 sodium-free no salt added
sodium-reduced
UNSALTED



Nutrition Facts	
Serving Size	1 cup (240g)
Amount Per Serving	
Calories 41	Calories from Fat 0
% Daily Value*	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 24 mg	1 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 2 g	10 %
Sugars 6 g	

Sample Meal Options

Breakfast



Fruit and spinach smoothies
Yogurt with fresh fruit and unsalted nuts
Whole-wheat bagel with no-salt added peanut butter
Oatmeal topped with sliced fruit and cinnamon
No-salt added vegetable omelettes with whole-wheat toast

Lunch

Low-sodium peanut butter and jelly on whole-grain bread
Grilled chicken, mozzarella, and avocado sandwich
Salads topped with olive oil and balsamic vinegar
Tuna salad on lettuce wraps

Dinner

Salmon, brown rice and steamed no-salt added vegetables
Chili made with dried or low-sodium canned beans
Whole-wheat pasta with low-sodium tomato sauce
Mashed potatoes with low-sodium gravy, roast beef, and green beans



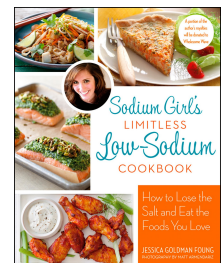
Snacks

Hummus and vegetables
Fresh fruit slices
Low-sodium crackers
Air popped popcorn with no added salt
Trail mix with unsalted nuts



More Meal Ideas and Blogs

1. Sodium Girl
<http://www.sodiumgirl.com/>
Lots of great tips, recipes, and a cookbook for following a low-sodium lifestyle!
2. The Daily Dish
<http://thedailydish.us/>
Tons of low-sodium or salt-free recipes and product suggestions!
3. Please, DON'T Pass the Salt
<http://dontsalt.blogspot.com/>
More low-sodium recipes, advice, and tips for low sodium living!



don't
Please, pass the salt!



A Journey into Low Sodium Living

Low Sodium Brands

Del Monte “No Salt Added” Canned Vegetables
Starkist Low-Sodium tuna
Tera unsalted potato chips
Snyder’s Mini Unsalted Pretzels
Fiber One cereal
Old Fashioned Quaker Oats
Organic Valley Mild Cheddar cheese
Heinz No Salt Added Ketchup
Smucker’s Natural No Salt Added peanut butter
Pearls Reduced Salt Pimento Stuffed Manzanilla Olives
Wegmans No Salt Added Bread & Butter Chip Pickles
Ken’s Steak House No Salt Added Marinades and Dressings
Knorr Low Sodium Brown Gravy Mix
Mrs. Dash Salt Free Seasonings



While this isn’t an exhaustive list it provides a starting point to identify brands that have low-sodium options. There are also a lot of great online resources such as <http://www.eathealthymarket.com/>, where you can find books with low-sodium products and an online database with average sodium content of foods compared to low-sodium alternatives.

Apps

Wholesome

Easily track salt consumption and it will warn you when you reach the daily limit.

Cost: Free

MyFitnessPal

Input all meals and snacks throughout the day to track your sodium goals. You can also set specific sodium limits through this application.

Cost: Free

Sodium Tracker

Uses nutrition labels to track daily sodium intake.

Cost: Free

Nutrition Facts

Has a database with over 7,500 different food products and restaurant menus to help you identify the best low-sodium options

Cost: \$2.99



Tips

Have Support

Starting on this journey can be stressful so make sure you have support! Talk with your friends and family, having their support goes a long way towards sticking with a low sodium diet. Also be sure to talk with your physician about any concerns or questions you have!



Be Ready

Get the best, up to date resources to help you on this journey. There are so many grocery lists, apps, recipes, and blogs that have great information to help identify low sodium foods.

READ LABELS!

There are so many ways companies sneak salt into food. It is important to make sure you are reading all labels to check for the amount of sodium before eating them!

Meal Plan

Making changes to your diet seem overwhelming and time consuming. Taking time at the beginning of the week to meal plan and write out a grocery list can save time later in the week and ensure you have all ingredients you need.

> LET'S EAT! <

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
GROCERY LIST:							

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Have Some Alternatives

Transitioning to a low sodium diet can be easier if you have some alternatives to swap out high sodium foods in recipes! Try to swap out all high sodium foods in your kitchen so you are always ready to cook low sodium options.

