



NAVIGATING THE FOOD PANTRY WITH DIABETES

Beware of Hidden Sodium - Tips for Better Choices

Having diabetes increases your risk for cardiovascular (heart) disease. The American Heart Association recommends an ideal limit of no more than 1,500 milligrams (mgs) of sodium per day for most adults.

<p>RAMEN NOODLES Portion: 1 package Sodium: 1,855 mg</p> 	<p>HIGH IN SODIUM</p> <p>CANNED SOUP Portion: 1 can Sodium: 681 mg</p> 	<p>SODIUM</p> <p>CANNED VEGETABLES Portion: 1/2 can Sodium: 550 mg</p> 	<p>REFRIED BEANS Portion: 1/2 cup Sodium: 880 mg</p> 
<p>SALAD DRESSING Portion: 2 tablespoons Sodium: 260 mg</p> 	<p>HIDDEN SODIUM</p> <p>DRY CEREAL Portion: 3/4 cup Sodium: 269 mg</p> 	<p>BETTER CHOICES</p> <p>POWDERED MILK Portion: 1 cup Sodium: 373 mg</p> 	<p>AMERICAN CHEESE Portion: 1 slice Sodium: 468 mg</p> 
<p>EGGS Portion: 1 large (boiled) Sodium: 62 mg</p> 	<p>LOW IN SODIUM</p> <p>ZUCCHINI SQUASH Portion: 1 medium Sodium: 16 mg</p> 	<p>BETTER CHOICES</p> <p>DRIED BEANS cooked Portion: 1 cup Sodium: 5 mg</p> 	<p>WHITE POTATO Portion: 1 medium Sodium: 13 mg</p> 
<p>CANNED FRUIT Portion: 1/2 cup Sodium: 5 mg</p> 	<p>VERY LOW SODIUM</p> <p>APPLE Portion: 1 medium Sodium: 2 mg</p> 	<p>- BETTER CHOICES</p> <p>BANANAS Portion: 1 medium Sodium: 1 mg</p> 	<p>VERY LOW SODIUM</p> <p>DRY MACARONI Portion: 2 ounces Sodium: 2 mg</p> 

Portion sizes and carbohydrate amounts shown are estimates only. Portion size differs from Serving Sizes listed on Nutrition Facts Labels. Always read the Nutrition Facts Label for a more accurate carbohydrate count. To receive the most accurate information about your diabetes self-care, talk with your healthcare provider and/or certified diabetes educator.

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