

Controlling Your Sodium

Sodium, or sodium chloride, is an element that is used by all living creatures to regulate the water content in the body. Usually a sodium restriction comes in the form of “No Added Salt.” This is necessary because a greater intake of sodium will result in poorly controlled blood pressure and excessive thirst which can lead to difficulty adhering to the fluid restrictions in your diet.



To limit your sodium, you should:

- Avoid table salt and any seasonings that end with the word “salt”
- Avoid salt substitutes (they contain potassium)
- Avoid salty meats such as bacon, ham, sausage, hot dogs, lunch meats, canned meats, or bologna
- Avoid salty snacks such as cheese curls, salted crackers, nuts, and chips
- Avoid canned soups, frozen dinners, and instant noodles
- Avoid bottled sauces, pickles, olives, and MSG