

Halt the Salt: The Buzz on Sodium

Salt is made up of two elements – about 40 percent sodium and 60 percent chloride. It's the chloride that provides that familiar salty taste and the sodium that may negatively affect your health if you consume too much. While sodium is essential to live, we only need a few hundred milligrams per day. The average American, however, consumes 3,000 to 6,000 milligrams per day! This is far more than the current recommended amounts:



<2,300 mg sodium* for the healthy population

<1,500 mg sodium for the population with high blood pressure, related medical history, and/or African American descent

*One teaspoon of salt equals about 2,300 mg of sodium

Understanding Food Label Claims

- Sodium/Salt Free = A trivial amount per serving
- Very Low = 35 mg or less per serving
- Low Sodium = 140 mg or less per serving
- Reduced = Sodium levels reduced 25%
- Light = Sodium levels reduced $\geq 50\%$

Note: Any food with more than 480 mg sodium per serving is considered a high-sodium food

Healthy Low Sodium Choices

- Fresh fruits and vegetables
- Fresh beef, veal, pork. Poultry, fish, eggs, low-salt deli meats
- Unsalted popcorn, pretzels, tortilla or corn chips
- To season: fresh or ground garlic and onion, curry, herbs (basil, thyme, rosemary, parsley), black pepper, lemon juice, vinegar, dry mustard, fresh or ground ginger, and Kosher salt instead of table salt.

Note: The amount of sodium per teaspoon of Kosher salt is smaller compared to a teaspoon of table salt because of its larger grain.

A Quick Guide to Sodium Content of Foods

Bread Group	Sodium (mg)
Bread, 1 slice	110-175
Baking powder biscuit, 1	300
English muffin, 1	130
Bagel, 1/2	145
Cracker, saltine 2 squares	80
Cooked cereal, pasta, rice (unsalted), 1/2 cup	Less than 5
Flavored rice mix, 1/2 cup	250-390
Vegetables	Sodium (mg)
Fresh or frozen 1/2 cup	Less than 70
Canned or frozen with sauce	140-460
Tomato juice, canned 3/4 cup	660
Fruits	Sodium (mg)
Fresh, frozen, canned	Less than 10
Milk Group	Sodium (mg)
Milk, 1 cup	120
Buttermilk, salt added	260
Yogurt, 8 ounces	165
Cottage cheese	440
Cheddar, 1 ounce	175
Swiss, 1 ounce	75
Meat Group	Sodium (mg)
Fresh meat, 3 ounces	Less than 90
Tuna, canned, 3 ounces	300
Ham, 3 ounces	1,025
Boiled Ham, 2 ounces	750
Egg, large	65
Peanut butter, 1 Tablespoon	80
Fats, Dressings, Condiments	Sodium (mg)
Oil, 1 Tablespoon	0
Vinegar, 1 Tablespoon	Less than 5
Mayonnaise, 1 Tablespoon	80
Prepared salad dressing, 1 teaspoon	105-220
Catsup/tartar/chili sauce	100-230
Soup, can or dehydrated	630-1300
Main dishes, canned/frozen, 8 ounces	500-1,570

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Nutrition Education Program 438-4030

References: Cornell Cooperative Extension
National Kidney Foundation of Upstate New York
The American Dietetic Association