

# How Much Sodium (Salt) Am I Eating?



Eating foods with too much sodium (salt) isn't good for anyone — and especially not people with congestive heart failure. Eating too much salt can make your body retain or keep water and worsen fluid buildup.

If you have congestive heart failure, your symptoms may improve just by lowering the amount of salt you eat. A low-salt diet can also help you control high blood pressure, lower swelling (edema) and help your breathing.

### **Daily Goal for People with Heart Failure**

- Eat no more than 2,000 mg (2 grams) of salt per day
- Try to eat less than 1,500 mg of salt per day, if possible

To meet your daily salt goal, take a look at how much salt is in each of the food groups listed in this book.



# How Much Salt is in Proteins?

Protein Foods	Serving Size	Milligrams (Mg) of Salt
Bacon	1 medium slice	155
Chicken (dark meat)	3.5 oz roasted	87
Chicken (light meat)	3.5 oz roasted	77
Egg (fried)	1 large	162
Egg (scrambled with milk)	1 large	171
Dried beans, peas, or lentils	1 cup	4
Ham (roasted)	3.5 oz	1,300 to 1,500
Hamburger (lean)	3.5 oz broiled medium	77
Hot dog, beef	1 medium	585
Peanuts, dry roasted	1 oz	228
Pork loin, roasted	3.5 oz	65
Salmon	3 oz	50
Shellfish	3 oz	50
Shrimp	3 oz	190
Spareribs, braised	3.5 oz	93
Steak, T-bone	3.5 oz	66



## How Much Salt is in Proteins? (Continued)

Protein Foods	Serving Size	Milligrams (Mg) of Salt
Tuna, chunky white, canned in spring water	3 oz	300
Turkey (dark meat)	3.5 oz roasted	76
Turkey (light meat)	3.5 oz roasted	63



## How Much Salt is in Dairy Foods?

Dairy Foods	Serving Size	Milligrams (Mg) of Salt
American cheese	1 oz (1 slice is about $\frac{3}{4}$ oz)	443
Buttermilk, salt added	1 cup	260
Cheddar cheese	1 oz	175
Cottage cheese, low-fat	1 cup	918
Milk, whole	1 cup	120
Milk, skim or 1%	1 cup	125
Swiss cheese	1 oz	75
Yogurt, plain	1 cup	115



# How Much Salt is in Vegetables?

Vegetables	Serving Size	Milligrams (Mg) of Salt
Asparagus	6 spears	10
Avocado	½ medium	10
Beans, white cooked	1 cup	4
Beans, green	1 cup	4
Beets	1 cup	84
Broccoli, raw	½ cup	12
Broccoli, cooked	½ cup	20
Carrot, raw	1 medium	25
Carrot, cooked	½ cup	52
Celery	1 stalk raw	35
Corn (sweet, no butter or salt)	½ cup boiled	14
Cucumber	½ cup sliced	1
Lettuce	1 leaf	2
Lima Beans	1cup	5
Mushrooms	½ cup (raw or cooked)	1-2
Mustard greens	½ cup chopped	12



## How Much Salt is in Vegetables (Continued)

Vegetables	Serving Size	Milligrams (Mg) of Salt
Onion, chopped	½ cup (raw or cooked)	2-3
Peas	1 cup	4
Potato	1 baked	7
Spinach, raw	½ cup	22
Spinach, cooked	½ cup	63
Squash, acorn	½ cup	4
Sweet potato	1 small	12
Tomato	1 medium	11
Tomato juice (canned)	¾ cup	660



## How Much Salt is in Fruits?

Fruits	Serving Size	Milligrams (Mg) of Salt
Apple	1 medium	1
Apple Juice	1 cup	7
Banana	1 medium	1
Cantaloupe	½ cup chopped	14



## How Much Salt is in Fruits? (Continued)

Fruits	Serving Size	Milligrams (Mg) of Salt
Grapes	1 cup	2
Grape Juice	1 cup	7
Grapefruit	½ medium	0
Grapefruit Juice	1 cup	3
Orange	1 medium	1
Orange Juice	1 cup	2
Peach	1	0
Raisins	⅓ cup	6
Strawberries	1 cup	2
Watermelon	1 cup	3



## How Much Salt is in Grains and Breads?

Grains and Breads	Serving Size	Milligrams (Mg) of Salt
Bran flakes	¾ cup	220
Bread, whole wheat	1 slice	159
Bread, white	1 slice	123
Bun (hamburger size)	1	241

# How Much Salt is in Grains and Breads?

(Continued)

Grains and Breads	Serving Size	Milligrams (Mg) of Salt
Cooked cereal (instant)	1 packet	250
Corn flakes	1 cup	290
English muffin	½	182
Pancake	1 (7 inch round)	431
Rice, white long grain	1 cup	4
Shredded wheat	1 biscuit	0
Spaghetti	1 cup	7



# How Much Salt is in These Quick and Easy Foods?

Quick and Easy Foods	Serving Size	Milligrams (Mg) of Salt
Canned soups	1 cup	600 to 1,300
Canned and frozen main dishes	8 oz	500 to 2,570



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