

降低饮食中钠的摄入

Lowering Sodium in Your Diet

What is sodium?

Sodium is a mineral that is needed for good health and is present in all foods. Most people eat more sodium than they need. If the body cannot get rid of the extra sodium, fluid builds up. Extra fluid increases the work of the heart and kidneys, and may increase blood pressure. Eating less sodium may help control these problems. You will sometimes see the term sodium abbreviated “Na,” as in NaCl (sodium chloride), which is **table salt**.

The current guideline for how much sodium we should eat is 2,300 milligrams (mg). The guideline is even lower at 1,500 mg for those over 50 years old, with high blood pressure and for African Americans. These sodium goals can be hard for some people to reach, especially if they are eating large amounts of sodium now. Many people can get to the lower sodium goal over time by making small changes to their diets. This handout can help you start to do this.

Sodium Guidelines

Even low sodium or sodium-free foods contain small amounts of sodium. To choose foods that are healthier for you, look for these labels:

- **Sodium-free:** less than 5 milligrams of sodium per serving
- **Very low-sodium:** 35 milligrams or less per serving
- **Low-sodium:** 140 milligrams or less per serving
- **Reduced sodium:** usual sodium level is reduced by 25 percent

什么是钠？

钠是健康所需的一种矿物质，存在于所有食物中。大多数人摄入过多的钠。如果身体无法排出多余的钠，体液就会积聚。多余的体会加重心脏和肾脏的负担，并可能使血压升高。少吃钠可能有助于控制这些问题。有时您会看到钠一词的缩写“Na”，如NaCl（氯化钠），这是**食盐**。

根据当前指南，我们应摄入的钠量是 2300 毫克(mg)。对于 50 岁以上、高血压和非裔美国人，指南甚至建议更低，为 1,500 mg。对于某些人来说，达到这些钠量目标可能很难，尤其是如果他们现在正在摄入大量的钠。通过逐渐改变饮食习惯，许多人可以逐步降低钠的摄入量。本讲义可以帮助您开始改变。

钠量指南

即使是低钠或无钠的食物也含有少量钠。要选择对您更健康的食物，请看这些标签：

- **无钠：**每份钠含量少于 5 毫克
- **非常低钠：**每份 35 毫克或以下
- **低钠：**每份 140 毫克或以下
- **降钠：**通常的钠量降低25%

- **Unsalted, no salt added or without added salt:** made without the salt, but still has the sodium that is a natural part of the food

- **无盐、不加盐或未加盐:** 无盐制成，但仍含有钠，是食物的天然成分。

Know Your Salt

When you are trying to lower the sodium in your diet, even a small amount of salt has a lot of sodium in it.

Amount of sodium in salt:

- ¼ teaspoon salt has 600 milligrams of sodium
- ½ teaspoon salt has 1,200 milligrams of sodium
- ¾ teaspoon salt has 1,800 milligrams of sodium
- 1 teaspoon salt has 2,300 milligrams of sodium
- 1 teaspoon baking soda has 1,000 milligrams of sodium

了解盐

当您尝试降低饮食中的钠含量时，即使少量的盐中也含有大量的钠。

盐中的钠含量：

- ¼ 茶匙盐含有 600 毫克钠
- ½ 茶匙盐含有 1,200 毫克钠
- ¾ 茶匙盐含有 1,800 毫克钠
- 1 茶匙盐含有 2,300 毫克钠
- 1 茶匙小苏打含有 1,000 毫克钠

How can I limit sodium?

General tips:

- Slowly cut back on the amount of salt that you add when cooking or eating foods until you **do not use any salt**.
- **Avoid seasoned salts.** These include onion salt, celery salt, lite salt, low-sodium salt and sea salt. Accent, meat tenderizers and lemon pepper should also be avoided.
- Be careful if you choose a salt substitute. Many substitutes have large amounts of potassium in them which can cause medical problems for some people. Lite salts contain sodium in smaller amounts, but they are still too high for people who need to restrict sodium. Ask your doctor or dietitian if a salt substitute is okay for you.

如何限钠？

一般提示：

- 在烹调或食用食物时，慢慢减少盐的添加量，直到**不使用任何盐为止**。
- **避免调味盐。**这些包括洋葱盐、芹菜盐、精制盐、低钠盐和海盐。也应避免使用鲜味剂、嫩肉剂和柠檬胡椒。
- 选择盐替代品时要小心。许多替代品中都含有大量的钾，这可能给一些人带来医疗问题。精制盐中的钠含量较低，但对于需要限钠的人来说，钠含量仍然太高。向您的医生或营养师咨询盐替代品是否适合您。

Avoid food where large amounts of salt or sodium have been added:

- All cured or smoked meats such as Canadian bacon, salt pork, ham, luncheon meat, sausage, canned or dried beef, bacon, wieners (including products made from soy products and turkey), sardines, smoked fish and pepperoni
- Processed cheese and cheese spreads such as American cheese, Velveeta and Cheese Whiz
- Products made with baking soda and baking powder, such as self-rising flour, most baking mixes, canned bread products, and frozen pancakes and waffles
- Most restaurant foods
- Packaged convenience foods, such as macaroni and cheese, Hamburger Helper, Chef-Boy-Ardee meat dinners, Dinty Moore, regular frozen TV dinners and pot pies or Lipton's Noodles and Sauce or Rice and Sauce mixes
- Packaged potato, rice and stuffing mixes such as Rice-a-Roni and Stove Top Stuffing
- Frozen vegetables in cream or cheese sauces; vegetables cooked with meat fat (greens); canned regular vegetables; regular tomato or V-8 juice
- Salted snack foods such as crackers, pretzels, potato chips, corn chips, cheese puffs, fried pork rinds and salted nuts
- Regular canned soups; dried and instant soup mixes; frozen soups; bouillon cubes, granules or powder; consommé; homemade soups made with ham, ham bones, salted fish or meats
- Canned or packaged gravy and sauce mixes

