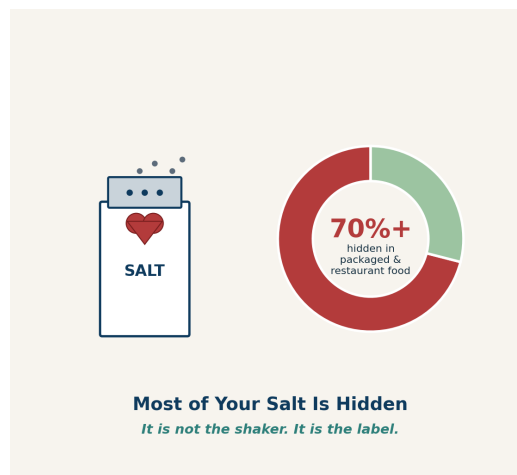


Salt, Sodium, and Your Heart

A Practical Guide to Cutting Sodium for a Healthier Heart

Cutting back on sodium is one of the most powerful things you can do for your blood pressure and your heart. The surprise: most of your salt is not in the shaker — it is hidden in packaged and restaurant food. This guide shows you how to find it and cut it.



Online: <https://go.riasalimd.com/salt-sodium-guide>

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Names & Terms You Will Hear

Term	Meaning
Sodium	A mineral your body needs in small amounts. It is part of salt. Too much makes your body hold water and raises blood pressure.
Salt	Table salt is sodium plus chloride. About 40 percent of the weight of salt is sodium. One teaspoon of salt has about 2,300 mg of sodium.
Sodium Chloride	The chemical name for table salt. On food labels you will often see it listed as "salt" or "sodium."
Low-Sodium Diet	An eating plan that keeps sodium under a set daily limit — often under 2,300 mg, and sometimes closer to 1,500 mg for heart patients.
DASH Diet	Dietary Approaches to Stop Hypertension. An eating plan, low in sodium and rich in fruits and vegetables, built to lower blood pressure.
%DV (Percent Daily Value)	The number on the right side of a Nutrition Facts label. For sodium: 5 percent or less is low, 20 percent or more is high.
Salt Substitute	A salt-free or low-sodium seasoning. Many use potassium instead of sodium — safe for most people, but not for some kidney patients.
Fluid Retention	When the body holds extra water. Often shows up as swelling in the feet, ankles, or belly. High sodium makes it worse.
Edema	The medical word for swelling from extra fluid in the body's tissues — often in the legs and ankles.



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The one big idea of this whole guide:

More than **70 percent of your sodium is hidden** in packaged and restaurant food — **not the salt shaker.**

So the biggest win is not cooking without salt. It is **reading labels** and **choosing lower-sodium foods.**



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Salt, Sodium, and Your Heart?

- Your body needs a small amount of sodium to work. The problem is that most people eat far more than they need — often two or three times the recommended amount.
- When you take in too much sodium, your body holds on to extra water to balance it. That extra water raises the pressure inside your blood vessels — your blood pressure goes up.
- Higher blood pressure makes your heart and kidneys work harder, day after day. Over years, that strain damages arteries and raises the risk of heart attack, stroke, and kidney disease.
- If you have heart failure, sodium is even more important. Extra sodium pulls in extra fluid, which can build up in your legs and lungs — causing swelling and shortness of breath, sometimes within days of a salty meal.
- The numbers in plain words: aim for less than about 2,300 mg of sodium a day — roughly one teaspoon of salt. Many people with high blood pressure or heart failure do better closer to 1,500 mg a day.
- Your care team will set the right target for YOU. If you are not sure what your number is, ask us at your next visit.
- Here is the surprise most people miss: more than 70 percent of the sodium you eat is already in packaged and restaurant food before it reaches your table. The salt shaker is a small part of the problem.
- That means the biggest win is not cooking without salt — it is reading labels and choosing lower-sodium foods at the store and on the menu.



