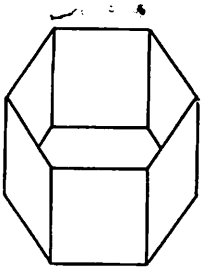


Sodium Chart



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	0-149 mg LOW	150-299 mg MEDIUM	300 + mg HIGH Goal 2500 mg
MILK GROUP: foods rich in calcium, riboflavin, protein	Vanilla ice cream 58 mg Swiss cheese 74 mg Whole milk 120 mg 2% lowfat milk 122 mg Skim milk 126 mg Chocolate milk 149 mg	Plain lowfat yogurt 159 mg Chocolate pudding 167 mg Cheddar cheese 176 mg Buttermilk 257 mg	American processed cheese 406 mg Lowfat cottage cheese 459 mg AVOID
MEAT GROUP: foods rich in protein, niacin, iron, thiamin	Pork chop 57 mg Beef 63 mg Chicken breast, fried, meat only 68 mg Egg 69 mg Beef liver 90 mg	Peanut butter 150 mg Bologna 289 mg	Bacon 303 mg Sausage 336 mg Tuna fish 468 mg Frankfurter 639 mg Corned beef 964 mg Canned ham 1128 mg
FRUIT-VEGETABLE GROUP: foods rich in vitamins A and C	All fruits and most fresh or frozen, plain vegetables 1-50 mg		Canned lima beans 309 mg Canned beets 324 mg Canned corn 324 mg Tomato juice 441 mg Canned potatoes 452 mg Sauerkraut 780 mg
GRAIN GROUP: foods rich in carbohydrate, thiamin, iron, niacin	Rice 0 mg Farina 1 mg Oatmeal, instant 1 mg Noodles 2 mg Cream of wheat, instant 24 mg Graham crackers 86 mg White bread 129 mg Wheat bread 138 mg	Saltines 165 mg Baking powder biscuit 195 mg	Cornflakes 351 mg Wheaties 354 mg Bread stuffing 512 mg Waffle 515 mg
"OTHERS" Category: fats, sweets, alcohol	Cola 8 mg Butter 41 mg Orange sherbet 44 mg Margarine 47 mg Mayonnaise 78 mg Salted popcorn 86 mg Sweet pickle 107 mg Italian dressing 116 mg Sugar cookies 131 mg Potato chips 133 mg	Devil's food cake 181 mg Tartar sauce 182 mg Cake-type doughnut 192 mg French dressing 214 mg Danish pastry roll 218 mg	Green olives 312 mg Apple pie 476 mg Dill pickle 928 mg
COMBINATION FOODS: foods made with ingredients from more than one food group		Homemade beef stew 292 mg	Taco 456 mg Fast food hamburger, regular 463 mg Home baked pot pie 596 mg Cheese pizza 699 mg Homemade chow mein 718 mg Canned chicken noodle soup 1107 mg Canned spaghetti and meatballs 1220 mg
CONDIMENTS: cooking ingredients used to enhance the flavor of food	Sage 0 mg Oregano 0 mg Thyme 1 mg Paprika 1 mg Pepper 1 mg Parsley 1 mg Prepared mustard 63 mg Barbeque sauce 130 mg	Catsup 156 mg Horseradish 198 mg Worcestershire sauce 206 mg	Baking powder 339 mg Monosodium glutamate (MSG) 492 mg Baking soda 821 mg Bouillon 1019 mg Soy sauce 1029 mg Onion salt 1620 mg Meat tenderizer 1750 mg Garlic salt 1850 mg Table salt 1938 mg



AVOID TOO MUCH SODIUM



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Too much sodium in the diet may contribute to high blood pressure (hypertension) in certain people. About one in four Americans has elevated blood pressure. High blood pressure can increase the risk of heart attack, stroke, and kidney disease. Some people are "sodium-sensitive," but others can eat diets high in sodium without increasing their blood pressure.

HOW MUCH SODIUM DO YOU NEED?

Sodium is measured in milligrams (mg). The National Research Council of the National Academy of Sciences suggests that 1,100 to 3,300 milligrams of sodium is a "safe and adequate" daily intake. For a clearer picture, one teaspoon of salt contains about 2,000 milligrams of sodium. Most of us eat far more sodium than we need, so many health professionals believe that reducing salt intake is sensible for everyone.

DISCOVER SOURCES OF SODIUM IN YOUR DIET

You may be surprised at just how many of the foods you eat contain sodium. Cutting back on sodium will require you to become more aware of the foods you eat.

• SODIUM ADDED AT THE TABLE AND IN COOKING

Salt, sodium chloride (NaCl), added at the table and during cooking comprises one third of sodium in the diet. Since this is the major source of sodium in the diet, this is a good place to start if you need to cut back on your sodium.

• HIGH-SODIUM FOODS

Sodium is present naturally in foods, and some foods contain more sodium than others. In general, high sodium foods include:

- milk
- cheese
- canned vegetables
- luncheon meats
- canned and processed fish
- bouillon
- soups
- commercially prepared baked goods.

