

GOAL COUPON 14: LIMIT SODIUM AND INCREASE POTASSIUM

Stay below 2300 milligrams (mg) of sodium per day (about 1 teaspoon of salt) to possibly decrease blood pressure. For individuals with hypertension, blacks, and middle-aged/older adults, aim to eat no more than 1500 mg sodium per day. A diet of 4700 mg of potassium per day may counteract the negative effects of a high sodium diet.

FOODS that are typically high in sodium include frozen meals, canned tomato products, cheese, salad dressing, stuffing mixes, canned soups, canned vegetables, and processed hot dogs, ham, and luncheon meats.

TO LIMIT SODIUM:

PURCHASE frozen or fresh vegetables, or no-salt added or low-sodium vegetables.

USE low-sodium chicken broth and use regular tomato paste in place of some tomato sauce.

RINSE higher sodium items like canned tuna fish, beans, or canned vegetables with water to reduce the sodium content.

READ the label on fresh meat packages for statements that indicate salt containing sodium solutions have been added to the product to increase flavor and act as a preservative. Look for the words self-basting, which also indicates sodium has been added.

GOAL 14

Read labels and stay below 2300 milligrams (mg) of sodium and increase potassium to 4700 mg at least 5 days this week.



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