

SODIUM

- Sodium is a mineral that regulates the volume of fluid in your body.
- Sodium occurs naturally in many wholefoods. As a component of salt, it is also widespread in the food supply as salt is added to processed and packaged foods to enhance flavour and extend shelf life.
- Most people eat far too much sodium. This can elevate your blood pressure, which increases your risk of heart disease, heart attack, stroke and kidney disease.
- The maximum amount of sodium you should consume each day is 2000mg (5g or one teaspoon of salt).
- To be classified as low sodium, a product must contain less than 120mg sodium per 100g. If this is not achievable, less than 400mg sodium per 100g is okay sometimes. Choose salt reduced products where possible.
- **There is no need to add salt to food.** Your tastebuds quickly adapt to less salt.



	High sodium foods	Lower sodium alternatives
SAUCES & CONDIMENTS	Fish sauce = 1651mg per Tbsp Soy sauce = 1311mg per Tbsp Sweet chilli sauce = 263mg per Tbsp Hummus = 220mg per two Tbsp Ranch dressing = 192mg per Tbsp 	Ginger = 11mg per 100g Chilli = 3mg per 100g Lemon juice = 2mg per 100g Garlic = 8mg per 100g Extra virgin olive oil = 0mg per 100g 
OTHER	Commercial green curry paste = 361mg per Tbsp Olives = 435mg per 30g Stock = 905mg per cup (250mL) 	Homemade green curry paste = 207mg per Tbsp Extra virgin olive oil = 0mg per 100g Tap water = 3mg per 100g 
PROCESSED MEATS	Smoked salmon = 1320mg per 100g Salami = 865mg per 50g Bacon = 725mg per 50g Pork sausage = 690mg per 100g sausage Ham = 625mg per 50g 	Fresh salmon = 42mg per 100g Fresh trimmed pork = 75mg per 100g 
CHEESE	Feta cheese = 440mg per 40g Parmesan cheese = 260mg per 20g 	Ricotta = 74mg per 40g Mozzarella = 56mg per 40g 
PASTRIES	Meat pie = 877mg per pie Meat lover's pizza (thin base) = 514mg per slice 	Steak and salad sandwich = 344mg Vegetable pizza (thin base) = 254mg 
SNACK FOODS	Muffin = 605mg per 110g plain muffin Biscuits = 123mg per 20g biscuit Salted pretzels = 828mg per 60g Potato chips = 418mg per 60g 	Apple = 4mg per fruit Nut bar = 10mg per 45g bar Raw unsalted cashews = 0mg per 30g Roasted chickpeas = 65mg per 25g snack pack 
GRAINS	Wrap = 761mg per wrap Crumpet = 631mg per crumpet 	Two slices of wholegrain bread = 336mg* Wholemeal English muffin = 175mg 
CANNED PRODUCTS	Cream of chicken condensed soup = 1449mg per 210g (half can) Anchovy, canned = 274mg per anchovy (~5 grams) Flavoured tuna = 301mg per 95g can (70g total) 	Cream of vegetable soup = 512mg per 210g (half can) Capers = 148mg per tsp Tuna in brine = 140mg per 95g can (70g total) 

* Quantity varies widely between brands so always check the nutrition panel. Note: 1 tbs = 20g | 1 tsp = 5g