• LOOK BEYOND THE SALT SHAKER: CHECK THE LABEL.

Sodium may be added during processing. Look for the word sodium in combination with other words, such as:

- monosodium glutamate (MSG)
- sodium benzoate
- sodium bicarbonate (baking soda)
- sodium caseinate
- sodium citrate
- sodium nitrite
- sodium phosphate

- sodium propionate
- sodium saccharin.

• HIDDEN SOURCES OF SODIUM.

Common sources of hidden sodium include condiments, sauces, and seasonings such as:

- onion salt
- celery salt
- garlic salt
- seasoned salt
- meat tenderizer
- bouillon cubes
- baking powder
- baking soda
- soy sauce
- steak sauce
- barbecue sauce
- ketchup
- mustard
- worcestershire sauce
- salad dressings
- pickles
- chili sauce
- relish
- flavor enhancers

• OTHER SOURCES OF SODIUM

Sodium is found in some prescription drugs, such as antibiotics and sedatives. Some over-the-counter medicines, like alkalizers, antacids, laxatives, and cough medicines also contain sodium.

EGGS ARE NATURALLY LOW IN SODIUM

Nutrition Information Per Serving		Percentage of U.S. Recommended Daily Allowance (U.S. RDA)	
Serving size	1 EGG (50 g)		
CALORIES	75	PROTEIN	15
PROTEIN (grams)	6	VITAMIN A	6
CARBOHYDRATES (grams)	< 1 g	VITAMIN C	*
FAT (grams)	5	THIAMINE	2
PERCENT OF CALORIES FROM FAT	64	RIBOFLAVIN	15
POLYUNSATURATED (g)	1	NIACIN	*
SATURATED (g)	2	CALCIUM	2
MONOUNSATURATED (g)	2	IRON	4
CHOLESTEROL (mg)	213		
SODIUM (mg)	65		

*contains less the 2% of U.S. RDA for these nutrients



SODIUM SENSE

- Check labels to see if salt or sodium compounds are added. Learn to recognize ingredients that contain sodium. Any ingredient with sodium or soda as part of its name contains sodium.
- Season foods with lemon juice, onion and garlic powders (not salts) and herbs and spices (including pepper) instead of salt.
- Check with a doctor or registered dietitian before using a salt substitute. Most salt substitutes contain potassium salts that are not suitable for some people.
- Whenever possible, choose fresh vegetables, since most canned and some frozen vegetables contain salt. Never salt the cooking water for vegetables or other foods.
- Use the salt shaker sparingly. Taste foods first.



SALT LOVERS— DON'T DESPAIR!

You were not born with a preference for salt. You learned it, and this means that you can unlearn it by gradually lowering the amount of salt in your diet. Studies show that people who slowly reduce the amount of salt they eat lose their desire for the salty taste.

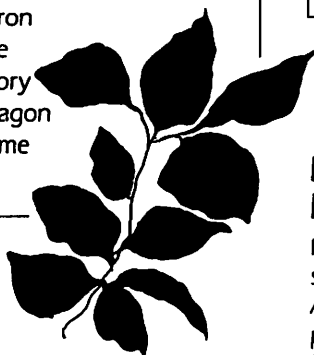
ADD NEW FLAVORS TO FOOD

Add flavor without adding salt. Herbs and spices can provide a tasteful alternative and give the food new zest. To replace salt, try one or more of the following:

Basil
Bay leaf
Celery Seed
Cumin
Dill Weed
Garlic

Marjoram
Mint
Nutmeg
Oregano
Paprika
Rosemary

Saffron
Sage
Savory
Tarragon
Thyme



EGGS

Herbed Deviled Eggs

12 egg halves

28 Calories

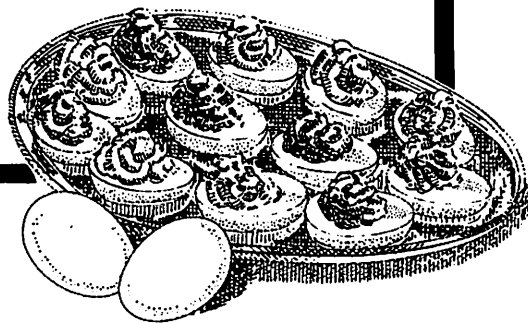
55 mg Cholesterol

1.4 grams Fat

Ingredients

- 6 hard cooked eggs 6 white 3 yolks
- 3 tablespoons dry curd cottage cheese
- 2 tablespoons low fat plain yogurt
- 1 tablespoon finely chopped onion
- 1 teaspoon prepared mustard (preferably Dijon-style)
- 1/2 teaspoon dried parsley
- 1/4 teaspoon dill weed
- 1/8 teaspoon garlic powder
- Dash hot pepper sauce

Directions: Cut eggs in half. Put half of yolks in small bowl; reserve remaining yolks for another use or discard. With fork mash yolks together with cottage cheese and yogurt. Stir in remaining ingredients. Season with salt and pepper, if desired. Fill egg halves. Chill before serving.



