

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.

→ HIGH IN SODIUM **CANNED SOUP** RAMEN CANNED **REFRIED BEANS** Portion: ½ cup **NOODLES** Portion: 1 can **VEGETABLES** Portion: 1 package Sodium: 681 mg Sodium: 880 mg Portion: ½ can Sodium: 1,855 mg Sodium: 550 mg HIDDEN SODIUM SALAD DRESSING DRY CEREAL **POWDERED AMERICAN** Portion: 2 tablespoons Portion: 3/4 cup **CHEESE** MILK CEREAL Portion: 1 cup Sodium: 260 mg **Sodium: 269 mg** Portion: 1 slice Sodium: 373 mg Sodium: 468 mg **LOW IN SODIUM - BETTER CHOICES EGGS ZUCCHINI SQUASH DRIED BEANS** WHITE POTATO **Portion: 1 large** Portion: 1 medium Portion: 1 cup Portion: 1 medium cooked (boiled) Sodium: 16 mg Sodium: 13 mg Sodium: 5 ma Sodium: 62 mg VERY LOW SODIUM - BETTER CHOICES **BANANAS CANNED FRUIT APPLE** DRY MACARONI PASTA Portion: ½ cup Portion: 1 medium Portion: 1 medium Portion: 2 ounces Sodium: 2 mg Sodium: 5 mg Sodium: 1 mg Sodium: 2 mg

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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Portion Size Tips for Carbohydrate Control



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