What Is Sodium?
Many foods and beverages contain sodium, a mineral that plays a role in blood pressure and fluid retention in the body. The main source of sodium in the diet is table salt.

What Is a Low-Sodium Diet?
Your doctor has asked you to follow a low-sodium diet. This means your sodium intake should be 2000-3000 mg (2-3 grams) daily. Avoid foods high in sodium, and avoid using salt in cooking and adding salt to foods at the table.

What About Prepared Foods?
Read the Nutrition Facts food label on the prepared or packaged foods you eat. Check the serving size shown near the top of the label. Note the total sodium in each serving. Measure and account for sodium in the amount of food you eat. If you have questions about a food, please ask your dietitian.

Sample Food Label

1. What is the serving size? (See 1 above.)
2. How many servings did you eat?
3. What is the total sodium per serving? (See 3 above.)
4. Multiply the answers to questions 2 and 3 to calculate the total grams of sodium. For example, two servings (2 cups of food) x 120 mg sodium = 240 mg sodium.