



## How Do I “Watch My Salt/Sodium Intake?”

### What Does Salt (Sodium) Do To Me?

Eating too much sodium causes the body to retain (hold) water. Too much salt makes your body act like a sponge.

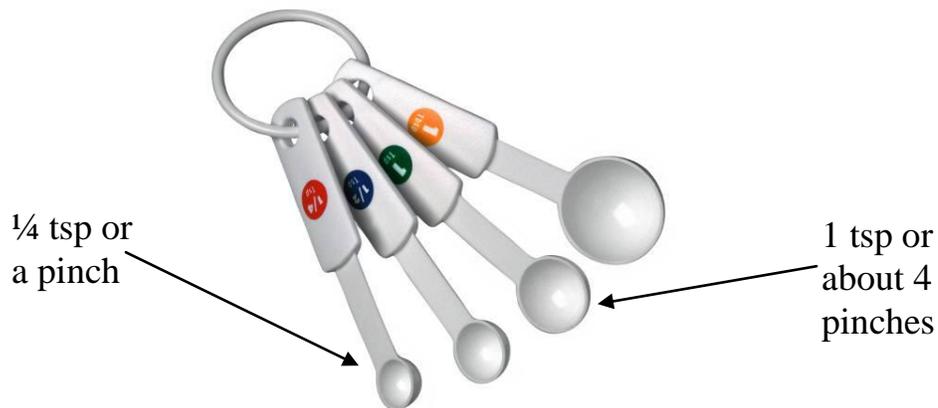
Your body holding too much water may increase your blood pressure, may increase your weight, and may cause shortness of breath and swelling of the legs and abdomen.

### How Much Sodium/Salt Can I Have Per Day?

Individuals with heart disease are generally instructed to consume less than a teaspoon of salt per day which is about 2,000 milligrams (mg).

1 teaspoon of salt = about 2,000 mg of sodium (about 4 pinches a day)

¼ teaspoon of salt = 600 mg (about a pinch)



### Sources of Salt in Your Diet

Most of the salt we eat (77% ~ 3 of our 4 pinches allowed per day) comes from processed and prepared foods (such as, frozen TV dinners; macaroni and cheese).

Another 12% comes from natural sources – salt just is in foods we eat.

**So, even though you don't add salt while cooking or eating ---  
you may be getting more salt than you need!**

# Read Labels To Check Salt (Sodium) Content

## Examples of a Food Label

### Nutrition Facts

Serving Size: 48 sticks • 1 oz • 28g	
Amount Per Serving	
Calories 120	Calories from Fat 0
_____ % DV	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.2g	
Monounsaturated Fat 0.03g	
Cholesterol 0mg	0%
<b>Sodium</b> 670mg	28%
Potassium 32mg	1%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein</b> 3g	6%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
Unofficial PP: 3 (Pts: 2) @DietFacts.com	
Percent of Calories from: Fat: 0% Carb: 73.3% Protein: 10% (Total may not equate 100% due to rounding.)	

**1. Know serving size and how many servings you are going to eat.**

### Nutrition Facts

Serving Size: 1/2 cup	
Amount Per Serving	
Calories 170	Calories from Fat 9
_____ % DV	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
<b>Sodium</b> 220mg	9%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 7g	28%
<b>Protein</b> 8g	16%
Unofficial Pts: 3 @DietFacts.com	
Percent of Calories from: Fat: 5.3% Carb: 72.9% Protein: 18.8% (Total may not equate 100% due to rounding.)	

**2. Look on the Nutrition Facts food label for the sodium information.**

**Pretzels:** 17 small classic sticks pretzels are about the same as one pinch of salt

**Canned Baked Beans, 99% Fat-Free Vegetarian:** 1/2 cup is less than a half a pinch of salt

**You are only allowed 4 pinches a day!**

### A Few Guidelines to Help Reduce Sodium In Your Diet

Have you removed the salt shaker from your table?	<b>YES</b>	<b>NO</b>
Do you check food labels for salt content and make adjustments?	<b>YES</b>	<b>NO</b>
Do you choose fresh or frozen fish, shellfish, poultry, and meat?	<b>YES</b>	<b>NO</b>
Do you snack on fresh fruits and vegetables which are low in salt?	<b>YES</b>	<b>NO</b>
Do you avoid processed (e.g., TV dinners), cured or pickled foods?	<b>YES</b>	<b>NO</b>
Instead of salt, do you use different spices and herbs for seasoning such as garlic, basil, or pepper?	<b>YES</b>	<b>NO</b>
Do you use citrus juices for flavoring instead of salt, such as lemon, lemon zest, orange zest, or orange juice?	<b>YES</b>	<b>NO</b>