LOWER-SODIUM DEFINITIONS

For those who need to cut back their sodium intake, the Food and Drug Administration (FDA) requires that processed foods with nutrition information tell how much sodium they contain per serving. Here is FDA's new glossary of lower- sodium terms that manufacturers can use when they make a sodium claim:

SODIUM-FREE:

Less than 5 mg. per serving

VERY LOW SODIUM:

35 mg. or less per serving

LOW SODIUM:

140 mg. or less per serving

REDUCED SODIUM:

At least a 75 percent reduction in the usual sodium level



2 Gram Sodium Diet

A low sodium diet helps control high blood pressure and fluid build-up. You should not add any salt or lite salt to your foods while cooking or at the table. You should also avoid salty foods, and choose low sodium varieties instead. Salt substitutes, which contain potassium chloride, should only be used when advised by your physician. Read labels carefully for the amount of sodium listed. Remember your daily limit is 2 grams, which is equal to 2000 milligrams of sodium. (One teaspoon of salt contains 2,300 milligrams of sodium.)

<u>Food Groups</u>	<u>Foods Allowed</u>	<u>Foods to Avoid</u>
Meats	Beef, chicken, turkey, fish, fresh pork, eggs, unsalted peanut butter, low sodium tuna fish, low sodium cheese, mozzarella cheese, eggs, egg substitute, liver.	Ham, sausage, bologna, hot dogs, lunch meat, salt pork, corned beef, smoked meats, canned meats, regular peanut butter, tuna and cheese.
Vegetables	Fresh, frozen and low sodium canned vegetables; low sodium tomato juice, low sodium V-8.	Pickles; sauerkraut, canned vegetables.
Fruits and Juices	Fresh, frozen, canned and dried fruits, all juices.	
Breads & Starches	Old-fashioned oats, grits (avoid instant), cream of wheat, shredded wheat, potatoes, beans, peas (fresh or frozen), rice, regular bread, low sodium crackers, melba toast, bread sticks, unsalted pretzels, homemade popcorn, graham crackers, vanilla wafers and animal crackers (limit to four servings per day.)	Instant potato and rice mixes, seasoned bread crumbs, regular crackers and chips, dry cereals with more than 200 mg sodium per serving, commercial waffles, pancakes and muffins.
Soups	Homemade unsalted soups, low sodium commercial soups and broths.	Regular canned or dry soup mixes, bouillon.
Desserts & Sweets	Jello, popsicles, hard candy, gum drops, fruit newtons, fruit pies.	Chocolate cake and cookies.



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2 Gram Sodium Diet continued...

<u>Food Groups</u>	<u>Foods Allowed</u>	<u>Foods to Avoid</u>
Beverages	Juice, coffee, tea, Koolaid, carbonated beverages (limit to 24 oz. per day.)	Gatorade and other sports drinks.
Dairy Products (Limit to 2 servings daily)	Regular and low fat milk, chocolate milk, evaporated milk, ice cream, pudding, sherbet, yogurt.	Buttermilk.
Fats	Margarine, oil, mayonnaise, low sodium salad dressings, sour cream, whipping cream, cream cheese, avocado, unsalted nuts.	Bacon and meat drippings, regular salad dressing.
Miscellaneous	Sugar or syrup, jam, jelly, pepper, vinegar, lemon juice, herbs, chili powder, onion powder, basil, oregano, tarragon, dill, thyme, paprika, cinnamon, low sodium catsup and mustard, low sodium Accent, Mrs. Dash, Vegit, Mrs. Dash steak sauce, low sodium worcestershire sauce.	Seasoned salt, lite salt, onion and garlic salt, BBQ sauce, chili sauce, taco sauce, regular catsup, soy sauce, horseradish, meat tenderizer, steak sauce.

Sample Menu

<u>Breakfast</u>	<u>Lunch</u>	<u>Supper</u>
Orange juice Grits Scrambled egg Toast with margarine and jelly 8 oz. milk Coffee with sugar Pepper	Salt free peanut butter and jelly sandwich apple ice cream 2 sugar cookies iced tea with lemon and sugar	Baked chicken Baked potato with sour cream Green beans with lemon butter Tossed salad with oil and vinegar Congealed fruit salad 8 oz. milk

Nutrition Facts

Serving Size 430 g

Amount Per Serving

Calories 478

Calories from Fat 169

% Daily Value*

Total Fat 18.8g **29%**

Saturated Fat 5.5g **28%**

Trans Fat 0.0g

Cholesterol 27mg **9%**

Sodium 597mg **25%**

Potassium 1634mg **47%**

Total Carbohydrates 65.1g **22%**

Dietary Fiber 9.8g **39%**

Sugars 19.9g

Protein 16.8g

Vitamin A 241%

Vitamin C 273%

Calcium 32%

Iron 56%

Nutrition Grade A

* Based on a 2000 calorie diet