



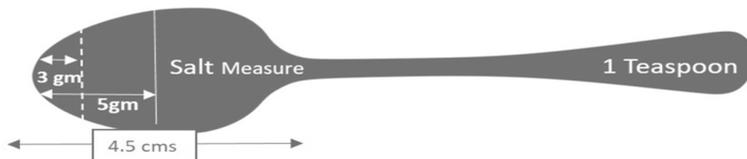
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Low Sodium Diet Tips

Sodium Chloride or common salt is the taste giver in our diet. Sodium is an essential mineral in our body. All the cells in the body are bathed in fluids that contain sodium, which help to maintain sodium balance. If advised by doctor to restrict sodium intake, take care to avoid or restrict sodium rich foods.

Normal Requirement	8-10 gm of salt/day
Mild Restriction	5-6 gm of salt/day
Moderate Restriction	3-4 gm of salt/day
Moderate Restriction પ્રતિબંધ	<2 gm of salt/day



Nutrition Facts

Serving Size (207g)	
Servings Per Container	
Amount Per Serving	
Calories 260	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 310mg	13%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 22g	

Read labels to check sodium content

To Limit Sodium intake: ✓

Limit the use of salt in cooking and do not add extra salt during meal

Use herbs and spice to enhance the flavour of foods in the place of salt:

Rock salt, Lemon, Onion, Ginger, Garlic, Coriander, Mint, Jayfal, Cinnamon, Chillies, Mustard, Pepper



Reduce high sodium foods : ✗

Fast Foods, Ready Sauce, Soya Sauce, Chips, Salted Nuts, Biscuits, Ready soups, Bread, Pickles, Salted Snacks, Papad, Cheese, Salted butter / Ready butter.

Food Preservatives : Baking Soda, Baking Powder, Sodium citrate, Sodium Propionate, MSG / Ajinomoto

