



It may be hard to change how you eat. It may take weeks before you enjoy the taste of low-salt (sodium) foods. Most people with **Heart Failure** should cut their salt down, even if they do not have symptoms. Following a low-salt (sodium) diet will help keep water from building up in your body and may even help you from having to take some medications.

A low-salt diet is 2300 mg of salt per day, but your doctor may recommend 2000 mg due to your condition.

1 Stop adding salt to food.

Take the salt-shaker off of the table.
Don't add salt when cooking.

2 Pick foods naturally low in salt:

Fresh fruits and vegetables
Fresh meat, poultry, fish
Canned fruits, plain frozen vegetables,
canned veggies that state "No Salt
Added", Dried beans, peas, rice.

3 Learn to read food labels.






It is hard to know what to eat.
The only way to know for sure is to read
the food label and ingredient list.

- Make changes slowly.
- Keep a list of low-salt (sodium) foods.
- When preparing a meal, no more than **600 mg** of salt per meal

*this can cut salt down
30% or 1/3 teaspoon.*

****Check with your doctor before using a salt substitute.**

HERE ARE SOME HINTS!

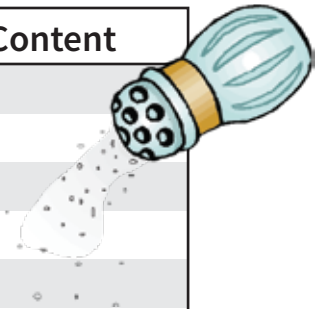
-  1/4 teaspoon = **500 mg** sodium
-  1/2 teaspoon = **1000 mg** sodium
-  3/4 teaspoon = **1500 mg** sodium
-  1 teaspoon = **2000 mg** sodium
-  1 tsp baking soda = **1259 mg** sodium






"YOUR SODIUM LEVEL IS HIGH...PROBABLY FROM TAKING EVERYTHING YOU HEAR WITH A GRAIN OF SALT!"

SODIUM CONTENT OF SOME COMMON FOODS

Common Foods	Amount	Sodium Content
Milk, skim	1 Cup	135 mg
Buttermilk	1 Cup	371 mg
Apple	Medium	1 mg
Fruit Cocktail	1 Cup	7 mg
Green Beans, Frozen	1 Cup	9 mg
Green Beans, Canned	1 Cup	170 mg
Green Beans, Fresh	1 Cup	2 mg
Dill Pickle	1 Medium	928 mg
Pork Loin	3 1/2 oz.	51 mg
Ham	3 1/2 oz.	1255 mg
Bread	1 slice	123 mg
Rice, Plain	1 Cup	0 mg
Rice, Mixes	1/2 Cup	537 mg
Soup, Chicken Noodle	1 Cup	1107 mg



Label Claim	Definition
 Calorie Free Low Calorie Light or Lite	Less than 5 Calories 40 calories or less ** 1/3 fewer calories or 50% less fat; if more than half the calories are from fat, fat content must be reduced by 50% or more
 Light in Sodium Fat Free Low Fat Cholesterol Free	50% less sodium Less than 1/2 gm of fat 3g moffatorlessfat** Less than 2 mg cholesterol and 2 gm or less saturated fat **
Low Cholesterol	20 mg or less cholesterol and 2 gm or less saturated fat **
 Sodium Free Very Low Sodium Low Sodium High Fiber	Less than 5 mg sodium ** 35 mg or less sodium ** 140 mg or less sodium ** 5 gm or more fiber

Per reference amount (standard serving size). Some claims have higher nutrient levels for main dish products and meal products, such as frozen entrees and dinners.

** Also per 50 g for products with small serving sizes (reference amount is 30 g or less or 2 Tbsp. or less).

LEARN TO READ FOOD LABELS

1. Start Here

The Serving Size describes how much food is in one serving. All of the information on the label is based on serving size. The Servings Per Container should be reviewed carefully because it shows how much sodium, fiber, protein, fat, etc., is in each serving. This package contains 2 servings.

2. Check Calories

Look at how many calories in a single serving and the number of calories from fat.

3. Limit These Nutrients

Eating less of total fat, cholesterol, and sodium may help reduce your risk for heart disease, high blood pressure, and cancer. Try to increase dietary fiber in your diet and lower the intake of sugars.

4. Get Enough Of These Nutrients

Eat more fiber, vitamin A and C, calcium, and iron to maintain good health.

5. Footnote

The Footnotes (Daily Values) for diet of 2,000 or 2,500 calories appear on the lower half of the food label. These numbers list the recommended limits of nutrients for each day. Your calorie needs may vary from these.

6. Quick Guide to % DV

The Quick Guide to % Daily Value can be used as a tool. Five percent or less is low. Try to aim low in *total fat, saturated fat, cholesterol, and sodium*. Twenty percent or more is high. Try to aim high in vitamins, mineral, and fiber.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

5% or less is Low
 20% or more is High

EXAMPLES OF LOW-SALT SPICES, HERBS, AND SEASONINGS

Allspice	Basil	Black pepper	Black pepper
Cayenne pepper	Celery pepper	Chives	Chives
Cinnamon	Cloves	Cumin	Cumin
Curry	Dill	Flavored extracts	Flavored extracts
Fresh garlic	Garlic powder	Lemon juice	Lemon juice
Low-salt ketchup	Nutmeg	Oregano	Oregano
Paprika	Parsley	Red pepper	Red pepper
Sage	Salt substitute *	Thyme vinegar	Thyme vinegar
Ms. Dash			

*Ask MD if appropriate before using

HIGH-SALT SPICES AND SEASONINGS.



