

# Yaraynta Cusbada ku jirta Cuntadaada

## Lowering Sodium in Your Diet

### What is sodium?

Sodium is a mineral that is needed for good health and is present in all foods. Most people eat more sodium than they need. If the body cannot get rid of the extra sodium, fluid builds up. Extra fluid increases the work of the heart and kidneys, and may increase blood pressure. Eating less sodium may help control these problems. You will sometimes see the term sodium abbreviated “Na,” as in NaCl (sodium chloride), which is **table salt**.

The current guideline for how much sodium we should eat is 2,300 milligrams (mg). The guideline is even lower at 1,500 mg for those over 50 years old, with high blood pressure and for African Americans. These sodium goals can be hard for some people to reach, especially if they are eating large amounts of sodium now. Many people can get to the lower sodium goal over time by making small changes to their diets. This handout can help you start to do this.

### Sodium Guidelines

Even low sodium or sodium-free foods contain small amounts of sodium. To choose foods that are healthier for you, look for these labels:

- **Sodium-free:** less than 5 milligrams of sodium per serving
- **Very low-sodium:** 35 milligrams or less per serving

### Waa maxay Cusbadu?

Cusbadu waa macdan loogu baahan yahay caafimaad wanaagsan waxayna ku jirtaa cuntooyinka oo dhan. Inta badan dadku waxay cunaan cusbo ka badan intay ubaahan yihiin. Haddii aan jirku bixin karin cusbada dheeraadka ah, dheecaanka ayaa badanaaya. Dheecaanka badana waxa uu kordhinaaya shaqada wadnaha iyo kalyaha, waxayna kordhin kartaa dhiig karka. Inaad iska yarayso cusbada ayaa kaa caawin karta xakamaynta ciladahaan. Waxaad mararka qaar arkaysaa erayga cusbo oo loosoo gaabshay “Na,” sida ku jirta NaCl (sodium chloride), taasoo ah **cusbada miiska**.

Tusmada hadda u dagsan cadadka cusbada ay tahay inaan cuno ayaa ah 2,300 mili garaam (mg). Tilmaanta ayaa xataa kasii yar 1,500 mg dadka kawayn 50 sano, ee qaba dhiig karka ba'an iyo dadka Ameerikaanka Madoow. Hiigsiyadaan cusbada ayaa ku adag dadka qaar inay buuxshaan, gaar ahaana haddii ay hadda cunaan cusbo aad u badan hadda. Dad badan ayaa ka guul gaari kara hiigsiga cusbada yar muddo kadib ayagoo isbadalo yar ku samaynaaya cuntadooda. Buug gacmeedkaan ayaa kaa caawinaaya ka guul gaarista hiigsigaan.

### Tilmaamaha Cusbada

Xataa cuntooyinka cusbada yar ama kuwa aan cusbada lahayn waxaa ku jira cadad yaryar oo cusbo ah , Si aad u doorato cuntooyin caafimaad kuu leh, raadi qoraaladaan ku yaala baakada:

- **Cunto aan lahayn Cusbo:** wax kayar 5 mili garaam oo cusbo ah halkii cuntaba
- **Cunto cusbadu aad ugu yartahay:** 35 mili garaam ama kayar halkii cuntaba

- **Low-sodium:** 140 milligrams or less per serving
- **Reduced sodium:** usual sodium level is reduced by 25 percent
- **Unsalted, no salt added or without added salt:** made without the salt, but still has the sodium that is a natural part of the food
- **Cunto Cusbadu ku yar tahay:** 140 mili garaam ama kayar halkii cuntaba
- **Cunto lagu yareeyay cusbada:** heerka caadiga ah ee cusbada ayaa la dhimay 25 boqolkiiba
- **Aan la cusbayn, aan cusbo lagu darin ama aan cusbo kale lagu darin:** cunto aan cusbo lagu darin, laakiin wali cusbo dabici ah oo cuntada qayb ah leh

## Know Your Salt

When you are trying to lower the sodium in your diet, even a small amount of salt has a lot of sodium in it.

Amount of sodium in salt:

- $\frac{1}{4}$  teaspoon salt has 600 milligrams of sodium
- $\frac{1}{2}$  teaspoon salt has 1,200 milligrams of sodium
- $\frac{3}{4}$  teaspoon salt has 1,800 milligrams of sodium
- 1 teaspoon salt has 2,300 milligrams of sodium
- 1 teaspoon baking soda has 1,000 milligrams of sodium

## How can I limit sodium?

### General tips:

- Slowly cut back on the amount of salt that you add when cooking or eating foods until you **do not use any salt**.
- **Avoid seasoned salts.** These include onion salt, celery salt, lite salt, low-sodium salt and sea salt. Accent, meat tenderizers and lemon pepper should also be avoided.

## Baro Cusbadaada

Haddii aad iskudayayso inaad yarayso cusbada ku jirta cuntadaada, xataa cadad badan oo cusbo ah waxaa ku jira soodhiyaam aad u badan.

