

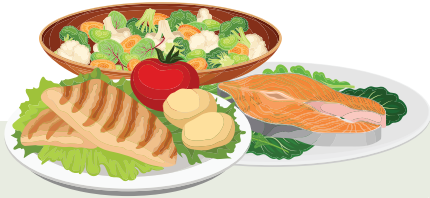
Be aware of your sodium and fluid intake



SODIUM

A mineral found in many common foods and beverages

- 2.3g per day or less
- Too much sodium increases thirst
- Too much sodium can put you into fluid overload



The Do's

- Look for 140mg sodium or less per serving
- Use sodium-free seasoning alternatives like onion powder, dried herbs, curry powder, basil and rosemary
- If dining out, ask waiter for low-salt suggestions and ask for dressings on the side
- Choose heart healthier foods like baked chicken, fish and steamed vegetables

and the Don'ts

- Avoid frozen, processed or canned foods
- Avoid cooking with seasonings containing salt
- Remove the salt from the table top
- Avoid condiments like ketchup and mustard
- Avoid fast food
- Avoid foods over 140 milligrams



FLUID

Any food and beverage that is liquid at room temperature



The Do's

- Track fluid intake (see log on back)
- Eat frozen fruits: grapes, strawberries & blueberries
- Quench thirst by eating sugar-free candies
- Rinse your mouth with mouthwash
- Weigh yourself daily in the morning

- Use the log on the back to track your fluid intake



and the Don'ts

- Avoid salty foods: potato chips, salted nuts or crackers
- Avoid caffeinated beverages such as coffee, black tea, green tea and sodas
- Avoid high sodium beverages including tomato and vegetable juices
- Avoid hot temperatures



Work with your registered dietitian to set a new goal and action item.

My goal is to reduce (circle one) sodium/fluid. To achieve this goal,

I will (action item) _____

for (time frame) _____

This action will help me achieve my goals by _____

Monitor your daily intake with this log

PLEASE MAKE COPIES PRIOR TO USING

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