

Less Salt, Better Health

What Is Sodium?

Sodium is a mineral and a key component of salt. It is an important nutrient that our body needs for proper nerve and muscle function. However, too much sodium from food can lead to high blood pressure, which is a major cause of stroke and heart disease.

How Much Sodium Should I Have?

Adults should limit their dietary sodium intake to 1,500 milligrams (mg) each day. 1,500 mg of sodium is equal to 2/3 teaspoon of salt or 3¾ teaspoons of soy sauce. Over 70% of dietary sodium comes from packaged and prepared foods rather than table salt added to homemade meals. It is therefore important to learn to choose foods that are lower in salt to limit your sodium intake.



EAT LESS

TRY

Home Cooking

Preserved meat and vegetables (e.g. spam, pickles, salted egg); frozen meals

Freshly prepared meals with fresh produce, meat, and little salt; plain frozen or canned vegetables

Snacking

Ultra-processed snacks and beverages that are high in added salt, fat, sugar, and preservatives (e.g. chips, dried fruit, soda)

Fresh fruits, unsalted nuts, unsweetened dairy or plant-based beverages

Eating Out

Fast food and takeout lunch boxes with saucy or heavily seasoned dishes

Salad with dressing on the side; lunch boxes with steamed, baked, or boiled dishes and plain rice

Seasoning

Industrial condiments (e.g. soy sauce, MSG, ketchup)

Natural condiments (e.g. fresh or dried herbs, spices, and citrus); low-sodium sauces (e.g. low-sodium soy sauce)



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Healthy Eating Tips:

- Learn to read food labels and choose unsalted or low-sodium options when you do grocery shopping.
- Opt for natural seasonings, and only salt your food to taste.
- Eat salty, preserved foods in moderation. If food comes in large servings, divide it to eat a smaller portion and fill up on fresh fruit or vegetables. You can freeze the rest and save it for next time.
- When eating out, ask for your meal to be prepared with less salt and oil. You can also ask for dips and dressings on the side.
- Do not snack too often. You should get most nutrients from your regular meals.
- Avoid overeating or stress eating. Instead of eating directly from the package, take out one serving and eat it from a bowl or plate.

A low-sodium diet does not mean a tasteless diet. With less salt, you can taste and enjoy the natural flavors of food.