

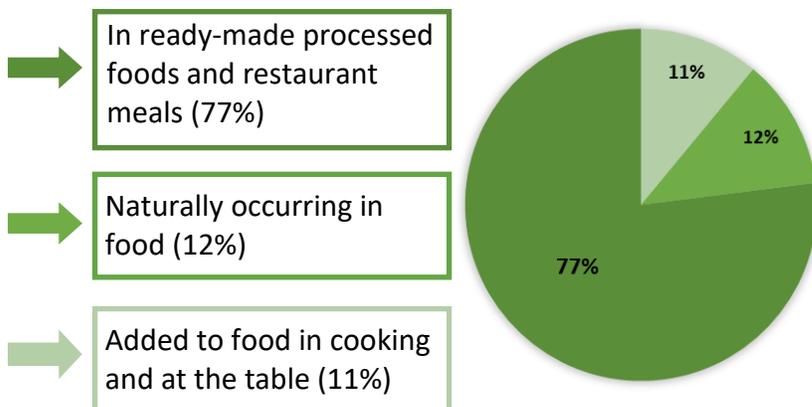
Salt (sodium) is in many foods. Some foods have it naturally. A lot of salt is added to packaged foods.

We all need sodium to be healthy. But too much sodium can cause high blood pressure and heart failure signs like swelling to your feet, legs, or belly. It can also make it harder to breathe. Most people in North America get more sodium than they need. Reducing sodium is an important part of managing heart failure symptoms.

Watch your weight:

Weigh yourself every day. If you gain more than 4 lbs (2 kg) in 2 days, your body may be holding onto water. Call your healthcare provider right away.

In the average Canadian diet, where does sodium come from?



Health Canada recommends adults consume no more than 2300 milligrams a day. When you have heart failure you may need to limit your sodium intake even more than this, depending on your symptoms and what medical conditions you may have.

How to avoid salt (sodium)?

- Eat fresh foods most of the time and prepare home-cooked, low sodium meals.
- Frozen foods are okay if they do not have added salt. Check the label for 'sodium' or 'salt'.
- Remove the salt shaker from the table. Do not add salt, flavoured salts or seasonings high in salt to your foods. **One teaspoon of salt contains 2300mg of sodium!**
- Season your food with herbs, spices, lemon juice, dry mustard, and garlic. Try one of the many seasoning blends which contain no salt such as Dash™.
- Stay away from eating processed foods, deli meats, pickled foods, and salted snack foods such as potato chips, pretzels, dips, and salted nuts.
- Limit the amount of canned foods you eat.
- Pick foods that say 'low sodium'.
- Foods labelled 'lower', 'less' or 'reduced in salt or sodium' may still be high in sodium (including soups and meats).
- Eat out less often
 - Ask restaurants to provide information on low sodium choices.
 - Restaurant meals and fast foods are always higher in salt than home cooked low sodium meals.

What about salt substitutes?

Most salt substitutes use potassium. People with heart failure may need to limit how much potassium they have. Talk to your healthcare team before you use any salt substitute.

As you gradually reduce the amount of salt you are eating, your taste buds will adjust!

Reducing sodium can benefit almost everyone and is often an important part of managing heart failure symptoms

How do I know how much sodium is in food?

Here are some helpful tips when reading the nutrition label:

- ⇒ Look at the serving size – the amount of sodium listed is per serving (not the whole package).
- ⇒ Keep track of the total amount of sodium you eat.
- ⇒ Keep the sodium content of each meal below 650mg – this helps you stay less thirsty. It also stops your body from holding onto too much water.
- ⇒ By law, foods labelled ‘low sodium’ must contain 140mg or less per serving.

Other ingredients high in sodium include: baking soda, brine, monosodium glutamate (MSG), soy sauce, fish sauce, garlic salt, celery salt, or any ingredient with ‘sodium’ as part of its name.

Nutrition Facts Valeur nutritive

Per 6 crackers (20 g) / par 6 craquelins (20 g)

Amount Teneur	%Daily Value %valeur quotidienne
Calories / Calories 100	
Fat / Lipides 5 g	8 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 160 mg	7 %
Carbohydrate / Glucides 12 g	4 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 2 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

Look what happens to the sodium content of foods when they are processed:

Unprocessed	Processed
Cucumber 7 slices = 2mg	Dill pickle 1 medium = 569mg
Chicken breast 3oz = 74mg	Chicken pie 1 serving frozen = 889mg
Tomato 1 small = 14mg	Tomato Soup 1 cup = 960mg
Pork Tenderloin 3 oz = 58mg	Ham 3oz = 1095mg

Information in this resource is for general knowledge. It does not replace advice from a health professional. Always talk to your doctor or healthcare provider before you change or start any treatment.

The Saskatchewan Health Authority thanks Cardiac Services BC and the BC Heart Failure Network for the use of their original work. This resource has been adapted for use in Saskatchewan.

