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SODIUM AND DIET

- There are several conditions where sodium is harmful for us, if taken in large quantities. These include high blood pressure, liver and kidney diseases and heart failure.
- In our daily diet we usually use 5-7 gm of cooking salt per person, daily.
- The following information is for people advised a low salt diet.

One teaspoon of table salt (NaCl – Sodium Chloride-5 gram) = 2g (2000mg) of sodium.

SALT RESTRICTION UPTO 4-5 g / DAY :

- Use minimum salt in cooking. (flat 1 tsp / day)

SALT RESTRICTION UPTO 3 g / DAY :

- Use upto flat ½ tsp salt in a day.

AVOID:

- Soups
  - Pickles / Chutney
  - Tomato ketchup / soya sauce
  - Papad
  - Namkeen (Salted peanut/ laiyya/ chana/chips etc.)
  - Popcorn
  - All bakery products / cakes, pastry, pizza, sweet and salty biscuits, bread, cornflakes
  - All canned and preserved food
  - Any products using baking powder / baking soda
  - Salted dried fruits
  - Salted butter (avoid any butter other than home made)
  - Cheese
  - Buttermilk (home made – without salt can be taken)
  - Ajinomoto / MSG
  - Organ meat (liver/brain/kidney)
- ✓ Do not keep the salt shakers on the dining table.
  - ✓ Buy fresh meat, poultry, and sea food (much poultry and other meats are injected with sodium or soaked in saline water for preservation).
  - ✓ Check the package for nutrient claims / nutrition facts label.

**A guide to common labels on food products and what they mean:**

What it says	What it means
Salt/ sodium free	Less than 5 mg of sodium per serving
Very low sodium	35 mg of sodium or less per serving
Low sodium	140 mg of sodium or less per serving
Reduced sodium	At least 25% less sodium than the regular product
Light in sodium or lightly salted	At least 50% less sodium than the regular product
No-salt-added or unsalted	No salt is added during processing – but these products may not be salt/sodium – free