

# Healthy Living

...for life!

Alameda County Public Health Department

## Tips to Cut Down on Sodium

The current recommendation is to limit sodium intake to 2,300 mg each day (from table salt and all foods, which is about one teaspoon of salt). Most people eat considerably more than this, so here are some strategies to help you find ways to cut down on sodium. Start small and gradually work up to bigger changes.

### Cereals, Crackers, and Snacks

- ✓ Eat more cooked cereals (oatmeal, cream of wheat, grits), as they tend to be lower in sodium than ready-to-eat and instant cereals
- ✓ Look for unsalted and low-sodium crackers, such as rice cakes, crisp breads, and matzo
- ✓ Watch out for salted snack chips, pretzels, and nuts; choose unsalted varieties

### Soups

- ✓ Choose lower sodium brands, such as Healthy Choice
- ✓ Look for reduced-sodium canned soups
- ✓ Make your soup at home using low-sodium broth as a base

### Main Dishes

- ✓ Limit pre-packaged and frozen dinners
- ✓ Read labels; choose frozen dinners that have less than 600 mg. of sodium for a whole meal
- ✓ Choose fast food meals without bacon, pickles, cheese, breading, or sauces

### Meats and Cheese

- ✓ Choose less cured meats like corned beef, ham, and deli meats, as well as canned meats and canned fish
- ✓ Eat less cheese and cheese spreads or try reduced-sodium cheeses

### Fruits and Vegetables

- ✓ Choose fresh and frozen instead of canned
- ✓ Look for reduced-sodium or no-salt added canned vegetables
- ✓ Rinse canned vegetables with water before cooking
- ✓ Try low-sodium vegetable juice

### Seasonings

- ✓ Limit these sauces/seasonings or choose low-sodium varieties:
  - Sauces (BBQ, chili, cocktail, soy, steak, Worcestershire)
  - Seasonings (bouillon cubes, celery, garlic and onion salt, gravy mix, MSG)
  - Condiments (bacon bits, mustard, olives, pickles, salad dressing, ketchup)
- ✓ If you need to salt while cooking, add it at the end; the flavor will be stronger and you'll need much less

**Taste your food before you salt it!**

