



This resource was developed by Registered Dietitians

Sodium Restriction (2 gram)

Where does the sodium in your diet come from?

Sodium is found naturally in all foods. The chemical name for salt is sodium chloride. Our most common sources of dietary sodium are from:



- Processing methods, such as pickling, canning, drying, curing, fermenting and marinating.
- Adding salt or high sodium sauces or condiments during cooking and at the table.
- ✓ To remember how much sodium is in a teaspoon of salt think of the millennium year 2000. 1 tsp (5 mL) of salt is equal to 2000 mg (2 g) of sodium.

Reducing salt in your diet

- Do not use salt when cooking and avoid using the salt shaker at the dining table.
- Season foods with lemon juice, vinegar, herbs, spices, garlic or onions instead of salt. Switch to no added salt seasonings such as Mrs. Dash®.
- Avoid fast food, which usually have high amounts of salt.
- Beware of salt substitutes containing potassium.

Looking at food labels

Read food labels for information on the sodium content of foods. Sodium can appear on the label as the word salt, sodium or soda. The earlier an ingredient on an ingredient list, the more of it there is in the product.

- If the word salt, sodium or soda is listed in the first three ingredients or listed more than three times in the ingredient list, select another product.
- Claims made on food labels can be confusing. Use the guide below to help you choose lower sodium foods.

Low sodium label claims:

Sodium Free	5 mg or less of sodium per serving
Very Low Sodium	35 mg or less of sodium per serving
Low Sodium	140 mg or less of sodium per serving
Reduced or Less sodium	At least 25% less sodium than the regular version
Light in Sodium	50% less sodium than the regular version

Foods high in sodium

- 1 cup (250 mL) of sauerkraut = 1500 mg sodium
- 1 cup (250 mL) canned soup = 1200 mg sodium
- 1 Tbsp (15 mL) soy sauce = 1000 mg sodium
- 1 Tbsp (15 mL) light soy sauce = 600 mg sodium
- 3 oz. (90 g) of ham = 850 mg sodium
- 1 cup (250 mL) canned mushrooms = 800 mg sodium
- 1 cup (250 mL) Clamato® juice = 800 mg sodium
- 1 medium pickle = 800 mg sodium

Grain Products: 5 to 12 servings per day

Foods allowed:

- Breads, buns and low sodium crackers
- Homemade pancakes, waffles, french toast, muffins, bagels, english muffins and biscuits made without salt
- Hot and cold cereals without added salt
- Rice and pastas made without salt or added soya sauce
- Unsalted pretzels, tortilla chips or pita chips



Foods not allowed:

- Dry, frozen or refrigerated bread mixes, such as breadsticks, corn bread, spoon bread, refrigerator dough and biscuit mixes
- Cheese buns, muffins or rolls
- Frozen or packaged waffle and pancakes and their mixes
- Packaged stuffing mixes
- Instant hot cereals with more than 230 mg of sodium per serving
- Canned pasta products and soups
- Salted crackers
- Salted pretzels, potato chips and salted tortilla chips
- Instant noodle soups

Vegetables and Fruit: 5 to 10 servings per day

Foods allowed:

- Fresh, frozen, dried or canned fruit and fruit juices
- Fresh potatoes prepared by boiling, steaming, baking or roasting
- Fresh or frozen vegetables prepared by boiling, microwaving, steaming, baking or roasting
- Homemade salads with low sodium or sodium-free dressings
- Unsalted canned vegetables



Foods not allowed:

- Dried potato mixes, such as scalloped, mashed or with sauces or flavoring
- Pickled, canned or brine packed vegetables such as pickles or sauerkraut
- Vegetable juices including tomato, vegetable and Clamato®
- Commercial pre-packaged salads, such as potato salad, coleslaw or macaroni salad

Milk Products: 2 to 4 servings per day

Foods allowed:

- Fluid milk, yogurt, fresh cheeses, such as MiniGo®
- Low sodium cheeses such as Brick, Brie, Cheddar, Ricotta, Swiss, Colby and Farmer - maximum 1 oz. (30 g) daily
- Dry curd or salt free cottage cheese

Foods not allowed:

- Buttermilk
- Instant pudding made from a package
- Processed cheese, such as cheese slices and cheese spreads
- Creamed cottage cheese
- Cheeses such as Blue, Feta, Parmesan, Romano, Roquefort, Camembert, Edam, Gouda, Limburger, Provolone, Tilset, Havarti and Asiago

Meat and Alternatives: 2 to 3 servings per day

Foods allowed:

- Fresh or frozen meat, fish and poultry
- Eggs cooked without salt
- Unsalted peanut butter and nuts
- Rinsed canned legumes such as kidney beans, pinto beans or garbanzo beans
- Rinsed canned salmon or tuna
- Dried cooked legumes
- Sardines

Foods not allowed:

- Ham, bacon and corned beef
- Processed meats and spreads, such as sausage, wieners, paté, pepperoni, salami, bologna and hot dogs
- Unrinsed canned salmon or tuna
- Eggs cooked with salt
- Pickled eggs and fish
- Commercially breaded fish, chicken and pork
- Salted nuts and seeds

Other Foods



Foods allowed:

- Salt free margarines or butters, oils, sour creams, Coffee Rich® and non-dairy creamers
- Salt free condiments, such as pepper, lemon juices, vinegar and Mrs. Dash®, thyme, oregano
- Sugar, honey, syrup and artificial sweeteners
- Homemade unsalted barbeque sauce, homemade unsalted ketchup, homemade salad dressings, Tabasco® sauce
- Homemade or low sodium labeled commercial soup, such as Aylmer's® or Oetkers®

Foods not allowed:

- Salt packages, sea salt
- Bacon fat, commercial chip dips
- Condiments such as barbecue sauce, chili sauce, commercial salad dressings, HP sauce, oyster sauce, soy sauce, Worcestershire sauce, commercial gravy or gravy mixes, horseradish, ketchup, mayonnaise or tartar sauce
- Regular and low fat canned soup or dried soup mixes or instant noodle soups
- Commercial meat or vegetable extracts such as Vegemite® or Marmite®

Caution:

If you have well water, it should be checked for its sodium content. If your water is greater than 20 mg per litre of sodium, you should buy bottled water that has been distilled, purified or demineralized by reverse osmosis. These processes take out all of the sodium in the water.

