



# Permian Internal Medicine Associates

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## Easy Ways to Control Your Sodium And Help Control Your Blood Pressure

Keeping your diet low in sodium can help lower your blood pressure naturally, and it can help make some blood pressure medication work better. Salt added to food in cooking or at the table accounts for 1/3 of all the sodium we eat – throwing away your salt shakers can make a big difference. Even if you have a “salt tooth”, you can learn to prefer low-sodium food just by eating it. Within two months, your tastes should adjust, and you won’t miss the salt. Low-sodium foods taste delicious! Removing salt can bring out flavors that have been hidden by the salt – try an unsalted peanut and see for yourself. Experiment with delicious salt-free seasonings. For example, lemon juice can be used almost anywhere you’d normally sprinkle salt. Other good substitutes:

Pepper    Ginger    Thyme    Garlic    Dry Mustard    Oregano    Onion    Vinegar  
Sage    Parsley    Basil

- A word of caution about using salt substitution; many brands of salt substitutes contain potassium instead of sodium, potassium can interact with some blood pressure medications. Consult with your physician before using potassium substitutes.

**Foods to Enjoy:** Foods “made from scratch.” When you make it yourself, you control the amount of added salt. Fresh fruit and vegetables, which are naturally low in sodium. Foods that are labeled “low in sodium” However, read labels carefully. “Reduced Sodium” means the product contains 75% less than its usual sodium levels – but that doesn’t mean much if the original level was high. Here are some labels to look for:

- “Sodium Free” – less than 5 mg of sodium per serving
- “Very Low Sodium” – 35 mg or less per serving
- “Low Sodium” – 140 mg or less per serving

**Foods to Limit or Avoid:** Canned, preserved, or other processed foods, which often contain salt. In fact, 1/3 of the sodium we eat is added during food processing. Read the labels on diet foods, many diet foods contain added salt to boost flavor. Low-calorie Thousand Island Dressing, for example, contains almost 1/3 more sodium than the regular version.

### **SODIUM CONTENT OF FOODS WE EAT FREQUENTLY**

<u>Breakfast Foods</u>	<u>Sodium (mg)</u>	<u>Breakfast Foods</u>	<u>Sodium (mg)</u>
Fried Eggs, Lg (1)	162	Doughnut, Plain	139
2-egg omelet, ham & Cheese	598	French Toast (2 slices)	514
Bacon, Pork (2)	202	Pancakes (2)	320
Link Sausages, Pork (2)	336	Corn Muffin	192
Cornflakes (1cup) w\ low fat milk	361	Bran Muffin	168
Oatmeal, cooked (1cup)	1	English Muffin	358
Bagel w\ 1oz. cream cheese	283	Fruit Yogurt, low fat, 1 cup	138
Toast, wheat, 1 slice	153	Grapefruit, half	0
Hash browns (1 cup)	54	Orange Juice, Frozen, 1 cup	2
Coffee Cake	310	Tomato Juice, canned, 1 cup	882
Danish Pastry, Plain	249	Coffee, brewed, 1cup	8
		Tea, brewed, 1cup	8