

7 Tips to Cut Sodium

On average, Americans consume 3,436 milligrams of sodium every day. That's more than twice the 1,500 milligrams that is recommended by leading health experts! It's clear that Americans have a taste for salt, but too much sodium leads to heart diseases such as high blood pressure, heart failure and other diseases such as stroke, osteoporosis (bone disease), kidney disease, and stomach cancer.

Helpful Tips to Help You Stick to a Low-Salt Diet

If you've been told to cut down on your sodium (or salt) intake or are unsure of what foods you should avoid or cut back on, here are some things you can start doing today to lower the sodium in your diet:

Nutrition Facts	
1 serving per container	
Serving size	1 container (85g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1.5g	4%
Saturated Fat 0.5g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 240mg	16%
Total Carbohydrate 11g	7%
Dietary Fiber 1g	7%
Total Sugars 1g	
Includes 1g Added Sugars	4%
Protein 3g	23%
Vitamin D 0mcg	0%
Calcium 40mg	6%
Iron 0.6mg	8%
Potassium 30mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,000 calories a day is used for general nutrition advice.

1. Read Nutrition Labels

Sodium can be sneaky. Pay attention to sodium amounts and servings sizes. Limit sodium to 1,500 mg per day.

2. Think Fresh

Make fresh fruits and veggies your first choice. Limit processed foods and canned foods like soup, which are high in sodium.

3. Avoid Temptation

Take the salt shaker off your table; keep it out of sight in a cabinet instead.

4. Cook Creatively

Experiment with using things like lemon juice, herbs, and spices instead of salt.

5. Cook at Home

Making your own meals allows you to limit the amount of salt in them. If you do dine out, ask about low-sodium options.

6. Eat More Potassium

It counters the effect of sodium and is found in bananas, sweet potatoes, and many dried beans, fruits and vegetables.

7. Watch Condiments & Sauces

It counters the effect of sodium and is found in bananas, sweet potatoes, and many dried beans, fruits and vegetables.

Quick Low-Sodium Swaps

Small changes can make a big difference when following a low-sodium diet. Try swapping high-salt foods for fresher, lower-sodium options whenever possible. These simple choices can help reduce daily sodium intake while still keeping meals flavorful and satisfying.

Instead of: Regular canned soup

Try: Low-sodium soup or homemade soup

Instead of: Deli meats or bacon

Try: Fresh chicken, turkey, fish, or eggs

Instead of: Salted snacks

Try: Unsalted nuts, fruit, yogurt, or fresh vegetables

Instead of: Soy sauce or bottled marinades

Try: Lemon juice, vinegar, garlic, herbs, or low-sodium sauce

Instead of: Regular canned vegetables

Try: Fresh, frozen, or no-salt-added canned vegetables

Instead of: Salted butter

Try: Unsalted butter, olive oil, or other heart-healthy oils.