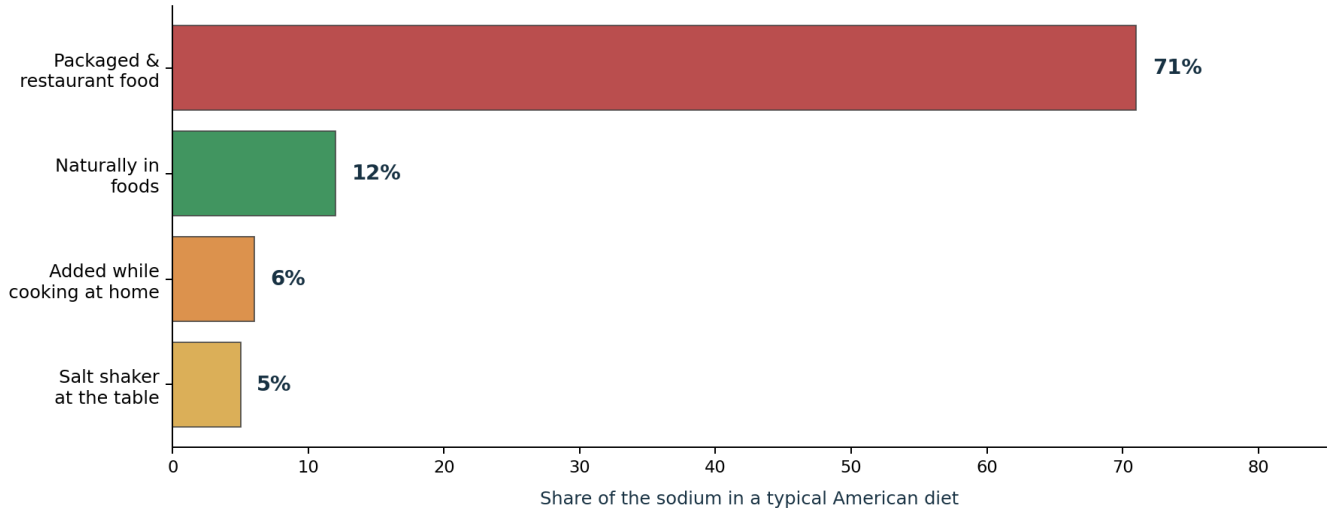
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Where Your Sodium Really Comes From



Where your sodium really comes from. More than 70 percent is already in packaged and restaurant food before it reaches your table — far more than the salt you add while cooking or at the shaker. The win is reading labels and choosing lower-sodium foods. Source: CDC, *Where's the Sodium?*

Daily sodium targets in plain numbers

Who	Daily sodium target	What it means
Most adults	Under about 2,300 mg	About 1 teaspoon of salt for the whole day
Many with high blood pressure or heart failure	Closer to 1,500 mg	A stricter goal your team may set for a bigger benefit
What most people actually eat	About 3,400 mg	Well over the limit — usually from packaged and restaurant food



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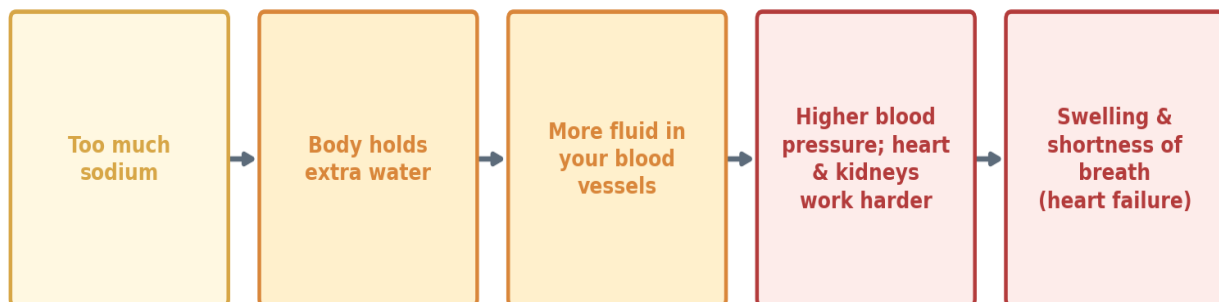


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Why It Matters

- High blood pressure is the leading cause of heart attack, stroke, and heart failure worldwide — and sodium is one of its biggest drivers. Cutting sodium lowers blood pressure for most people.
- Lowering blood pressure even a little adds up. Small, steady drops across millions of people prevent a large number of strokes and heart attacks.
- Cutting sodium can work alongside your blood pressure medicines — and may let your doctor use a lower dose. Food and medicine work together, not one instead of the other.
- In heart failure, watching sodium is one of the main ways to stay out of the hospital. A single salty restaurant meal can trigger swelling and breathlessness.
- Cutting sodium also eases the load on your kidneys, which work hard to balance the salt and water in your body.
- It is never too late to benefit. Blood pressure can start to improve within a few weeks of eating less sodium.

