



Sodium



You Need It!

Sodium helps the body to:

- Regulate blood pressure
- Keep fluids balanced
- Maintain muscle contraction
- Transmit nerve impulses

How Much is Enough?

It's recommended that you eat 2,400mg or less of Sodium each day.

. 2,400mg of Sodium = 1 teaspoon of salt.

Risk Factors for Hypertension

- Obesity
- Eating too much salt
- Alcohol
- Lack of exercise
- Stress
- Heredity
- Race — African Americans are at higher risk
- Age — The older you are the greater your risk

What about a Sodium-Restricted Diet?

If you are following a sodium-restricted diet, try the below suggestions to help lower your sodium.

Instead Of:	Try:
1 slice of lunchmeat (400 mg of sodium)	½ cup low-sodium canned tuna (35 mg sodium)
2 tablespoons Ranch salad dressing (287 mg sodium)	2 tablespoons Balsamic Vinegar (0 mg sodium)
3 oz. Ham (1,075 mg sodium)	3 oz lean pork chop (55 mg sodium)
¼ cup low-fat cottage cheese (230 mg sodium)	¼ cup low-fat, low-sodium cottage cheese (7 mg sodium)
1 cup boxed convenience rice side dish (1,580 mg sodium)	1 cup plain brown or white rice seasoned with herbs (0-5 mg sodium)
1 cup canned soup (900 mg sodium)	1 cup of low-sodium canned soup (25 mg sodium)
½ cup canned vegetables (230 mg sodium)	½ cup fresh vegetables (2 mg sodium) OR ½ cup frozen vegetables (10 mg sodium)

Did You Know?

High blood pressure has no symptoms. That's why it's called the "silent killer."