

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

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

Remember, reduced sodium and unsalted products still have salt in them!

- **Reduced sodium:** usual sodium level is reduced by 25 percent
- **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

Yareenta sodiumta raashinka aamoosa

Mey ta sodiumka?

Sodium mee waa macdan loo bahanya cafimad daradee oona kajirta rashinka. Dadka badanshow meey aamayaan sodiun uyagoo inbaahneen. Hoo jirka isku reeba karo sodiumka badan biyo suubismadee. Biyoga badan meey kordhiyaayaan shaqada wadnaaga iyo kalyooga iyo dhiig dareerooga. Aamooga sodiumta yar meey waardiyaasee dhibaatooyinka. Mararka qaar meey aragaasee sodium oo lahan gaabiya "Na" wey laka jeeda usbo.

Hada meey larabo in la isticmaalo mise la aamo usbo dhan 2300 milligram. Walagii larabo meey kuyarta 1500 oo linka talagalay dadka 50 sano kuwiin oo dhig karka qabo. Oolajeeda usbada sii laka gaara adagta qaas ahaan hoo ada aamaasa usbo badan hada. Dadka badanshoow gaara koran olajeeda usbado uyagoo raashiin feela aamayaan. Tan meey kacaawiyaasa inii bilaawda.

Sida looqaado usbada

Inti ada doorada raashin caafimaad leh fiiri haan:

- **Usbo ku banana:** lal ka yar 5mg oo usbonmar walba wal aamaasa
- **Usbo eed inyar:** 35 mg wal kuyar oo usbo rashiinka kadasoow
- **Usbo eed inhoseeso:** 140 mg wal kuyar oo usbo rashiinka kadasoow

Ogoow inhadii usbo layareeyo weli rashinka uso kajarta!

- **Uso layareeyaawa:** Intaadan wa ini yarooda usbada boqolkiiba 25
- **Usbo la aan:** meey lasuuiya usbo laan lakin sodium sidabeeci ah ya usbo in leedaahay

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

How can I limit sodium?

General tips:

- Do not add salt to food at the table.
- **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.

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
- Most restaurant foods

Ogaw usbadaa

Madii yareyaasa usbada rashinkaa hataa usba yar ya sodium leh.

Inta sodium ah oo kajarta usbada	
¼ Hal qaata oo usbo ah	600 mg oo sodium ah
½ Hal qaata oo usbo ah	1,200 mg oo sodium ah
¾ Hal qaata oo usbo ah	1,800 mg oo sodium ah
1 Hal qaata oo usbo ah	2,300 mg oo sodium ah
1 Hal qaata oo soda ah	1,000 mg oo sodium ah

See iskuku yareeyee sodiumka?

Sii yeela fadi:

- Inkardardooy raashinka usbo.
- **Usku ilaali usbada guguka ah.** Tan mey kumid eh usbada shidka, usbo kayar sodiumka iyo usbada bada. soo ceyriin ah, liin iyo basbaas waa inii laisku ilaaliya.
- Katagadir hadii dooradaasa wal usbo kin badala. Walagii usbada ka badalata mey sheeno koraan caafimaad daro. **Usbada fudu** mey kata sodium yar lakin dadka raba sodium inbadan dhibaasa. Waresaaw dhaktarka hoo ada wali kabadaladay usbada kiin fiican.

Usku illali raashiin usbada kabadantahay:

- Kudi sooga laduba oo akmid ah canadian bacon, qansiirka usbada, sooga la anjajiya, malalaayga la anjajiya iyo barbarooni
- Dhaaysada lahagaajiya oo kamid eyi american dhaysa (American cheese, Velveeta, Cheese Whiz)
- Raashinka badan ee maqaaxiyadaha

- 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
- 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

- Raashin sifeela la in hiri oo kamid ah hambagarka caawiya, baastada macaroni-da iyo subag,cuntadakale,cashada TV-ga iyo hilibka kuleel ama cuntada lipton-ka ama maraqa iyo bariidka ama maraqa iyo bariidka laisku daraw (Hamburger Helper, Chef-Boy-Ardee, Dinty Moore, Lipton’s Noodles)
- Patata sifeela la in hira iyo bariid iyo wal la iska dardara (Rice-a-Roni, Stove Top Stuffing)
- Qudaar mee laka keediyo iyo dhaasa iyo qudar soo sifeela lainka kariya, yaanya iyo V-8 sharaab
- Rashiin usbo sifeela la inka kariya patata, sabuul , dhaaysa, qansiir iyo loos
- Maraq si feela la in haggaaajiyo; laanjajiyay iyo maraq iskudaray si dhakhso; maraq la qaboojiyo; budada, maraqa cida laguhaggaajiyaw oo dhaysa iyo lafa lakadara, malalaay la enjajiya, soo iyo boodar
- Wal la iskuwalaqo oo hadana laiska hito
- Sharaabka oo dhan oo roroorka (Gatorade, Powerade)
- Qudaarta badan ooo lajarjaro oo kadibna la ma aaneeyo
- Basbaaka iyo maraqyo qamri lakariyaaw, qansiir iyo soo lajilciyaaw (Worcestershire sauce)

Aan raashiinka si feela:

- Qabooji 500mg oo sodium ah mise kuyer, miisanka firi mise caafimaad feela (Lean Cuisine, Weight Watchers, Health Choice)
- Dhaysaga dabeciga eh wey kumid ah chaddar aan 2 antuuga malintii marki wal aamaasa iyo dhaysa 1/2 koob malinwalba
- Batata kayar usbada mise sharaab 1/2 koob qaadooy malin walba
- Aan salad oo wal saliid in lahayna 2 qaata malin walba
- Wan sihin leh kadhan 2 koob malin walba
- Iyoona 2 koob kadhan maalin walaba
- Yaanya la jarjara mise mid dareerasa 1/4 koob malinwalba (hoo ada sifeela inkariida, usbo inka dartooy). Yanyadaa eey kubadane 1/2 koob malin walba.
- Leebita (in isticmaal madii burka qasaasa)
- Sodimta oo maraqa lagu yaraaya 1/2 koob malintii

Foods that do not need to be limited:

- Fresh meat, poultry or fish
- Commercially prepared salt-free soups and homemade soups using allowed ingredients.
- Fresh or frozen plain vegetables
- Fresh, frozen or canned fruits and fruit juices
- 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.

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Rashiinka in baahneen in la isku yaaraaya:

- Soo feela , doorada iyo malalayga
- Maraqa oo usbada laku yaraaya
- Qudaar feela oo laqaboojiyay
- Qudaar feela oo sifiican lin jarjaray
- Rooti jooqta ah, pasta kalishee, bariid iyo bataata
- Dhaaysa feela iyo salida qudaarta laka hagaajiya
- Raashiinka manka la kakariya oo sifeela laiskugu dardara
- Wan, soda iyo biyoo
- Geedoo oo wal usbo in lahaayna mey kumid eh mr dash

Ladoowaa dhaktarkaa mise kolkolisadaa' hoo ada suaal qabta kasaabsan usbada iyo raashiinkaa.

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