How Extra Sodium Strains Your Heart



How extra sodium strains your heart. Too much sodium makes your body hold water, which raises blood pressure and makes the heart and kidneys work harder. In heart failure, the extra fluid backs up into the legs and lungs — causing swelling and shortness of breath.



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Risk Factors

Some patients are more likely to develop this condition. Knowing your risk helps your care team take extra precautions.

Risk Factor	Why It Increases Risk
High blood pressure (hypertension)	Sodium directly raises blood pressure. Most people with high blood pressure see real benefit from cutting back — often a target near 1,500 mg a day.
Heart failure	Extra sodium pulls in fluid that backs up into the legs and lungs. A strict sodium limit helps prevent swelling, breathlessness, and hospital stays.
Chronic kidney disease	Damaged kidneys cannot clear sodium and water as well. Lower sodium eases blood pressure and fluid build-up. Some kidney patients also must limit potassium — important for salt substitutes.
Older adults	Blood pressure tends to be more salt-sensitive with age. Many older adults get a bigger blood-pressure benefit from cutting sodium.
Black / African American adults	On average, blood pressure tends to be more sensitive to sodium in this group, so cutting back can have a larger effect.
Diabetes	Diabetes and high blood pressure often travel together and both harm the kidneys. Lower sodium protects the heart and kidneys.
People who eat out often or rely on packaged food	Restaurant meals and processed foods are the top sodium sources. Eating out most days makes it very hard to stay under target.



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Treatment Options

- **Know your number.** Aim for less than about 2,300 mg of sodium a day — about one teaspoon of salt. If you have high blood pressure or heart failure, your team may set a lower target near 1,500 mg.
- **Read the Nutrition Facts label every time.** Find the sodium line and look at the %DV on the right. 5 percent or less is LOW (good). 20 percent or more is HIGH (put it back or eat less).
- **Always check the serving size first.** Many packages hold 2 or 3 servings. If you eat the whole thing, multiply the sodium by the number of servings.
- **Watch the "salty six."** Six everyday foods give most people the most sodium: breads and rolls, pizza, sandwiches, cold cuts and cured meats, soup, and burritos and tacos. Small swaps here help a lot.
- **Choose lower-sodium versions.** Look for "low sodium," "no salt added," or "reduced sodium" on canned goods, broths, sauces, and snacks. The plain versions often taste just as good.
- **Cook more at home.** When you cook, you control the salt. Restaurant and takeout meals are the single biggest source of hidden sodium in most diets.
- **Flavor with herbs, spices, and citrus — not salt.** Garlic, onion, pepper, basil, oregano, cumin, paprika, lemon, lime, and vinegar add big flavor with no sodium.
- **Rinse canned beans and vegetables.** Draining and rinsing canned beans under water can wash away a good share of the sodium.
- **Buy fresh or frozen when you can.** Plain frozen vegetables (no sauce, no added salt) are just as healthy as fresh and low in sodium.
- **Ask about salt substitutes — but check first.** Many use potassium instead of sodium. They help most people, but can be risky if you have kidney disease or take certain blood pressure medicines. Ask us before you start.
- **Go slow and stay steady.** Your taste buds adjust over a few weeks. Food that tastes "flat" at first will taste normal — and very salty food will start to taste too salty.



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Read the Label Like a Pro: The Sodium Line and %DV

Nutrition Facts	
Serving size 1 cup (240 mL)	
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 2g	3%
Cholesterol 5mg	2%
Sodium 880mg	38%
Total Carbohydrate 22g	8%
Protein 9g	
*% Daily Value (DV) tells you how much a nutrient adds to a daily diet. 2,000 calories a day is used for general advice.	

Find the SODIUM line.

Read the %DV on the right.

5% or less = LOW in sodium (good)

20% or more = HIGH in sodium (skip it)

This example: 880 mg of sodium is 38% of a day in ONE serving. Check the serving size — many packages hold 2 or 3 servings, so it adds up fast.

Read the label like a pro. Find the sodium line, then read the %DV on the right: 5 percent or less is low (a good choice), 20 percent or more is high. Check the serving size first — many packages hold 2 or 3 servings. Source: FDA, Sodium in Your Diet.

