

WHY WORRY ABOUT SODIUM?

Too much sodium can increase your blood pressure, which leads to a greater risk of heart disease, stroke and kidney disease.

HOW MUCH SODIUM SHOULD YOU HAVE?

The recommended amount of sodium is less than 2,300 mg, or 1 teaspoon of salt, per day.



TIPS FOR COOKING WITHOUT SODIUM

- Don't salt cooking water
- Don't add salt to meals
- Season with lemon or lime juice, vinegars, or herbs & spices
- Use plain garlic and onion instead of salted versions
- Use small amounts of high sodium condiments (ketchup, relish, soy sauce)

LOW SODIUM EATING

CANNED AND PROCESSED FOODS ARE HIGHER IN SODIUM THAN FRESH FOODS

- 1 large fast food cheeseburger = **1589 mg**
- 3.5oz baked ham = **1500 mg**
- 3 pancakes with butter and syrup = **1100 mg**
- 1 frozen meal = **average 340-1160 mg**



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