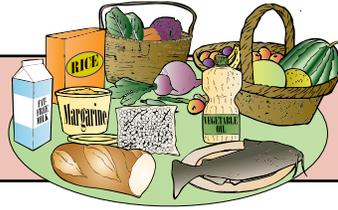


# Choose Foods Low In Sodium

Choosing and preparing foods that are lower in salt and sodium may help prevent or lower high blood pressure.

Choose More Often:	Choose Less Often:
Grilled or baked chicken and turkey (with skin removed)	Smoked and cured meats such as bacon, ham, sausage, hot dogs, bologna, fatback, ham hocks, scrapple, and liver pudding
Fresh fish or rinsed canned fish such as tuna* or sardines	Canned fish
Low-sodium canned foods	Canned foods packed in broth or salt
Low-sodium or reduced-sodium cheeses	Most cheeses
Low-salt or salt-free chips, nuts, and pretzels	Salty chips, crackers, nuts, popcorn, and pretzels
Plain rice, noodles, or pasta	Quick-cooking rice and noodles
Homemade, low-sodium, or reduced-sodium soups	Regular canned and instant soups
Fresh, frozen, "no-salt-added," or rinsed canned vegetables	Canned vegetables
Spices, herbs, and flavorings such as cilantro, parsley, garlic powder, onion powder, vinegar, and chili powder	Condiments and seasonings such as soy sauce, monosodium glutamate (MSG), fish sauce, bouillon cubes, ketchup, and Cajun seasonings



\*Pregnant and nursing mothers: Talk to your health care provider to find out the types of fish you can eat that are lower in mercury.

Food labels tell you what you need to know about choosing foods that are lower in sodium. Here's a food label for packaged noodle soup. Its % Daily Value for sodium is 34%. This is high in sodium. Choose products with the lowest % Daily Value for sodium.



Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size ½ block Servings Per Container 2		<b>Total Fat</b> 8g	12%	<b>Total Carbohydrate</b> 26g	9%
<b>Amount Per Serving</b> <b>Calories</b> 190 Calories from Fat 70		Saturated Fat 4g	20%	Dietary Fiber 1g	4%
*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		Trans Fat 0g		Sugars 1g	
		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 5g	
		<b>Sodium</b> 820mg	34%		
		Vitamin A 2%		Vitamin C 2%	
		Calcium 2%		Iron 6%	

5% or less is low.  
20% or more is high.



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