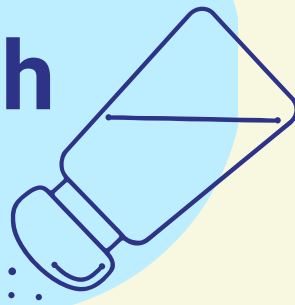


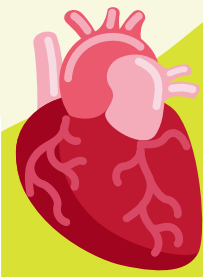
# Diseases/Conditions with Modified Sodium



## High Blood Pressure

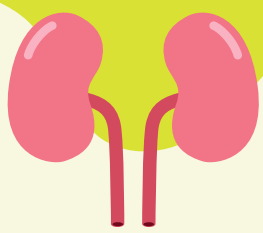
HBP can be caused by consuming too much salt over an extended period of time. The sodium recommendation for HBP is no more than 2,300 milligrams a day and an ideal limit of no more than 1,500 mg per day for most adults.

High blood pressure, if unmanaged can cause Heart Failure. Most adults consume around 3400mg or more of Sodium per day. The AHA recommends the 2gm Sodium diet (2000mg). Moving more towards 1500mg is ideal.



## Heart Failure

## Renal Disease



Many patients with kidney disease, including those on dialysis, need to limit the amount of sodium in their diets. Too much sodium can cause fluid build-up and put stress on the kidneys. The National Kidney Foundation recommends people should consume around 2300 mg to maintain healthy blood pressure. For individuals with kidney disease or high blood pressure, 1500 mg may be more appropriate.

Too much salt causes the body to retain water. This increase in fluid in the body increases blood pressure which puts a strain on blood vessels, the heart, and the kidneys. The NIH recommends 2-3g (2000-3000mg) or less Sodium per day for CHD. For moderate to severe HF/CHD 2g or less is ideal.

## Coronary Heart Disease



## Ways to Reduce Sodium Intake

- Consume whole foods.
- Prepare meals at home.
- Reduce added salt.
- Use other seasonings to flavor foods.
- Stay away from frozen meals at the grocery store
- Choose packaged foods labeled “low sodium,” “reduced sodium,” or “no salt added” when available.
- Limit sauces, mixes, and instant products, including flavored rice and ready-made pasta.
- Keep takeout and fast food as an occasional treat.

