

LOW-SODIUM TIPS FOR THE ASIAN TABLE

Asian
Americans
and Pacific
Islanders



a member interest group of the
Academy of Nutrition
and Dietetics

RECOMMENDATIONS FOR SODIUM INTAKE

Sodium is an important nutrient for our bodies, but eating too much each day can cause high blood pressure and increased risk for heart disease or stroke. The average American eats about 3400 milligrams per day. People should limit their sodium intake to 1500–2300 milligrams per day. Limit one meal to about 500 mg and each snack to about 150 mg sodium.



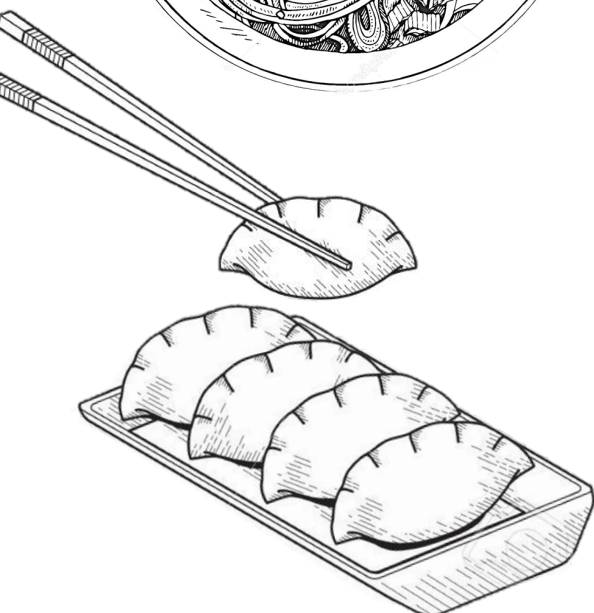
Note: 1 tsp table salt = 2300 mg sodium

SALT CONTENT OF COMMON ASIAN FOODS

per listed serving size

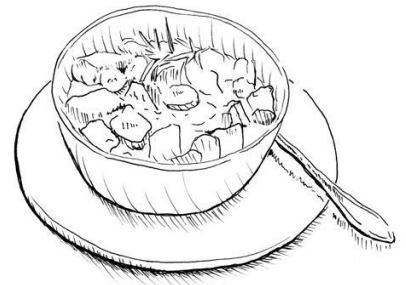
Item	Sodium	Serving Size
Vegetable tempura	8 mg	1 cup
Soba noodles	69 mg	1 cup
Rice cooking wine	95 mg	1 T
Kimchi (Sun brand)	230 mg	2 oz
Nori komi furikake	250 mg	1 T
Sriracha	380 mg	1 T
Gochujang	400 mg	1 T
Red curry paste	690 mg	1 T
Pancit powder mix	760 mg	2 t
Oyster sauce	800 mg	1 T
Miso paste	830 mg	1 T
Soy sauce	880 mg	1 T
Fish balls	1070 mg	7 pieces
Fish sauce	1540 mg	1 T

T = Tablespoon t = teaspoon



FOODS TO CHOOSE

- Sashimi, nigiri, sushi (without sauces)
- Fresh spring rolls (gỏi cuốn)
- Vegetables, fresh or dried without salt
- Tofu, tempeh, natto
- Herbs, sauces, spices with little salt: ginger, lemongrass, cilantro, gochugaru, vinegar, low-sodium fish sauce or soy sauce
- Fruits and vegetables high in potassium: bananas, melons, leafy greens, potatoes, squash, mushrooms, soybeans, tuna



FOODS TO LIMIT



- High-sodium sauces and pastes: miso, soy sauce, fish sauce, gochujang, shrimp paste
- Canned meats: vienna sausage, luncheon meat
- Dried salted fish or shrimp
- Marinated meats: kalbi, bulgogi, thịt nướng
- Salty soups: pho, mulnaengmyeon, tteokguk, udon
- Commercial instant noodles

COOKING AND SHOPPING TIPS

- Make your soups, sauces, and condiments from scratch: phở, oyster sauce, black bean sauce, chili paste, curry paste, kimchi
 - Store these in a sealed container and freeze for up to 3 months
- Lower the salt and increase the spices and herbs in your recipe
- Use unsalted nuts in recipes
- Cook with fresh/frozen fruits or vegetables instead of pickled or canned (or rinse canned vegetables in water)
- For soups, limit high-sodium pastes:
 - add less flavoring paste and more water
 - add more ingredients (meats, veggies) and less broth
- Use dry sherry or white wine instead of rice cooking wine
- Check the nutrition label for sodium and compare products



Sources

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