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Salt is salt.

What is salt?

- It is a mineral found in nature
- Salt = sodium chloride = Na. You might hear all three of these. They all mean the same thing.
- Our bodies **need** it for nerve and muscle function
- Your body is great at regulating it, but it is a complicated process.
- Too much salt can make you have high blood pressure or hold onto water, making you puffy (edema).¹

Maine Medical Center Clinical Nutrition Program

Helping people overcome their nutrition challenges.

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References:

- 1) O'Donnell, 2015
- 2) American Heart Association (2013)
- 3) FDA.gov (2018)



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**SALT:
SO...
YOU NEED
TO START
CUTTING
BACK.**

Let's make this easier.



Salty Myths

I need to eat zero salt in order to be healthy.

Nope. We need salt (sodium) in our diet for nerve function and muscles to work well. It is the amount that matters. Most people just eat too much.²

Sea Salt has less sodium than table salt.

False. Just like table salt, it is 40% sodium. No less.²

I don't put salt on my food, so I don't need to worry.

Good for you, but 75% of salt that Americans consume doesn't come from the salt shaker. It comes for the food itself.²

Make it your default choice!

Below are some quick changes that can help it make it easy. If you aren't faced with a choice, there's no choice except to eat less salt!

Check out the menu before going out

Going out to eat is fun and a part of life. Before you do, try a place that has their menu online with the nutrition facts. Pick what you want then and don't even ask for the menu.

Keep the good choices in the house.

When you're out shopping, compare food items by looking at the food label. Keep only the lower salt choices in your home.

Keep the salt shaker in the cupboard.

Maybe one you've heard, but if its not on the table, you're not going to use it.

Smaller plate, smaller portion.

Use a smaller plate for meals. This way you are eating less overall, including salt.



How much is in your food?

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Every packaged food item will have a Nutrition Facts Label. On it you can find how much sodium. When deciding on which to choose, try to pick 140mg or less per serving.³