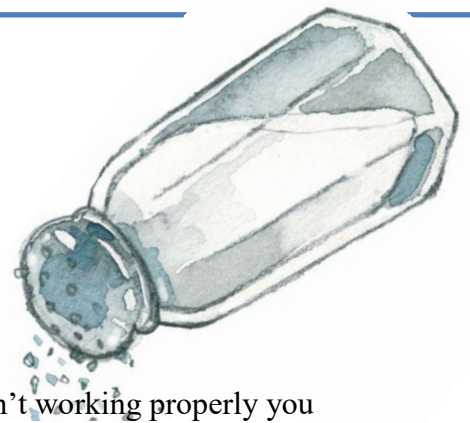


# Sodium



Foods high in sodium make you very thirsty. When your kidneys aren't working properly you want to avoid drinking too much because the buildup of fluid can lead to shortness of breath, swelling, high blood pressure, and heart failure. High amounts of Sodium can also increase blood pressure and quicken the destruction of your kidneys. Sodium can be reduced in the diet by changing cooking methods and reading nutrition labels. Cook with herbs and spices instead of salt, do not add salt to your food, and limit the use of canned, processed, and frozen foods.

## Low <100mg

Food	Amount	Sodium
Eggs	1 egg	59 mg
Steak, beef	3 oz	37 mg
Noodles	½ cup	1 mg
Beans, cooked	½ cup	4 mg
Peanut butter	1 tbsp	81 mg
Carrots	1 carrot	34 mg
Baked potato	1 medium	5 mg
Tomatoes, raw	1 tomato	14 mg
Banana	1 banana	2 mg
Oatmeal	½ cup	5 mg
Ice cream, vanilla	½ cup	53 mg



## Medium 100-250 mg

Food	Amount	Sodium
Green beans, canned	½ cup	175 mg
Raisin Bran	½ cup	209 mg
Frozen Peas	1 cup	115 mg
Yogurt, plain	8 oz	175 mg
Sausage, pork	2 links	209 mg
Multi grain bread	1 slice	109 mg
1% Milk	1 cup	107 mg
Waffle	1 frozen	235 mg
Artichoke	1 medium	120 mg
Mixed nuts, salted	1 oz	190 mg



## High >250 mg

Food	Amount	Sodium
Dill pickle	1 small	474 mg
Frozen beef dinner	1 dinner	998 mg
Cheese pizza	3-inch slice	447 mg
Wheaties	1 cup	355 mg
Ham	3 oz	1,114
Canned baked beans	1 cup	606 mg
Tomato soup	1 cup	471 mg
Spinach canned	1 cup	910 mg
Cottage cheese	1 cup	819 mg
Cinnamon raisin bagel	1 4" bagel	358 mg
Ramen noodles	1 package	1960 mg