避免食用添加了大量盐或钠的食物:

- 所有腌制或熏制的肉类，如加拿大培根、咸猪肉、火腿、午餐肉、香肠、罐头或牛肉干、培根、熏肉（包括由大豆制品和火鸡制成的产品）、沙丁鱼、熏制鱼和意大利辣香肠
- 加工奶酪和奶酪酱，如美国奶酪、Velveeta 和 Cheese Whiz 奶酪
- 用小苏打和发酵粉制成的产品，如自发粉、大多数烘焙混合物、罐装面包产品以及冷冻薄煎饼和华夫饼
- 大多数餐厅食物
- 包装好的方便食品，例如通心粉和奶酪、Hamburger Helper、Chef-Boy-Ardee 晚餐肉、Dinty Moore、定期的冷冻快餐和锅饼或立顿的面条和酱汁或米饭和酱汁混合物
- 包装好的土豆、大米和馅料混合物，如 Rice-a-Roni 和感恩节晚餐馅料
- 奶油或奶酪酱中的冷冻蔬菜；用肉脂烹制的蔬菜（绿色食品）；普通蔬菜罐头；普通番茄或V-8果汁
- 咸味零食，如饼干、椒盐脆饼、薯片、玉米片、芝士泡芙、炸猪皮及咸味果仁
- 普通罐头汤；干汤粉和速溶汤粉；冷冻汤；肉汤块、颗粒或粉末；清炖（肉）汤；用火腿、火腿骨头、咸鱼或肉制成的自制汤
- 罐装或包装的肉汁和酱汁混合物

- All sports drinks such as Gatorade or Powerade
- Brined or pickled vegetables such as sauerkraut and pickles (sweet and dill), commercial pickled vegetables, pickle relish, and olives (green and ripe)
- Chili sauce, soy sauce, steak sauce, Worcestershire sauce, BBQ sauce, cooking wine, cooking sherry, imitation bacon bits, meat tenderizers and marinades

Eat these foods in limited amounts:

- Frozen entrees with 500 mg sodium or less, such as Lean Cuisine, Weight Watchers or Healthy Choice
- Natural cheese such as cheddar or Swiss up to 2 ounces a day, or cottage cheese up to ½ cup a day
- Low-sodium tomato or V-8 juice up to ½ cup a day
- Regular or fat free salad dressing up to 2 tablespoons a day
- Buttermilk up to 2 cups a day
- Catsup and mustard up to 2 tablespoons a day
- Canned tomato puree and tomato paste ¼ cup a day (if used in a recipe, do not add extra salt). Limit regular tomato sauce to ½ cup a day.
- Baking powder, baking soda (use as an ingredient for baking only)
- Reduced sodium soups up to ½ cup a day

- 所有运动饮料，如佳得乐或 Powerade
- 盐渍或腌制的蔬菜，例如酸菜和泡菜（甜和莳萝）、商业腌制的蔬菜、咸菜和腌橄榄（青色和成熟的）
- 辣椒酱、酱油、牛排酱、伍斯特酱、烧烤酱、料酒、雪利酒、仿培根片、嫩肉剂和腌酱

少量食用以下食物：

- 钠含量不超过 500 mg 的冷冻食品，如 Lean Cuisine、Weight Watchers 或 Healthy Choice
- 天然奶酪，例如切达干酪或瑞士奶酪，每天最多 2 盎司，或乡村奶酪，每天最多 ½ 杯
- 低钠番茄或 V-8 果汁，每天最多 ½ 杯
- 普通或无脂沙拉酱，每天最多 2 汤匙
- 酪乳，每天最多 2 杯
- 果酱和芥末酱，每天最多 2 汤匙
- 罐装番茄汁和番茄膏，每天 ¼ 杯（如果在食谱中使用，则不要另外添加盐）。普通番茄酱，每天 ½ 杯。
- 发酵粉、苏打粉（仅作为烘焙原料使用）
- 低钠汤，每天最多 ½ 杯

Foods that do not need to be limited that are lower in sodium:

- Fresh meat, poultry, game or fish without added salt
- Commercially prepared salt-free soups and homemade soups using allowed ingredients.
- Fresh or frozen plain vegetables
- Fresh, frozen or canned fruits and fruit juices
- Dried beans, peas, lentils, and unsalted nuts and seeds
- Regular bread, unsalted crackers and pretzels, plain pasta, rice and potatoes.
- Regular margarine, mayonnaise and vegetable oils
- Homemade gravies and sauces using allowed ingredients
- Milk, soda pop, sparkling water
- Herbs, spices and herb blends that do not contain salt, such as Mrs. Dash

Talk to your doctor, nurse or dietitian if you have any questions or concerns about lowering sodium in your diet.

以下钠含量较低的食物无需限制:

- 不含盐的新鲜肉、家禽、野味或鱼
- 使用允许成分的市售无盐汤和自制汤。
- 新鲜或冷冻普通蔬菜
- 新鲜、冷冻或罐装水果和果汁
- 干豆、豌豆、小扁豆和无盐坚果和种子类
- 普通面包、无盐饼干和椒盐脆饼、意大利面、米饭和土豆。
- 常规人造黄油、蛋黄酱和植物油
- 使用允许的食材自制的肉汁和酱汁
- 牛奶、汽水、苏打水
- 不含盐的草药、香料和草药混合物，例如 Mrs. Dash

如果您对降低饮食中钠的摄入有任何疑问或疑虑，请咨询您的医生、护士或营养师。