



LOW SODIUM SNACK IDEAS FOR GAINING WEIGHT

Too much sodium in your diet can cause your body to retain an unhealthy amount of fluid. This fluid can collect in your hands, legs, ankles, belly, and lungs.

Quite often patients find it hard to eat enough to meet their nutritional needs making it harder to keep their strength up. It can be beneficial to include high calorie/protein snacks into your day, but foods that are not high in sodium.

How Much Sodium is too Much?

- Aim for a daily intake of sodium of 2000 milligrams (mg) or less.
- Keep in mind, one teaspoon of table salt contains 2,300 mg of sodium.
- By weight, sea salt and kosher salt contain a similar amount of sodium, and should also be used sparingly.
- Using less salt in cooking and at the table goes a long way, but you will also need to limit foods that have high amounts of sodium.
- If you're worried about losing the taste in your food. Try incorporating fresh herbs and spices such as garlic, onion, basil, thyme, or oregano into your recipes.
- Read labels for sodium content. Here are some tips:
 - Choose side dishes or snacks with 140 mg or less sodium per serving
 - Each meal should have 600 mg sodium *or less*

What to Look for When Reading Food Labels:

Label Term	Meaning
Sodium-Free	Less than 5 mg of sodium per serving
Very Low Sodium	35 mg or less of sodium per serving
Low Sodium	140 mg or less of sodium per serving
Reduced or less sodium	At least 25% less sodium than a serving size of the original product
Unsalted, no salt added, without added salt	May contain sodium as a natural part of the food, but no additional sodium or salt is added during processing

Tips for Increasing Calories:

- Eat more often.
 - If you are not eating much at one sitting – try to eat 4 to 6 small meals or snacks throughout your day!
- Try liquid supplements such as Ensure[®], Boost[®], or Carnation[®] Instant Breakfast[™], NUTRA/Shake[®] Supreme (Nutra/Balance[®]) or others.
- A shake may be used in place of a meal or for a snack in between:
 - Make your own fruit smoothies and fortify them with yogurt, ice cream, instant breakfast, and/or milk powder
- You may find that planning to eat with others will help you increase your calorie intake.
- Plan your meals around your energy level – for example, eat breakfast as your biggest meal if you have more energy in the morning.

Examples of Low Sodium Nutritious Snacks

- Make your own trail mix: 1 cup unsalted popcorn, ¼ cup unsalted peanuts (or your favorite nut - **unsalted**), ¼ cup raisins, ¼ cup plain M&M's = **450 calories (kcal), 50 mg sodium**
- 1 slice of bread, 2 Tbsp low sodium or natural peanut butter, ½ banana = **300 kcal, 200 mg sodium**
- Homemade fruit smoothie: 1 cup frozen strawberries, 1 frozen banana, ½ cup orange juice, 1 cup yogurt = **330 kcal, 140 mg sodium**
- Peanut butter crackers: 6 unsalted or low sodium crackers, 2 Tbsp low sodium or natural peanut butter = **250 kcal, 130 mg sodium**
- 1 small bagel topped with 2 Tbsp cream cheese = **260 kcal, 280 mg sodium**
- 1 slice of bread, 1 Tbsp honey, 1 cup whole milk = **200 kcal, 265 mg sodium**
- 6 unsalted crackers, 3 oz. drained and rinsed tuna, 1 Tbsp. Miracle Whip Salad Dressing, 1 cup raw carrots = **200 kcal, 300 mg sodium**
- 1 small baked potato w/ 1 Tbsp sour cream and 1 Tbsp salsa = **150 kcal, 150 mg sodium**
- Carnation Instant Breakfast made with whole milk = **280 kcal, 150 mg sodium**
- 1 cup pasta w/ 2 Tbsp olive oil, fresh herbs, and 1 oz. shredded mozzarella = **450 kcal, 170 mg sodium**
- 15 unsalted pretzels and ½ cup pudding (not instant) = **250 kcal, 150 mg sodium**
- 1 cup regular yogurt, ¼ cup strawberries and ¼ cup granola = **250 kcal, 220 mg sodium**

The Language of Labels

Food labels are the best source of up-to-date and accurate consumer information. Food labels can help you keep track of the amount of sodium that you are eating each day, because sodium is always present on the food label. These steps can help you determine how many calories and sodium a certain product contains:

1. **Start with the servings** – The label gives you the serving size and the number of servings in the package. The Nutrition Facts apply to the serving size listed on the label--not necessarily to the whole box or container. Remember, if the serving size is 1 cup and you eat or drink 2 cups of that product, you must multiply everything by 2 to figure out the amount of sodium consumed.
2. **Look at the ingredients** – Be aware of products that list “salt”, “sodium”, and “monosodium glutamate” as one of the first five ingredients.
3. Use the nutrition label to **compare foods**. The sodium content may vary from brand to brand. Be sure you are comparing similar serving sizes. Remember, those foods labeled as reduced sodium contain at least 25 % less sodium than the regular variety (for example, a reduced sodium frozen entrée may include 600 mg sodium instead of 800 mg sodium in the regular frozen entrée).

Nutrition Facts	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60 Calories from Fat 15	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g 3%	
Sugars 0g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Which Foods Should You Avoid?

The following are foods that are extremely high in sodium. You should limit these foods in your diet as much as possible. **Be sure to look at the label--many of these products offer reduced sodium varieties.**

- Processed deli meats
- Sausage
- Bacon
- Hot dogs
- Canned meats
- Smoked or cured meats
- Breaded meats, fish, poultry
- Processed cheese products (Cheez Wiz[®], Velveeta[®], etc.)
- Pickles
- Regular canned vegetables and vegetable juices
- Olives
- Biscuits
- Salted snack foods
- Seasoned rice
- Noodle or potato mixes
- Salt pork
- Fat back
- Regular salad dressings
- Salt
- Bouillon
- Seasoning salts
- Soy sauce
- Worcestershire sauce
- Regular canned soups
- Dry soup mixes
- Frozen meals
- Fast food
- Canned tomato products, spaghetti sauce, tomato or V-8[®] juice