

## Diabetes and Salt

Having diabetes puts you at greater risk for high blood pressure. High levels of salt (sodium) in your diet can further increase that risk. So your doctor or dietitian may ask you to limit or avoid these high-salt foods:

- Salt and seasoned salt (or salt seasonings)
- Boxed mixes of potatoes, rice, or pasta
- Canned meats
- Canned soups and vegetables (with sodium)
- Cured or processed foods
- Ketchup, mustard, salad dressings, other spreads, and canned sauces
- Packaged soups, gravies, or sauces
- Pickled foods
- Processed meats: lunch meat, sausage, bacon, and ham
- Olives
- Salty snack foods
- Monosodium glutamate or MSG (often added to Chinese food)
- Soy and steak sauces

Having diabetes puts you at greater risk for high blood pressure. High levels of salt (sodium) in your diet can further increase that risk. So your doctor or dietitian may ask you to limit or avoid these high-salt foods:

### Recommended Related to Diabetes

[Diabetes Care: Managing Your Time When You Have Diabetes](#)

Sometimes, living with diabetes can seem like a full-time job -- trying to keep up with everything you need to do for proper diabetes care. "Diabetes is a very time-consuming disease to manage well," says Karmeen Kulkarni, MS, RD, CDE, and former president of health care and education for the American Diabetes Association. "The medication, the food, the physical activity -- you add life in general to that whole picture and it ends up being quite challenging."

[Read the Diabetes Care: Managing Your Time When You Have Diabetes article > >](#)

- Salt and seasoned salt (or salt seasonings)
- Boxed mixes of potatoes, rice, or pasta
- Canned meats
- Canned soups and vegetables (with sodium)
- Cured or processed foods
- Ketchup, mustard, salad dressings, other spreads, and canned sauces
- Packaged soups, gravies, or sauces
- Pickled foods
- Processed meats: lunch meat, sausage, bacon, and ham
- Olives
- Salty snack foods
- Monosodium glutamate or MSG (often added to Chinese food)
- Soy and steak sauces

### Low-Salt Cooking Tips for Diabetes

If you have diabetes, these tips can help you lower the amount of salt in your diet.

- Use fresh ingredients and/or foods with no salt added.
- For favorite recipes, you may need to use other ingredients and delete or decrease the salt you would normally add. Salt can be removed from any recipe except from those containing yeast.
- Try orange or pineapple juice as a base for meat marinades.
- Avoid convenience foods such as canned soups, entrées, and vegetables; pasta and rice mixes; frozen dinners; instant cereal; and pudding, gravy, and sauce mixes.
- Select frozen entrées that contain 600 milligrams or less of sodium. However, limit yourself to one of these frozen entrées per day. Check the nutrition facts label on the package for sodium content.
- Use fresh, frozen, no-added-salt canned vegetables, or canned vegetables that have been rinsed before they are prepared.
- Low-sodium canned soups may be used.
- Avoid mixed seasonings and spice blends that include salt, such as garlic salt.

After about 2 weeks, your body will adjust and you will not miss the added salt in your diet. So be persistent and patient, it can happen.

### **Seasonings to Replace Salt**

Herbs and spices are the answer to improving the natural flavors in food without using salt. These salt-free seasonings include:

- Basil
- Celery seeds
- Chili powder
- Chives
- Cinnamon
- Cocoa powder
- Cumin
- Curry
- Dill
- Flavoring extracts (vanilla, almond, etc.)
- Garlic
- Garlic powder
- Lemon or lime juice
- Marjoram
- Mint
- No-salt seasoning blends
- Nutmeg
- Onion powder
- Oregano
- Paprika
- Parsley
- Pepper
- Pimento
- Rosemary
- Sage
- Savory
- Thyme

Source: <http://diabetes.webmd.com/diabetes-understanding-salt>