Easy Ways to Lower Sodium

Did you know 1 teaspoon of salt is the equivalent 2,300 mg of sodium? That is more than the recommendation of 2,000 mg when on a low sodium diet. When choosing foods be sure to read the labels. Try to pick more items that are less than 140 mg per serving and limit foods that are more than 300 mg per serving. Below is a chart showing foods with high sodium content and alternatives with much less sodium. Reducing the amount of sodium, you eat can help the body retain less water and reduce blood pressure.

Sodium content of foods provided by USDA's Food Data Central database. Food items with an Asterix (*) next to them have a recipe on the following page.

High Sodium	Lower Sodium
3 oz Ham **(884 mg)**	3 oz Pork Chop **(321 mg)**
1 Slice Bologna **(300 mg)**	Egg Salad **(171 mg)** Chicken Salad **(219 mg)** *
2 oz Beef Jerky **(1002 mg)**	2 oz Chunk light tuna in water **(230 mg)**
1/2 Cup Cottage Cheese **(315mg)**	1 Boiled Egg **(62 mg)**
1 Slice (1 oz) American Cheese **(281 mg)**	1 oz Cheddar **(180 mg)** 1 oz Part-Skim Mozzarella **(175 mg)**
½ Cup Salted Nuts **(340 mg)**	½ Cup Unsalted Nuts **(0 mg)**
Medium French Fries **(221 mg)**	Medium Baked Potato **(8 mg)**
½ Cup Instant Mashed Potatoes **(759 mg)**	½ Cup Boiled Potatoes **(3 mg)**
1/2 Cup Baked Beans **(525 mg)**	1 Cup Coleslaw **(179 mg)**
½ Cup Refried Beans **(450 mg)**	½ Cup Low Sodium Black Beans **(130 mg)**
½ Cup Canned green beans **(380 mg)**	½ Cup Frozen green beans **(9 mg)**
1 Packet of Instant Oats (160 mg)	½ Cup Dry Quick 1-Minute Oats **(0 mg)**
1 Snack Size Microwave Popcorn **(340 mg)**	4 Cups Air Popped using 1 tsp oil **(0 mg)**
1 Flour Tortilla **(290 mg)**	1 Corn tortilla **(40 mg)**
½ Cup Salsa **(960 mg)**	½ Cup Low Sodium Salsa **(180 mg)**
1 Tbsp Soy Sauce **(980 mg)**	1 Tbsp Hoisin Sauce **(260 mg)**
2 Tbsp Barbeque Sauce **(320 mg)**	Homemade Marinade **(0 mg)** *
2 Tbsp Ranch Dressing **(250 mg)**	2 Tbsp Vinaigrette **(60 mg)**
20 oz Sports Drink **(270 mg)**	20 oz Bottle of Water **(0 mg)**

Recipe: Chicken Salad (8 servings)

Ingredients

- 6 cooked chicken breast halves
- 1 cup mayonnaise
- 1 cup chopped celery.
- 1 teaspoon salt-free herb and spice blend

Directions

1. Dice chicken and place into a large bowl.
2. Add mayonnaise, celery, and spice blend; mix until well combined.

Nutrition Content (per serving)

- 352 Calories|28g Fat|1g Carbohydrate|23g Protein|219 mg Sodium

Recipe: Homemade Marinade (Makes 1 Cup)

Ingredients

- ¼ cup fresh lemon juice
- ½ teaspoon cracked black pepper
- 4 strips of lemon zest
- 3 cloves of garlic, crushed.
- ½ cup of extra virgin olive oil
- 1 teaspoon of dried oregano
- 1 teaspoon of dried basil

Directions

1. Combine all ingredients in a bowl and mix well. Be sure to mix again prior to use.