The "salty six" — six everyday foods that give most people the most sodium, with lower-sodium swaps

High-sodium food (the salty six)	Lower-sodium swap
Bread and rolls	Compare brands and pick the lower %DV; choose smaller portions; try whole-grain English muffins or tortillas
Pizza	Make it at home with low-sodium sauce and less cheese; share a slice; load up on vegetable toppings
Sandwiches	Use fresh-cooked chicken or turkey instead of deli meat; skip the cheese or pickles; add tomato, lettuce, avocado
Cold cuts and cured meats	Choose "low sodium" deli meat or roast your own; use beans, eggs, or tuna (no-salt-added) as the protein
Soup	Buy "low sodium" or "no salt added" broth and soup; make a big pot at home and freeze portions
Burritos and tacos	Rinse canned beans; skip the salty seasoning packet and use cumin, chili powder, and lime; go easy on cheese



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Where Your Sodium Really Comes From

- **Most of it is hidden.** More than 70 percent of the sodium most people eat is already in packaged and restaurant food before it reaches the table. The salt shaker adds only a small share.
- **Why this matters:** if you focus only on cooking without salt, you miss most of the sodium. The bigger win is choosing lower-sodium packaged foods and eating out less.
- **Restaurant and takeout food is the biggest culprit.** One restaurant meal can hold a whole day's worth of sodium — or more. Cooking at home puts you back in control.
- **Processed and packaged foods stack up fast:** canned soup, frozen dinners, jarred sauces, deli meat, cheese, chips, and seasoning packets. None of them have to taste salty to be high in sodium.
- **The fix is simple, not easy:** read labels, cook more at home, and pick the lower-sodium version when you compare two brands. Each small choice adds up over a week.



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Reading the Label Like a Pro

- **Find the sodium line** on the Nutrition Facts label, then look at the **%DV** (Percent Daily Value) on the right.
- **Use the 5 and 20 rule:** 5 percent or less is LOW in sodium (a good choice). 20 percent or more is HIGH (put it back or eat less).
- **Check the serving size first.** Many packages hold 2 or 3 servings. If you eat the whole package, you eat 2 or 3 times the sodium on the label.
- **Know the salty six** — the everyday foods that give most people the most sodium: breads and rolls, pizza, sandwiches, cold cuts and cured meats, soup, and burritos and tacos.
- **Look for helpful words:** "low sodium," "no salt added," and "reduced sodium" on cans, broths, and sauces. The front of the box is marketing — the real story is on the label.
- **Compare two brands** of the same food right at the shelf, and pick the one with the lower sodium %DV. Over a year, those small choices make a big difference.

The 5 and 20 rule for the sodium line:

On any Nutrition Facts label, look at the **%DV** next to **Sodium**.

- **5% or less = LOW** in sodium — a good choice.
- **20% or more = HIGH** in sodium — put it back or eat less.

Always check the **serving size** first — many packages hold 2 or 3 servings, so the sodium adds up fast.



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Comfort Measures at Home (No Medication Needed)

These simple steps support healing and ease symptoms. Use them alongside any medication your doctor prescribes.

- Take the salt shaker off the table. Out of sight, out of mind. Taste your food first before reaching for salt — most of the time you will not need it.
- Build a no-salt flavor shelf: garlic powder (not garlic salt), onion powder, black pepper, smoked paprika, cumin, chili powder, oregano, basil, and a salt-free seasoning blend. Lemon and vinegar brighten almost anything.
- Shop the outside walls of the store first — fresh produce, plain meat and fish, and dairy. Most hidden sodium lives in the packaged middle aisles.
- Compare two brands of the same food at the shelf. Pick the one with the lower sodium %DV. Over a year, those small choices add up.
- Watch the "sneaky" ones: bread, breakfast cereal, deli meat, cheese, jarred sauces, salad dressing, canned soup, pickles, soy sauce, and seasoning packets. These often hold more sodium than they taste like they do.
- Restaurant tips: ask for sauces and dressings on the side, request "no added salt," split a large dish or box up half to take home, and choose grilled, baked, or steamed over breaded or fried.
- Beware "sea salt" and "Himalayan pink salt" marketing — they are the same sodium as regular salt. Fancy salt is not low-sodium salt.
- Make one swap a week. Week 1: low-sodium broth. Week 2: rinse your beans. Week 3: a salt-free seasoning blend. Small steps stick.



