

How much sodium should a person have daily?

The American Heart Association recommends that adults who are healthy take in no more than 2,300 milligrams of sodium a day. This is about 1 teaspoon of salt.



What happens when Sodium intake is too high?

For “salt-sensitive” people, blood pressure will increase in direct proportion to increases in sodium intake. About 60% of adults with high blood pressure are salt sensitive. Blood pressure above 120 systolic/80 diastolic is high. In countries where sodium intake is low, there is less hypertension, cardiovascular disease and stroke. Excess sodium may also weaken the bones by promoting calcium excretion.

Foods high in sodium:

- canned foods(vegetables, meats, pasta meals)
- processed foods (meats such as bologna, pepperoni, salami, hot dogs, sausage)
- cheese
- dried pasta and rice mixes
- soups (canned and dried)
- snack foods (chips, popcorn, pretzels, cheese puffs, salted nuts, etc.)
- dips, sauces, and salad dressings



Foods low in sodium:

- plain breads, cereals, rice and pasta
- vegetables and fruits (fresh or frozen)
- meats (fresh cuts, not processed meats)

Ways to reduce the sodium in your diet:

- Choose fresh, frozen or canned food items without added salts
- Select unsalted nuts or seeds, dried beans, peas, and lentils
- Limit the amount of salty snacks you eat, like chips and pretzels
- Select unsalted, fat free broths
- Use spices and herbs to enhance the flavor of your food