References

1. Sodium-Controlled Diet. Cleveland Clinic. <https://my.clevelandclinic.org/health/articles/15426-sodium-controlled-diet> Accessed September 6, 2018.
2. Salt. Centers for Disease Control and Prevention. <https://www.cdc.gov/salt/index.htm> Accessed September 6, 2018.
3. Guidelines for a Low Sodium Diet. University of California San Francisco Health. https://www.ucsfhealth.org/education/guidelines_for_a_low_sodium_diet/ Accessed September 6, 2018.

Low Sodium RECIPE

Creole-style black-eyed peas



Ready in **25 minutes**

Serves **8**

Ingredients

- 3 cups water
- 2 cups dried black-eyed peas
- 1 tsp low-sodium chicken-flavored bouillon granules
- 2 cups canned unsalted crushed tomatoes
- 1 large onion, finely chopped
- 2 stalks celery, finely chopped
- 3 tsp minced garlic
- ½ tsp dry mustard
- ¼ tsp ground ginger
- ¼ tsp cayenne pepper
- 1 bay leaf
- ½ cup chopped parsley

Preparation

1. In a medium saucepan over high heat, add 2 cups of water and black-eyed peas. Bring to a boil for 2 minutes, cover, remove from heat, and let stand for 1 hour.
2. Drain the water, leaving the peas in the saucepan. Add the remaining 1 cup of water, bouillon granules, tomatoes, onion, celery, garlic, mustard, ginger, cayenne pepper, and bay leaf. Stir together and bring to a boil. Cover, reduce heat, and simmer slowly for 2 hours, stirring occasionally. Add water as necessary to keep the peas covered with liquid.
3. Remove the bay leaf, pour into a serving bowl and garnish with parsley. Serve immediately.

Tips

Each cup of peas has 43 mg of sodium!

Recipe from Mayo Clinic

Low Sodium RECIPE

Catfish Stew and Rice



Ready in **35 minutes**

Serves **4**

Ingredients

- 2 medium potatoes
- 1 can low-sodium sliced tomatoes
- 1 cup onion, chopped
- 2 cups water
- 2 cloves garlic, minced
- ½ head cabbage, coarsely chopped
- 1 pound catfish fillets
- 1 ½ tbsp Hot ‘N Spicy Seasoning
- 1 sliced green onions for garnish
- 2 cups hot cooked brown rice

Hot ‘N Spicy Seasoning:

- ¼ cup paprika
- 2 tbsp dried oregano, crushed
- 2 tsp chili powder
- 1 tsp garlic powder
- 1 tsp black pepper
- ½ tsp cayenne pepper
- ½ tsp dry mustard

Preparation

1. Peel potatoes and cut into quarters.
2. In a large pot, combine potatoes, tomatoes, onion, water, and garlic. Bring to a boil, then reduce heat and cook covered over medium-low heat for 10 minutes.
3. Add cabbage then return to a boil. Reduce heat again, and cook covered over medium-low for another 5 minutes, stirring occasionally.
4. Meanwhile, cut fillets into 2-inch lengths. Coat fillets with Hot ‘N Spicy Seasoning.
5. Add fish to vegetables. Reduce heat; simmer, covered, for 5 minutes or until fish flakes easily with fork.
6. Ladle stew over hot cooked rice and garnish with green onion.

Tips

Each serving has 355 mg of sodium!

Recipe from National Heart, Lung, and Blood Institute

Low Sodium RECIPE

Shepards Pie



Ready in **25 minutes**

Serves **4-6**

Ingredients

For the Filling:

- 1 pound extra lean ground beef
- 2 cups diced onion
- 1 tbsp minced garlic
- 1 cup diced carrot
- 1 cup diced celery
- ½ cup red wine
- 1 tbsp balsamic vinegar
- 2 tsp low-sodium or sodium-free beef bouillon granules
- 1 tsp dried marjoram
- ½ tsp dried thyme
- ½ tsp ground black pepper
- ½ tsp ground mustard
- ¼ tsp ground rosemary

For the Crust:

- 6 cups diced red potatoes
- 2 tbsp unsalted butter
- 2 tbsp sour cream
- ½ tsp ground white pepper

Preparation

1. Preheat oven to 350 degrees.
2. Combine ground beef, onion, and garlic in a large skillet over medium-high heat. Cook stirring for about 5 minutes or until beef has completely browned. Reduce heat to medium and add the remaining filling ingredients and cook, stirring for 5 minutes. Remove from heat and spoon beef filling into an oven-safe 2-quart casserole dish. Set aside.
3. Place the diced potatoes into a pot and add enough water to cover completely. Bring to a boil over high heat, and continue boiling about 20 minutes, until potatoes are tender. Remove from heat and drain. Mash potatoes with the butter, sour cream, and pepper. Spoon the mashed potato over the beef filling and then smooth evenly to form a top crust.
4. Bake uncovered on the middle rack in the oven for 35 to 40 minutes. Remove from oven and serve immediately.

