

Sodium Facts

Sodium is a mineral found in most foods. The body needs a certain amount of sodium every day, but far less than most people consume in their food and drink. A healthy diet contains less than 2000 milligrams of sodium per day. This provides more than enough sodium for the body's needs.

In high blood pressure and congestive heart failure (CHF), eating more sodium can create a problem for the body. Excess sodium holds water in the body instead of allowing it to be excreted in the normal way. This excess water puts a strain on important body functions. In order to avoid this strain you can eliminate some foods in your diet that are high sources of sodium.

FOODS THAT CONTAIN HIGH AMOUNTS OF SODIUM

- Table salt is very high in sodium, about 40 percent of salt is sodium
- Dairy products
 - Blue cheese
 - Buttermilk
 - Cottage cheese
 - Processed cheese spreads
- Meat
 - Canned and packaged main dishes (such as chili, ravioli, stew)
 - Canned meats and fish
 - Cured meat (such as bacon, corned beef, ham)
 - Frozen dinners
 - Pickled meats
 - Pizza
 - Pot pies
 - Processed meats (such as dried beef, luncheon meat, sausage and frankfurters)
- Vegetables
 - Canned mushrooms
 - Pork-n-beans
 - Sauerkraut
 - Tomato juice, puree and sauce
 - Vegetable juice
- Soups
 - Bouillon cubes or granules
 - Canned soups
 - Dehydrated soup mixes
- Seasonings
 - Celery salt
 - Garlic salt
 - Meat tenderizers

- Monosodium glutamate (MSG)
- Onion salt
- Sea salt
- Soy sauce
- Miscellaneous
 - Alka Seltzer
 - Baking soda
 - Biscuit & pancake mix
 - Crackers
 - Olives
 - Pickles
 - Salad dressing
 - Snack foods (such as corn chips, popcorn, potato chips or pretzels)
 - Sauces
 - Seasoned croutons
 - Stuffing mix.