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Risks, Benefits, and Alternatives

Every choice has trade-offs. Use this table to start the shared decision conversation.

Option	Risks	Benefits	Alternatives
Cutting back to under ~2,300 mg sodium a day	Food may taste flat at first while your taste buds adjust over a few weeks. Reading labels and cooking at home takes a little more time and planning.	Lower blood pressure for most people. Less strain on the heart and kidneys. May allow a lower dose of blood pressure medicine.	Staying at the typical high intake — easier short-term, but keeps blood pressure and heart-failure risk higher.
A stricter limit near 1,500 mg a day	Harder to do, especially when eating out. Takes more label-reading and home cooking. Best done with your team's guidance.	An extra drop in blood pressure on top of the 2,300 mg target. A bigger benefit for heart failure, kidney disease, and many older adults.	The standard ~2,300 mg limit — still helpful and easier to live with. Water pills (diuretics) — help, but do not fix the source.
Potassium-based salt substitutes	Can raise potassium to a dangerous level if you have kidney disease or take certain blood pressure medicines (ACE inhibitors, ARBs, or potassium-sparing water pills). Always ask first.	A salty taste with little or no sodium. Helpful for many people who miss salt while cutting back.	Salt-free herbs, spices, and citrus — safe for everyone and just as flavorful. The first choice if salt substitutes are not right for you.



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Common Misconceptions

Myth	Reality
"Salt only matters if I add it at the table."	More than 70 percent of the sodium most people eat is already in packaged and restaurant food before it reaches the table. The shaker is a small piece. Reading labels matters far more.
"Sea salt and Himalayan salt are healthier than regular salt."	They have the same sodium as table salt — gram for gram. The color and crystal size do not change the sodium. "Fancy" salt is not low-sodium salt.
"If a food does not taste salty, it is low in sodium."	Taste is a poor guide. Bread, cereal, cheese, and some sweet baked goods hold a lot of sodium you cannot taste. Only the label tells you for sure.
"Cutting salt means my food will taste bland forever."	Your taste buds adjust over a few weeks. Herbs, spices, garlic, and citrus add big flavor. Soon, lower-salt food tastes normal and very salty food tastes like too much.
"Salt substitutes are safe for everyone."	Most are potassium-based. They help many people, but can be dangerous if you have kidney disease or take certain blood pressure medicines. Check with us before you start one.
"I take a water pill, so sodium does not matter for me."	Water pills help your body clear extra fluid, but they do not undo a high-sodium diet. Watching sodium makes the medicine work better and keeps your blood pressure steadier.
"I do not have high blood pressure, so salt is fine for me."	High sodium can raise blood pressure over time even if your numbers look fine now. Building lower-sodium habits early helps protect your heart and kidneys for life.



Possible Complications

Knowing what can go wrong helps you spot problems early. Most complications are uncommon, especially with treatment.

Where / What	What Can Happen
High blood pressure	Too much sodium raises the pressure in your arteries. Long-term high blood pressure is the main driver of stroke and heart attack.
Heart failure flare-ups	In heart failure, extra sodium pulls in fluid that backs up into the legs and lungs — causing swelling, weight gain, and shortness of breath, sometimes within days.
Stroke	High blood pressure from excess sodium damages and weakens brain arteries, raising the risk of stroke.
Kidney disease	The kidneys work hard to balance sodium and water. Over years, high sodium and high blood pressure damage them and speed kidney disease.
Swelling (edema)	Extra fluid from high sodium can pool in the feet, ankles, hands, and belly, causing puffiness and tight shoes or rings.
Extra strain on the heart	More fluid means the heart must pump against higher pressure and a larger volume — over time this can enlarge and weaken the heart muscle.



