



# Dine Out, Watch the Sodium

- ▶ Americans eat on average about 3,300mg of sodium a day. The Dietary Guidelines for Americans recommend reducing sodium intake to less than 2,300mg per day (about 1 teaspoon of table salt). Adults with hypertension should further limit sodium to 1,500mg a day.
- ▶ Too much sodium can increase your blood pressure. According to the World Health Organization, decreasing salt intake from 10g to 5g per day would reduce overall stroke rate by 23% and cardiovascular disease rate by 17%.

## Speak Up

Never hesitate to ask your server to present sauces on the side, and request that no salt be added to your dish. In all likelihood, your food is already loaded with sodium from breading, marinating, curing, and so forth.

## Cut the Salt

Instead of salt, try using other salt-free spices and seasonings. You won't sacrifice taste, and by reducing salt, you will start enjoying the natural flavor of foods.

## Dip It

Ask for sauces on the side so that you can dip your food instead of fishing for pieces from the dish. This step alone can reduce your sodium consumption by half, if not more!

## Steam Up

Steamed options are usually—though not always—better than deep fried, braised, stir fried, or sautéed options.

## Instead of...

Staple



**Fried Rice**  
500 mg sodium/cup

## Try this!



**Steamed Rice**  
6 mg sodium/cup

To make steamed rice even healthier, ask for whole-grain brown rice, which contains significantly more dietary fiber and vitamins than white rice.

Soup



**Hot & Sour Soup**  
800 mg/cup



**Seafood & Tofu Soup**  
300 mg/cup

Instead of ordering soup that is high in flavor but lacks nutrients, opt for one that's loaded with protein and veggies. It will still taste good, but this is a much healthier choice. Remember to ask that no salt be added.

Appetizers



**Egg Roll**  
380 mg/roll



**Spring Roll**  
150 mg/roll

Appetizers with fresh ingredients without breading, frying, or marinating are always a better bet. Instead of drowning your food in sauce, dip it instead.

Vegetables



**Szechuan String Beans**  
2700 mg/dish



**Bok Choy in Broth**  
800 mg/dish

Choose veggies that are sautéed, steamed, or braised in broth rather than sauce—try Luffa or Baby bok choy in broth. Even better, fish out the veggies and don't drink the broth.



**Kailan in Oyster Sauce**  
1500 mg/dish



**Blanched Greens**  
20 mg/dish without dipping sauce

Meat



**Beef in Brown Sauce**  
1600 mg/dish



**Stewed Beef Brisket w/ Tomato**  
900 mg/dish

Acidity and sweetness both enhance saltiness, which means less salt. Therefore, dishes with a generous amount of tomato or pineapple are good options.