



live life well.



## Low Sodium Tips!

### Tips for Eating Away from Home

- Ask for dressings, sauces and gravies on the side
- Order eggs without bacon or sausage
- Avoid "super-sizing" and combo meals
- Skip the extra cheese on anything you order
- If a restaurant serves big portions, split the meals or take half home for the next day
- Avoid breaded foods, chips, seafood cocktail sauce, soups, gravies, sauces, salted crackers and salted breadsticks. Limit intake of the bread provided before meals
- Ask for low sodium options and foods prepared without salt

### Sodium Content of Some Common Foods

- 1 cup of milk or yogurt contains about 125 mg sodium.
- 1 ounce of cheese may contain 90-500 mg sodium. Look for low sodium cheese, which contains less than 150 mg sodium per serving.
- 1 cup of fresh vegetables and ½ cup of cooked vegetables contains 10-35 mg sodium.
- One bread serving is 1 slice and contains 150-200 mg sodium.
- A low sodium bread serving contains 5 mg sodium.
- Pasta, noodles, and rice are very low in sodium if cooked without salt.
- One meat serving (red meats, poultry, fish) is 4 oz. and contains 75-100 mg sodium.
- One fat serving is 1 tsp. And contains 50 mg sodium, unless it is an oil or unsalted butter or margarine that contains no sodium.
- One serving of fruit, about ½ cup contains about 2 mg sodium.