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Easy Swaps That Actually Work

- **Flavor with herbs, spices, and citrus.** Garlic, onion powder, black pepper, smoked paprika, cumin, oregano, basil, lemon, lime, and vinegar add big flavor with no sodium. Reach for the spice rack before the salt.
- **Rinse canned beans and vegetables.** Draining and rinsing canned beans under running water can wash away a good share of the sodium — an easy win with no change in taste.
- **Buy fresh or plain frozen.** Plain frozen vegetables (no sauce, no added salt) are just as healthy as fresh and low in sodium. Watch out for frozen meals and sauced vegetables.
- **Pick the low-sodium version.** Low-sodium broth, no-salt-added canned tomatoes, and reduced-sodium soy sauce let you keep your favorite recipes with far less sodium.
- **Salt substitutes — check first.** Many use potassium instead of sodium. They help most people who miss salt, but can be risky if you have kidney disease or take certain blood pressure medicines (ACE inhibitors, ARBs, or potassium-sparing water pills). Ask us before you start one.
- **Sea salt and Himalayan salt are not low-sodium.** They have the same sodium as table salt. Do not let the fancy label fool you.
- **Give it a few weeks.** Your taste buds adjust. Food that tastes flat at first will taste normal, and salty food will start to taste like too much. Go slow and stay steady.

A word from Dr. Ali. Cutting sodium is one of the simplest, most powerful things you can do for your blood pressure and your heart — and it costs nothing. You do not have to be perfect. Read one label, make one swap, and let your taste buds catch up over a few weeks. Small steps, done daily, lower your numbers and keep you out of the hospital.



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Points to Know

If you remember nothing else, remember these key points.

- Aim for less than about 2,300 mg of sodium a day — about 1 teaspoon of salt. Many heart patients do better near 1,500 mg. Ask us for your target.
- More than 70 percent of your sodium is hidden in packaged and restaurant food — not the salt shaker.
- Read the Nutrition Facts label: 5 percent or less %DV is LOW, 20 percent or more is HIGH. Check the serving size first.
- Know the salty six: breads and rolls, pizza, sandwiches, cold cuts and cured meats, soup, and burritos and tacos.
- Cook more at home, where you control the salt. Restaurant meals are the biggest source of hidden sodium.
- Flavor with herbs, spices, garlic, and citrus instead of salt. Rinse canned beans to wash sodium away.
- Sea salt and Himalayan salt have the same sodium as table salt. Fancy salt is not low-sodium salt.
- Ask before using a potassium salt substitute — it can be risky with kidney disease or certain blood pressure medicines.
- Your taste buds adjust in a few weeks. Lower-salt food will start to taste normal, and salty food will taste like too much.



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When to Call Us - and When to Call 911

If you are not sure, call. We would rather hear from you twice than miss a real problem.

- **Call 911** for sudden chest pressure or pain, severe shortness of breath, weakness or numbness on one side, trouble talking, or fainting. These are heart-attack and stroke warning signs.
- **Call our office (727-943-5200)** if you have heart failure and gain more than 2 pounds overnight or 5 pounds in a week, or your shoes, rings, or belt suddenly feel tight. This may be fluid from a salty meal that needs attention.
- **Call us if** you have new or worse swelling in your feet, ankles, or belly, or you feel more short of breath when lying flat or walking.
- **Call us before starting a salt substitute** if you have kidney disease or take a blood pressure medicine — we will check whether it is safe for you.
- **Call us if** your home blood pressure stays above the goal we set, even with your medicines and a lower-sodium diet.
- **Ask us for a referral** to a registered dietitian if you would like personalized help building a lower-sodium plan. Many insurance plans cover dietitian visits for heart and kidney patients.

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See also: our companion guides. Cutting sodium is one part of a bigger heart plan. For everyday heart-healthy eating, see go.riasalimd.com/heart-healthy-eating-guide. For high blood pressure, see go.riasalimd.com/htn-guide. For hard-to-control blood pressure, see go.riasalimd.com/resistant-htn-guide. For checking your pressure at home, see go.riasalimd.com/home-bp-guide. For heart failure, see go.riasalimd.com/hf-guide.



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Trusted Resources

The links below are the trusted resources Dr. Ali used to write this guide and that he recommends you visit for more information. Each is a clickable link in the digital version and a Short.io tracked URL on the printed version.

