

Low Sodium Nutrition

How to read Nutrition Facts Label for Sodium



Nutrition Facts

2 servings per container

Serving size 1 cup (237mL)

Amount per serving
Calories **160**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 340mg **14%**

Total Carbohydrate 24g **8%**

Dietary Fiber 8g **32%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg 0%

Calcium 29mg 3%

Iron 1mg 4%

Potassium 521mg 11%

* 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.

Daily sodium limit: 2,300 milligram (mg) or less

Stay within your 2,300 mg sodium limit:

- Aim for 500 mg to 600 mg sodium per meal or less.
- Aim for 500 mg sodium for snacks and beverages or less.

How can you cut back on sodium?

1. Stop adding salt to food.
2. Read Nutrition Facts label.
3. Limit foods high in sodium.
4. Plan ahead when dining out.

1. Check serving size

- Look for **servings size** and number of servings per container.
- Check *your* portion size to the serving size.
- The Nutrition Facts on the label only represents one serving.

2. Look at sodium content

- Choose foods with **less than 140 mg of sodium per serving**.
- Limit foods with **more than 300 mg of sodium per serving**.
- One teaspoon (tsp) of salt has 2,300 mg of sodium.

Label claims

- **Sodium-free:** Has less than 5 mg sodium per serving.
- **Salt-free:** Has less than 5 mg sodium per serving.
- **Low-sodium:** Has 140 mg or less per serving.
- **Reduced sodium:** Has at least 25% less sodium than regular product.
- **Light in sodium:** Has at least 50% (half) the sodium of the regular product.
- **Very low-sodium:** Has 35 mg or less per serving.
- **No salt added and unsalted:** No extra salt was added during processing but the food may still have natural sodium.

Moroccan Chicken

Enjoy these low sodium recipes from your Heart Failure Program

Directions

1. In a small bowl mix paprika, cumin, ginger, turmeric, cinnamon, and pepper.
2. Put the chicken on a plate or pie dish. Coat with spice mixture. Let the chicken to sit in the spices for 1 hour in the refrigerator or refrigerate overnight.
3. In a medium skillet, heat oil over medium-high heat. Add chicken and brown for 5 minutes.
4. Lower the heat to medium-low, add water, top with onions, tomato, and garlic.
5. Cover and cook for 10 minutes then flip chicken and cook for 30 minutes more until chicken is cooked through.



Nutritional facts

Calories 295, Fat 11 grams (g), Saturated Fat 2 g, Sodium 170 milligrams (mg), Total Carbohydrate 12 g, Dietary Fiber 2 g, Protein 36 g, Cholesterol 94 mg, Vitamin C 18 mg, Iron 3 mg, Calcium 80 mg

Resource: <https://recipes.heart.org/en/recipes/moroccan-chicken-with-brown-rice-and-lemon-sauteed-spinach>

Ingredients

- 2 teaspoons (tsp) paprika
- 1 tsp cumin
- 1 tsp ground ginger
- 1 tsp turmeric
- ½ tsp cinnamon
- ½ tsp pepper
- 4 boneless, skinless chicken breasts (trim all the fat you can see)
- 2 Tablespoons (Tbsp) extra virgin olive oil
- 1 small onion (chopped)
- 2 clove fresh, minced, or, sliced garlic
- 14.5 ounces (oz) canned, diced, no salt added tomatoes
- ½ cup water

Crunchy Cucumber Dill Salad



Directions

1. In a small bowl, whisk together lemon juice, oil, and pepper.
2. Peel cucumbers. Slice them in half lengthwise. Thinly slice halves into half-moon shaped pieces and put them in a medium bowl. Thinly slice onion and add to bowl. Sprinkle dill on top of cucumber mixture. Add lemon juice mixture and toss well to coat. Cover and chill 1 to 2 hours and serve.

Nutritional facts

Calories 37, Fat 2.5 g, Saturated Fat 0.5 g, Sodium 3 mg, Total Carbohydrate 2 g, Dietary Fiber 1 g, Protein 1 g

Reference: <https://recipes.heart.org/en/recipes/crunchy-cucumber-dill-salad>

Ingredients

- 1 Tbsp fresh lemon juice
- 2 tsp extra virgin olive oil
- ¼ tsp pepper
- 2 cucumbers
- ½ small red onion
- 1 Tbsp fresh, chopped dill (or 1 tsp dried)