

How to Limit Sodium?

As per statistics of 'The Nutrition Source,' most Americans consume at least 1.5 teaspoons of salt per day (about 3400 mg of sodium), which is relatively higher than the required amount of sodium for our bodies.



Access to sodium in our diet can lead to **high blood pressure, heart disease, stroke, calcium loss, and fluid unbalance in our body.**

To avoid the potential risk of the aforementioned life-threatening diseases, you are recommended to adopt the following habits;



Avoid Hidden Sources of Sodium: Packaged convenience foods and snacks are the major sources of consuming more sodium than required. To avoid this,

- Always look for cans and food packages labeled "sodium-free," "salt-free," "no sodium," "low-salt," or "low-sodium," and "very low sodium." Always check the label on the following items:

- o Canned soups and dry soup mixes
- o Canned meats and fish
- o Ham, bacon, and sausage
- o Salted nuts and peanut butter
- o Instant cooked cereals
- o Salted butter and margarine
- o Processed meats
- o Prepared baking and preseasoned mixes
- o Prepackaged frozen dinners
- o Snack foods
- o Cheese, Canned tomatoes, or tomato sauces
- o Fast food items

Note: The following table may help you to better read and understand the label for the quantity of sodium present in it;

If the Label mentions	Quantity of sodium present in one serving of the product
Sodium-free, salt-free, or no sodium	<ul style="list-style-type: none"> • < 5mg of sodium • Zero sodium chloride in ingredients
Very low sodium	<ul style="list-style-type: none"> • ≤ 35mg of sodium
Low sodium	<ul style="list-style-type: none"> • ≤ 140mg of sodium
Reduced or less sodium	<ul style="list-style-type: none"> • 25% less sodium as compared to the regular product.
Light in Sodium	<ul style="list-style-type: none"> • 50% less sodium as compared to the regular product.
Unsalted	<ul style="list-style-type: none"> • Salt is not added to the product during processing, but it's not a sodium-free product.

- Always pick the fresh and frozen poultry (not injected with a sodium solution).
- Before choosing a food or beverage product, you must compare the sodium content of similar food items with the lowest sodium.
- Various foods contain more than one form of sodium. If the food consists of the following ingredients, then it must include a particular portion of sodium in it;
 - o Sodium alginate, sodium sulfite, sodium caseinate, disodium phosphate, sodium benzoate, sodium hydroxide, monosodium glutamate or MSG, and sodium citrate.
- Some medicines are also enriched with sodium. So, you must read the sodium content and warnings before taking any treatment prescribed by your doctor. Moreover, avoid headache or heartburn medications that contain sodium carbonate or bicarbonate. It's better to discuss with the doctor; he/she will prescribe medicine accordingly.

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