Tips

Each serving has 137.5 mg of sodium!

Recipe from The Daily Dish

Low Sodium RECIPE

Sheet pan Chicken Fajitas



Ready in **25 minutes**

Serves **8**

Ingredients

- 2 pounds chicken breast tenderloin, sliced in half lengthwise
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1 onion, sliced
- 1 tbsp olive oil
- Low sodium tortillas
- Other toppings (shredded cheddar cheese, salsa, sour cream, low sodium guacamole, etc.)

For the seasoning:

- 1 tsp chili powder
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried oregano
- ½ tsp dried cilantro
- ½ tsp cumin
- ¼ tsp cayenne pepper

Preparation

1. Preheat oven to 350 degrees. Lightly oil a sheet pan with olive oil spray.
2. Spread pepper and onion slices onto prepared sheet pan.
3. Place chicken slices on top of vegetables.
4. Combine seasoning ingredients and stir to combine.
5. Sprinkle seasoning mixture over chicken, peppers, and onion.
6. Drizzle olive oil over chicken, peppers, and onions.
7. Gently toss ingredients to evenly distribute seasoning and oil.
8. Bake for 20 minutes or until chicken reaches 165 degrees.
9. Serve in tortillas.
10. Top with your favorite toppings!

Tips

Each serving as 140 mg of sodium without the tortillas!

These can be also served on lettuce wraps or over brown rice!

Recipe from Nourished Simply

Low Sodium RECIPE

Spinach Artichoke Dip



Ready in **20 minutes**

Serves **24**

Ingredients

- 1 tsp olive oil
- 1 clove garlic, minced
- 5 ounces fresh spinach
- 1 10 ounce jar of marinated artichoke hearts
- 8 ounces low-fat cream cheese
- ¼ cup light sour cream
- ¼ cup light mayo
- ¼ cup shredded parmesan cheese

- Pinch of salt substitute

Preparation

1. Preheat oven to 350 degrees.
2. Heat olive oil in a skillet over medium heat.
3. Saute garlic in olive oil for 1 minute.
4. Add spinach to skillet and saute until wilted.
5. While spinach is cooking cut artichoke hearts into bite-sized pieces.
6. Add artichoke pieces to skillet along with cream cheese, sour cream, mayo, parmesan cheese, and salt substitute.
7. Heat until sour cream and parmesan cheese have melted.
8. Transfer spinach dip to a baking pan and bake for 10 minutes or until bubbly.
9. Serve warm with low-sodium crackers or sliced vegetables.

Tips

Each serving has 108.8 mg of sodium!

Recipe from Nourished Simply

Low Sodium RECIPE

Chicken Noodle Soup



Ready in **40 minutes**

Serves **4**

Ingredients

- 1 tsp olive oil
- 1 cup chopped onion
- 3 cloves garlic, minced
- 1 cup chopped celery
- 1 cup peeled and sliced carrots
- 4 cups low-sodium chicken broth
- 4 ounces dried linguini, broken
- 1 cup cooked chicken breast pieces
- 2 tbsp fresh parsley

Preparation

1. In a large saucepan heat olive oil over medium heat. Add onion and garlic, saute until translucent.
2. Add celery and carrots and continue to saute for 3 minutes.
3. Add low-sodium chicken broth. Bring to a boil, then reduce heat and simmer covered for 5 minutes.
4. Stir in linguini, continue to cook until mixture returns to a boil. Reduce heat and simmer covered for another 10 minutes or until pasta and vegetables are tender, stirring occasionally.
5. Add cooked chicken and fresh parsley. Continue heating until chicken is thoroughly heated.

Tips

Each serving has 101 mg of sodium!

Recipe from Better Homes and Gardens

Low Sodium RECIPE

Homemade Granola



Ready in **40 minutes**

Serves **10**

Ingredients

- 6 cups quick oats
- 1 ¼ cup unsalted chopped nuts
- ½ cup shredded coconut
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground cloves
- ¼ tsp ground nutmeg
- 1 cup pure maple syrup
- ½ cup vegetable oil
- 1 ½ tbs vanilla extract
- 1 cup seedless raisins
- 1 cup dried cranberries

Preparation

1. Preheat oven to 350 degrees. Lightly grease two 9x13 inch baking pans and set aside.
2. In a large mixing bowl, combine oats, chopped nuts, shredded coconut, cinnamon ginger, cloves, and nutmeg. Add the maple syrup, oil, and vanilla and stir until everything is thoroughly coated. Divide the mixture between the two baking dishes.
3. Place dishes on the middle rack in the oven and bake until golden brown, roughly 30 minutes. Remove pans from oven every 7 minutes, stirring mixture, then returning to oven.
4. Once golden remove pans from oven and set aside to fully cool. Once cool, stir in raisins and cranberries.
5. Store in an airtight container.
6. Serve with milk or over yogurt for a low-sodium breakfast!