Recipes

Low sodium tomato ketchup

2 cups	tomatoes, canned (no added salt)	500 mL
1/3 cup	onion, chopped	75 mL
2 Tbsp	white sugar	30 mL
1/4 cup	vinegar	50 mL
dash	ground cloves	dash
dash	ginger	dash
dash	cinnamon	dash
dash	all spice	dash
pinch	chili powder	pinch
	red food coloring	
1 1/4 tsp	cornstarch	6 mL

Simmer tomato and onion until soft. Process 1 to 2 minutes in blender. Add the remaining ingredients and simmer approximately 1 1/4 hours until reduced to half the original volume. Add cornstarch to 1/4 cup (50 mL) of mixture and return to pot. Stir constantly until sauce is thickened. Store in refrigerator in resealable container. Keeps for several months. Yields 1 1/4 cups (300 mL). 1 Tbsp (15 mL) = 2 mg sodium.

Pizza sauce

6 oz.	can tomato paste (no salt added)	200 mL
1/2 cup	water	125 mL
1 Tbsp	oregano	15 mL
1 Tbsp	basil	15 mL
1 tsp	dried parsley	5 mL
1/2 tsp	garlic powder	2 mL
1/4 tsp	black pepper	1 mL
2 Tbsp	vegetable oil	30 mL
1 Tbsp	onions, finely chopped	15 mL
1 tsp	white sugar	5 mL
2 Tbsp	lemon juice	30 mL

Combine all ingredients in a saucepan. Mix well. Bring to a boil, then let simmer for 10 minutes. Makes enough sauce for two round pizzas. Freezes well. Yields 1 1/3 cups (325 mL). 2/3 cup (150 mL) = 50 mg sodium

Garden fresh barbeque sauce

2 lbs.	fresh tomatoes, diced	500 mL
1/3 cup	pineapple juice	75 mL
1/2 cup	white sugar	125 mL
1	bay leaf	1
pinch	black pepper	pinch
pinch	dry pepper	pinch
1 Tbsp	celery, finely chopped	15 mL
1	garlic clove, minced	1
1/2 cup	onion, diced	125 mL
2 Tbsp	cornstarch	30 mL
2 Tbsp	water	30 mL

Combine first nine ingredients in a saucepan. Bring to a boil, then simmer. When cooked, thicken with cornstarch mixed with cold water. Add slowly to sauce while stirring. Simmer till sauce reaches desired thickness. Makes 3 cups (750 mL).

2 Tbsp (30 mL) = 2 mg sodium.

Italian dressing

2/3 cup	vegetable oil	150 mL
1/3 cup	lemon juice or vinegar	75 mL
1 Tbsp	sugar	15 mL
1/2 tsp	paprika	2 mL
1/2 tsp	dry mustard	2 mL
1 tsp	onion, finely chopped	5 mL
1 tsp	basil	5 mL
1 tsp	oregano	5 mL
1/2 tsp	garlic powder	2 mL
1/4 tsp	freshly ground black pepper	1 mL

Add all ingredients together and shake well. Store in refrigerator. Makes 1 cup (250 mL). 2 Tbsp (30 mL) = 28 mg sodium.

Recipes reprinted with permission from Kerr, L. and Kennedy, M. authors of Low Sodium Savvy Cookbook.

Low sodium chicken soup

3 lbs.	chicken, cut in pieces	1.5 kg
9 cups	water	2.25 L
3	celery stalks with leaves, divided	3
1	bay leaf	1
1	small onion, whole	1
1/2 cup	onion, chopped	125 mL
1/2 cup	carrot, chopped	125 mL
1/2 cup	fresh parsley, chopped or 8 tsp (40 mL) dried	125 mL
1/2 cup	uncooked barley	125 mL
1	turnip	1
2 Tbsp	lemon juice	30 mL
1/2 tsp	ground black pepper	2 mL
1/4 tsp	celery seed	1 mL
1 cup	green beans, cut	250 mL
1/4 tsp	basil	1 mL

Place chicken, water, celery leaves, bay leaf and small whole onion in a large pot. Cover and bring to a boil, then reduce heat and simmer 1 1/2 hours until chicken is tender. Remove chicken. Skim fat off broth if necessary. Remove onion and bay leaf from soup. Remove the skin and bones from the chicken then discard them. Cut chicken into bite sized pieces, set aside. Add celery, onion, carrot, parsley, barley, turnip, lemon juice, pepper and celery seed. Cover and let simmer 20 minutes. Add green beans and chicken; continue cooking 15 minutes or until beans are tender. Add basil when approximately 5 minutes of cooking time is remaining. Makes 8 servings. 1 1/2 cups (375 mL) soup = 90 mg sodium.

Low sodium diet resources

- Kerr, L. and Kennedy, M. 1996. Low Sodium Savvy Cookbook. Alpine Press, Edmonton, Alberta, Canada. \$9.95 CDN. To order call: (780) 477-4963.
- Starke, R. D. 1995. The American Heart Association Low Salt Cookbook: A complete guide to reducing sodium and fat. Times-Books. U.S.A. ISBN: 0812924762. \$5.99 US