Alfredo mixes	Barbecue sauce	Celery salt	Cocktail sauce	Marinade mixes	Salad dressing mixes
Fish sauce	Garlic salt	Generic sauce mixes	Horseradish	Kosher salt	Lite salt
Lite/regular soy sauce	Meat tenderizer	MSG	Onion salt	Pickle relish	Plum sauce
Poultry seasoning	Regular ketchup	Salt	Sea Salt	Seasoned Salt	Teriyaki & Worcestershire sauce
Steak sauces	Stir fry mixes	Stir fry sauce	Taco sauce	Taco Seasoning	

WHAT GOES WITH WHAT

FOOD	HERB
Soups	Bay leaves, Chervile, French Tarragon, Marjoram, Parsley, Savory, Rosemary
Poultry	Garlic, Oregano, Rosemary, Savory, Sage
Beef	Bay leaves, Chives, Cloves, Cumin, Garlic, Hot Pepper, Marjoram, Rosemary, Savory
Lamb	Garlic, Marjoram, Oregano, Rosemary, Thyme (make little slits in lamb, then insert herbs and roast)
Pork	Coriander, Cumin, Garlic, Ginger, Hot Pepper, Pepper Sage, Savory Thyme
Cheese	Basil, Chervil, Chives, Curry, Dill, Fennel, Garlic, Chives, Marjoram, Oregano, Parsley, Sage, Thyme
Fish	Chervil, Dill, Fennel, French Tarragon, Garlic, Parsley, Thyme
Fruit	Anise, Cinnamon, Coriander, Cloves, Ginger, Lemon, Verbena, Mint, Rose, Geranium, Sweet Cicely
Bread	Caraway, Marjoram, Oregano, Poppy Seed, Rosemary, Thyme
Vegetables	Basil, Burnet, Chervil, Chives, Dill, French Tarragon, Marjoram, Mint, Parsley, Pepper, Thyme
Salads	Basil, Borage, Burnet, Chives, French Tarragon, Garlic, Chives, Parsley, Sorrel, Herb Vinegar Dressing

DINING OUT

- Be an informed diner. Ask the waiter/waitress about food preparation and ingredients used to prepare the food.
- Avoid selecting foods prepared with gravy, soy sauce, MSG (monosodium glutamate), or that are cured or smoked.
- Do not touch the salt shaker on the table.
- Choose fresh fruit, juice, or salad with oil and vinegar to start the meal.
- Order salad dressing on the side. Use sparingly. Better yet, order oil and vinegar.
- Avoid olives, pickles, croutons, bacon bits, cheese, mayonnaise, cream-based or marinated salads.
- Choose an entrée that is grilled, baked, or broiled.
- Select “plain” foods such as whole grain breads (instead of muffins or croissants), baked or boiled potatoes, plain rice or pasta.
- Need dessert? How about fresh fruit or fruit salad, gelatin, or angel food cake.





LOW SODIUM DIET (2,000 MG OR 2 GRAMS) FOODS ALLOWED

Beverages

Coffee, tea, soft drinks
Low sodium vegetable juice
Regular fruit juices

Breads, Cereals and Grains

Hot cereal without salt
Puffed rice, puffed wheat, shredded wheat cereals
Low sodium crackers
Tortillas
Unsalted rice, barley, pasta
Unsalted air popped popcorn, pretzels, corn or tortilla chips

Limit to 6 servings per day:

White, wheat, rye or pumpernickel bread, dinner rolls, muffins, pancakes, unsalted crackers and breadsticks, homemade bread dressing

Vegetables

All fresh and plain frozen vegetables
“No salt added” canned vegetables
Rinsed and drained regular canned vegetables
Fresh white or sweet potatoes
Unsalted tomato paste
Low sodium tomato sauce

Fruits

All fresh and frozen fruits

Milk

Limit to 2 servings per day:
Milk, chocolate milk, yogurt, frozen yogurt

Meats and Meat Substitutes

Fresh or frozen beef, lamb, pork and poultry
Fish and most shellfish: canned tuna or salmon that has been rinsed
Eggs and egg substitutes
Low-sodium cheese
Unsalted or low salt peanut butter
Homemade dried beans or peas
Frozen dinners with less than 600 milligrams of sodium

Limit to one serving per day:

(1/2 cup) cottage or ricotta cheese (1 oz.) Swiss or mozzarella cheese

Fats

Butter or margarine
Vegetable Oils
Unsalted nuts
Homemade salad dressing

Limit to one serving per day:

Salad dressings, mayonnaise, or cream cheese

Soups

Low sodium or homemade broths, soups with fresh or frozen vegetables



LOW SODIUM DIET (2,000 MG OR 2 GRAMS) FOODS TO AVOID

Beverages

Instant cappuccino, hot cocoa mixes, and sports drinks (such as gatorade).

Breads, Cereals and Grains

Instant hot cereals
Bread, rolls or crackers with salted tops
Corn bread
Frozen waffles, pastries
Commercially prepared rice, pasta or bread dressing mixes
Salty snack

Vegetables

Sauerkraut, vegetables that have been pickled or prepared in brine
Vegetables seasoned with ham, bacon or salt pork
Commercially prepared potato mixes
Regular tomato sauce and paste

Fruits

Commercially dried fruits

Milk

Buttermilk

Meats and Meat Substitutes

Bacon, ham, sausage
Cold cuts, hot dogs
Chipped beef
Sardines, anchovies, marinated herring
Imitation seafood
Pickled meats
Frozen breaded meats
Pickled eggs
Processed cheeses, cheese spread
Regular aged cheeses

Fats

Bacon, bacon bits
Commercially prepared salad dressing
Dips made with dried soup mix or processed cheese
Tartar sauce
Salted nuts, olives
Canned gravies or gravy mixes

Soups

Regular canned or dehydrated soups