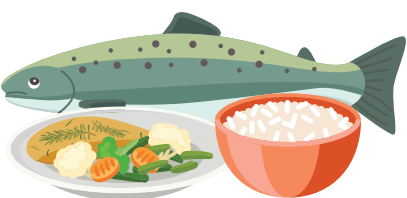


Choose Foods Low in Sodium

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



Choose **MORE** often

Foods **LOWER** in sodium

- Grilled or baked chicken and turkey (with skin removed)
- Fresh fish or rinsed, canned fish such as tuna* or sardines
- Low-sodium canned foods
- Low-sodium or reduced-sodium cheeses
- Low-salt or salt-free chips, nuts, and pretzels
- Plain rice, noodles, or pasta
- Homemade, low-sodium, or reduced-sodium soups
- Fresh, frozen, "no-salt-added," or rinsed canned vegetables
- Spices, herbs, and flavorings such as cilantro, parsley, garlic powder, onion powder, vinegar, and chili powder

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



Choose **LESS** often

Foods **HIGHER** in sodium

- Smoked and cured meats such as bacon, ham, sausage, hot dogs, bologna, fatback, ham hocks, scrapple, and liver pudding
- Canned fish
- Canned foods packed in broth or salt
- Most cheeses
- Salty chips, crackers, nuts, popcorn, and pretzels
- Quick-cooking rice and noodles
- Regular canned and instant soups
- Canned vegetables
- Condiments and seasonings such as soy sauce, monosodium glutamate (MSG), fish sauce, bouillon cubes, ketchup, and Cajun seasonings

Check food labels for sodium amount

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 Percent Daily Value* for sodium is 31 percent. This is high in sodium.

Choose products with the lowest Percent Daily Value for sodium. For more heart-healthy eating tips and recipes, visit healthyeating.nhlbi.nih.gov.

* Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Packaged Noodle Soup

Nutrition Facts	
2 servings per container	
Serving size	1/2 block (247g)
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 710mg	31%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 10mcg	50%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 95mg	2%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

← 5 percent or less is **low**.
20 percent or more is **high**.