Tips

Each cup has 20 mg of sodium!

Recipe from The Daily Dish

Low Sodium RECIPE

Biscuits



Ready in **25 minutes**

Serves **6-8**

Ingredients

- 2 cups all-purpose flour
- 1 tbsp sodium-free baking powder
- 1 tsp Mrs. Dash Table Blend
- ½ cup shortening
- 1 tsp sugar
- 1 cup low-fat milk

Preparation

5. Preheat oven to 425 degrees.
6. In a large bowl, combine the dry ingredients, stirring to mix well.
7. Cut in shortening with a pastry blender into flour until crumbly.
8. Gradually stir in milk and mix until dough begins to form a ball.
9. Scoop the dough ball onto a floured surface and gently knead. Then press dough into a rough circle, about 1 inch thick.
10. Cut out circles with a biscuit or cookie cutter about 2 ½ or 3 inches in diameter.
11. Transfer the biscuit rounds to a greased cookie sheet and bake for 13-15 minutes, or until tops are lightly browned.

Tips

Each biscuit has 21 mg of sodium!

Serve with fresh jam or make a low-sodium breakfast sandwich with eggs, low-sodium ham, and a slice of cheddar cheese.

Recipe from She's Cookin

Low Sodium RECIPE

Carrot Cake



Ready in **1 hour**

Serves **12**

Ingredients

For the Cake:

- 2 cups all-purpose flour
- 2 cups sugar
- 4 tsp sodium-free baking soda
- 2 tsp ground cinnamon
- ¼ tsp ground nutmeg
- 4 eggs
- 1 cup vegetable oil
- 4 cups shredded carrots
- ⅔ cup chopped walnuts

For the Frosting:

- 4 cups powdered sugar
- 4 tbsp unsalted butter, softened
- 3 tbsp maple syrup
- 3 tbsp milk

Low Sodium RECIPE

Granola Bars

- 1 ounce cream cheese

Preparation

1. Preheat oven to 350 degrees. Grease and flour two 8-inch cake pans and set aside.
2. Combine flour, sugar, baking soda, and spices in a large mixing bowl. Whisk well to combine and set aside.
3. In another mixing bowl, beat eggs until frothy. Slowly add oil and mix until combined. Gradually add egg mixture to flour mixture, beating until smooth. Add the carrot and walnuts and mix well.
4. Divide the batter evenly between the two pans. Place on the middle oven rack and bake for 45 minutes or until toothpick inserted in the center of each cake comes out clean. Remove pans from oven and place on a wire rack to cool. Once cakes are fully cooled remove from pans.
5. For the frosting: Combine all ingredients in a large mixing bowl and beat until smooth and creamy. Frost cake as desired.

Tips

Each serving has 43.2 mg of sodium!

Recipe from The Daily Dish



Ready in **30 minutes**

Serves **20**

Ingredients

- 3 cups quick-cooking oats
- 1 cup whole-wheat flour
- 2 tsp sodium-free baking soda
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 1 ½ cups natural unsweetened applesauce
- 1 cup sugar
- 1 tsp vanilla extract
- ⅔ cup dried cranberries
- Optional: raisins, chocolate chips, unsalted pumpkin seeds

Preparation

11. Preheat oven to 350 degrees. Lightly oil two 8-inch square baking pans and set aside.
12. In a large bowl, combine the oats, flour, baking soda, cinnamon, and nutmeg. Add the applesauce, sugar, and vanilla. Stir well until combined. Add the dried cranberries and mix well.
13. Divide the mixture between the two prepared pans, then smooth top of each. Place pans on the middle rack in the oven and bake 20 minutes. Remove from oven and place on wire rack to cool before cutting each pan into 10 equal-size bars.
14. Carefully remove bars from pans and place on wire rack to cool. Serve immediately or store in an airtight container.

Tips

Each bar has 2 mg of sodium!

These bars can also be individually wrapped and frozen for later.

Recipe from The Daily Dish