



SALT

How much salt is too much?

The recommended daily intake is no more than 2,300 mg of sodium per day. For individuals with Heart Failure, the ideal limit may be closer to 1,500 mg of sodium per day. Yet, most Americans consume more than 3,400 mg of sodium per day. Due to medication restrictions, blood pressure goals, or those with advanced Heart Failure, it is important to talk with your care team to determine your ideal limit.

Did you know?

The majority (over 70%) of dietary sodium comes from packaged and prepared foods – not table salt added to food when cooking or eating. It is important to read packaging and labels!

Understanding Nutrient Claims on Packaging

WHAT IT SAYS ON PACKAGING	WHAT IT MEANS
Salt / Sodium Free	Less than 5 mg per serving
Very Low Sodium	35 mg of sodium or less per serving
Low Sodium	140 mg of sodium or less per serving
Reduced Sodium	At least 25% less sodium than the regular product
Light in Sodium or Lightly Salted	At least 50% less sodium than the regular product
No-Salt-Added or Unsalted	No salt is added during processing – but these products may not be salt/sodium-free unless stated

Tips to Cut Back on Salt

- **Read the Nutrition Facts Label.** 5% DV or less of sodium per serving is considered low, and 20% DV or more of sodium per serving is considered high.
- **Use dry or fresh herbs to replace added salt.** Even if you don't use the salt shaker to add flavor, you could be adding salt by using other dry spice mixes that contain salt. Many salt free spice or dry herb mixes display they are "Salt-Free" on the label. Check the ingredients to see if salt has been added.
- **When using canned or frozen items, look for low sodium or no salt options.** Always rinse canned vegetables before using them when cooking. This also applies to snack foods, nuts and seeds; choose low sodium or no salt added products. Or have fresh produce like apple slices, carrots or celery sticks instead!
- **Your daily serving of sodium may be hidden in one serving of sauce or dressing.** Check the ingredients list on the Nutrition Facts Label. Choose light or reduced sodium condiments, use oil and vinegar instead of bottled salad dressings, use smaller amounts of seasoning from flavoring packets.
- **Use lemon, herbs and seasonings to add strong flavors to fish, chicken, salads and pasta dishes.**

For more information and tips, visit the American Heart Association website (heart.org)