

HIGH BLOOD PRESSURE: EAT LESS SODIUM

What Is The Maximum Amount Of Sodium That I Can Eat In A Day?



NORTH EAST
MEDICAL SERVICES
東北醫療中心

A healthy individual

2300mg Sodium

For people with high blood pressure or diabetes or 51 years and older

1500mg Sodium

LESS DESIRABLE CHOICE

High Sodium Seasonings and Sauces



Salt
(1tsp = 2300 mg)



Chicken Bouillon
(1tsp = 478 mg)



Parmesan Cheese
(1 tbsp = 76 mg)



Tomato Juice
(8 fl oz = 880 mg)



Ranch
(1 tbsp = 122 mg)



Canned Olives
(1 oz = 441 mg)



Canned Refried Beans
(1 cup = 753 mg)



Ketchup
(1tsp = 60 mg)

Processed Food (Canned Food) or Meat



Spiced Ham
(1slice = 767 mg)



Sausage
(2.5 oz = 670 mg)



Frozen Fried Chicken
(1 piece = 260 mg)



Instant Noodle
(1bag = 1900 mg)

Restaurant Food / Fast Food



Spaghetti With Meatball
(1 cup = 965 mg)



Pizza
(1 piece = 646 mg)



Hamburger
(1 = 759 mg)



Hotdog
(1hotdog = 670 mg)

SMART CHOICE

Low Sodium Seasonings, Spices and Sauces



Garlic
(1 clove= 1 mg)



Black Pepper
(0 mg)

Fresh Food



Fresh Poultry, Fish, and Lean Meat
(3oz. = 30-90 mg)



Fresh Vegetables and Fruits
(1/2 cup = 1-70 mg)

Cook and Eat at home!



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Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.

NEMS - Rev. 3/2026

Exp. 12/2026

PRESIÓN ARTERIAL ALTA: COMA MENOS SODIO

¿Cuál es la máxima cantidad de sodio que puedo comer en un día?



NORTH EAST
MEDICAL SERVICES
東北醫療中心

Una persona sana

2,300 mg de Sodio

Para las personas con presión arterial alta o diabetes o 51 años o mayores

1,500 mg de Sodio

OPCIÓN MENOS DESEABLE

Condimentos Y Salsas Altas En Sodio



Sal
(1 cdta = 2300 mg)



Consomé En Cubito
(1 cdta = 478 mg)



Queso Parmesano
(1 cdta = 76 mg)



Jugo Clamato
(8 fl oz = 880 mg)



Ranch
(1 cdta = 122 mg)



Aceitunas En Conserva
(1 oz = 441 mg)



Frijoles Refritos Enlatados
(1 taza = 753 mg)



Catsup
(1 cdta = 60 mg)

Alimentos Procesados (Alimentos Enlatados) O Carne



Jamón Especiado
(1 rebanada = 767 mg)



Chorizo
(2.5 oz = 670 mg)



Pollo Frito Congelado
(1 pedazo = 260 mg)



Fideos Instantáneos
(1 bolsa = 1900 mg)

Comida Del Restaurante / Comida Rápida



Spaghettis Con Albóndigas
(1 taza = 965 mg)



Pizza
(1 pedazo = 646 mg)



Hamburguesa Con Queso
(1 = 759 mg)



Perrito Caliente
(1 = 670 mg)

OPCIÓN INTELIGENTE

Condimentos, especias y salsas bajas en sodio



Ajo
(1 diente = 1 mg)



Pimienta Negra
(0 mg)

Alimentos Frescos



Pollo, Pescado, Y Carne Magra Fresca
(3 oz = 30-90 mg)



Vegetales Y Frutas Frescas
(1/2 taza = 1-70 mg)

!Cocina y come en casa!



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NEMS - Rev. 3/2026

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CONTÁCTENOS:

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