- [AHA — How Much Sodium Should I Eat Per Day?](#) - Official AHA page with the sodium targets and the salt-blood-pressure link behind this guide.
- [AHA — The Salty Six](#) - The six everyday foods that give most people the most sodium, with lower-sodium swaps.
- [FDA — Sodium in Your Diet: Use the Nutrition Facts Label](#) - How to read the sodium line and the %DV (5 percent or less is low, 20 percent or more is high).
- [CDC — Sodium: Where's the Sodium?](#) - Federal source showing most dietary sodium comes from packaged and restaurant food, not the shaker.
- [Cleveland Clinic — Sodium and Your Heart](#) - Plain-language overview of how sodium raises blood pressure and practical ways to cut back.
- [Mayo Clinic — Sodium: Tame Your Salt Habit](#) - Practical tips on herbs and spices, rinsing canned foods, and choosing fresh over processed.
- [National Kidney Foundation — Potassium and Your Diet](#) - Why potassium-based salt substitutes need a check first if you have kidney disease or take certain blood pressure medicines.



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Sources Used to Build This Guide

Every recommendation in this guide is grounded in one or more of the studies, guidelines, or trusted resources below. Short links are tracked so Dr. Ali can see which references patients are reading; nothing personally identifying is captured.

- [American Heart Association — How Much Sodium Should I Eat Per Day?](#) *[Patient Education]*
Authoritative source for the AHA sodium targets (under 2,300 mg/day general, ideal closer to 1,500 mg/day), the salt-blood-pressure link, and where dietary sodium hides.
- [American Heart Association — The Salty Six \(Top Sources of Sodium\)](#) *[Patient Education]*
Source for the salty-six framing: bread/rolls, pizza, sandwiches, cold cuts/cured meats, soup, and burritos/tacos as the leading sodium contributors in the diet.
- [Cleveland Clinic — Sodium and Your Heart](#) *[Patient Education]*
Plain-language overview of how excess sodium raises blood pressure and fluid retention and practical label-reading tips.
- [MedlinePlus — Sodium in Diet](#) *[Patient Education]*
NIH/NLM overview of sodium sources, recommended limits, and reduction strategies to anchor the explainer.
- [DASH-Sodium Trial — Effects on Blood Pressure of Reduced Dietary Sodium and the DASH Diet \(NEJM 2001\)](#) *[Trial]*
Landmark randomized trial quantifying how lower sodium plus the DASH diet reduces blood pressure; the evidence base for sodium guidance.
- [CDC — Sodium: Where's the Sodium?](#) *[Government]*
Source for the key teaching point that more than 70 percent of dietary sodium comes from packaged and restaurant foods, not the salt shaker.
- [FDA — Sodium in Your Diet: Use the Nutrition Facts Label](#) *[Government]*
Source for the %DV label-reading rule (5 percent or less is low, 20 percent or more is high) and the FDA voluntary sodium-reduction targets for industry.
- [USDA / HHS — Dietary Guidelines for Americans, 2020-2025](#) *[Government]*
Federal source confirming most Americans exceed the recommended sodium limit and that limiting sodium supports cardiovascular health across the lifespan.
- [Mayo Clinic — Sodium: How to Tame Your Salt Habit](#) *[Patient Education]*
Plain-language practical tips: cooking with herbs and spices, rinsing canned foods, and choosing fresh over processed; also clarifies sea salt vs table salt myth.
- [AHA — Effect of Longer-Term Modest Salt Reduction on Blood Pressure \(Cochrane / AHA summary\)](#) *[Patient Education]*
Quantifies how modest sodium reduction lowers blood pressure and why high sodium makes the heart and kidneys work harder.
- [National Kidney Foundation — Salt Substitutes and Potassium Caution](#) *[Patient Education]*
Source for the safety caution that potassium-based salt substitutes can be dangerous for people with kidney disease or on certain blood pressure medicines (ACE inhibitors, ARBs, potassium-sparing diuretics).



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About This Guide

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Reviewer note: Reviewed the AHA sodium pages and the Salty Six, Cleveland Clinic's Sodium and Your Heart, and Mayo Clinic's Tame Your Salt Habit. This guide adds: a where-your-sodium-comes-from chart (packaged and restaurant food vs. cooking vs. the shaker); an annotated Nutrition Facts label that highlights the sodium line and the 5%/20% %DV rule; a plain-language flow of how sodium raises blood pressure and strains the heart; a salty-six swap table; and the potassium salt-substitute safety caution that many patient pages skip.

Disclaimer

This guide is for educational purposes only and does not replace medical advice from your physician. Recommendations may not apply to every patient. Always follow the specific instructions of Dr. Ali and your care team. In an emergency call 911 or go to the nearest emergency department.



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