Cadadka cusbada ku jirta milaxa:

- $\frac{1}{4}$  qaado milax ah waxaa ku jirta 600 mili garaam oo cusbo ah
- $\frac{1}{2}$  qaado milax ah waxaa ku jirta 1,200 mili garaam oo cusbo ah
- $\frac{3}{4}$  qaado milax ah waxaa ku jirta 1,800 mili garaam oo cusbo ah
- 1 qaado milax ah waxaa ku jirta 2,300 mili garaam oo cusbo ah
- 1 qaado oo soodhada mudada ah waxaa ku jirta 1,000 mili garaam oo cusbo ah

## Sidee ayaan iskaga yarayn karaa cusbada?

### Tilmaamaha guud:

- Si tartiib ah iskaga jar cadadka cusbada aad ku darto marka aad karinayso ama cunayso cuntooyinka illaa **aadan wax cusba ah ku darin**.
- **Ka dheerow cusbada xiliga gaarka ah baxda.** Kuwaan waxaa ku jira cusbada basasha, cusbada salarka, cusbada fudud, cusbada milaxa yar iyo cunbada badda. Dhanaaniyaasha dabiiciga ah, ee hilibka iyo beeberka liinta waa inaad sidoo kale iska ilaalisaa.

- Be careful if you choose a salt substitute. Many substitutes have large amounts of potassium in them which can cause medical problems for some people. Lite salts contain sodium in smaller amounts, but they are still too high for people who need to restrict sodium. Ask your doctor or dietitian if a salt substitute is okay for you.
- Taxadar haddii aad doorato badalka cusbo. Waxyaabo badan oo cusbada badela waxaa ku jira bootaasiyaam badan taasoo keeni karta dhibaatooyin ku dhaca dadka qaar. Cusbada fudud waxaa ku jira milix aan badnayn, laakiin wali aad ugu badan dadka u baahan inay yareeyaan cusbada ay cunaan. Waydii dhakhtarkaaga ama khabiirka cuntada haddii cusbada aad cuni karto iyo haddii kale.

### **Avoid food where large amounts of salt or sodium have been added:**

- All cured or smoked meats such as Canadian bacon, salt pork, ham, luncheon meat, sausage, canned or dried beef, bacon, wieners (including products made from soy products and turkey), sardines, smoked fish and pepperoni
- Processed cheese and cheese spreads such as American cheese, Velveeta and Cheese Whiz
- Products made with baking soda and baking powder, such as self-rising flour, most baking mixes, canned bread products, and frozen pancakes and waffles
- Most restaurant foods
- Packaged convenience foods, such as macaroni and cheese, Hamburger Helper, Chef-Boy-Ardee meat dinners, Dinty Moore, regular frozen TV dinners and pot pies or Lipton's Noodles and Sauce or Rice and Sauce mixes
- Packaged potato, rice and stuffing mixes such as Rice-a-Roni and Stove Top Stuffing

### **Ka dheerow in cusbo badan ama milix badan lagu daro cuntada:**

- Dhammaan hilibka la daaweeyay ama la qiiqiyay sida Cayshka Canadian, hilib doofaarka cusbaysan, hilibka luncheon, maraqa, hilibka lo'da ee la dubay ama la solay, cayshka, wieners (ayna ku jiraan maadooyinka laga sameeyay sooyga iyo tarkiga). baruurta, kaluunka la dubay iyo parbarooniga
- Jiiska la warshadeeyay iyo malmalaadada jiiska sida jiiska Ameerikaanka, Velveeta iyo Cheese Whiz
- Cuntooyinka laga sameeyay soodhada budada ah, sida fixisada, inta badan waxyaabaha lagu daray budada, qaybaha roodhiga la dubay, canjeelada la qaboojiyay iyo isa-saarka
- Inta badan cuntooyinka maqaayada
- Cuntooyinka baashaalka ah ee baakadaysan, sida makorooniga iyo jiiska, Haambeegarka, cashooyinka hilibka leh ee Chef-Boy-Ardee, Dinty Moore, cashooyinka TV ga ee caadiga ah oo la qaboojiyay ama isasaarka uumatada ama Baastada fudud e Lipton iyo Maraq ama iskudarka Bariis iyo Maraq
- Baradhada baakadaysan, iskudarka bariiska iyo maraqa sida Rice-a-Roni iyo cuntada Stove Top

- Frozen vegetables in cream or cheese sauces; vegetables cooked with meat fat (greens); canned regular vegetables; regular tomato or V-8 juice
- Salted snack foods such as crackers, pretzels, potato chips, corn chips, cheese puffs, fried pork rinds and salted nuts
- Regular canned soups; dried and instant soup mixes; frozen soups; bouillon cubes, granules or powder; consommé; homemade soups made with ham, ham bones, salted fish or meats
- Canned or packaged gravy and sauce mixes
- All sports drinks such as Gatorade or Powerade
- Brined or pickled vegetables such as sauerkraut and pickles (sweet and dill), commercial pickled vegetables, pickle relish, and olives (green and ripe)
- Chili sauce, soy sauce, steak sauce, Worcestershire sauce, BBQ sauce, cooking wine, cooking sherry, imitation bacon bits, meat tenderizers and marinades
- Khudaarta la qaboojiyay ee ku jirta maraqyada jiiska ama kareemka; khudaarta lagu karshay dufanka hilibka (cagaarka); khudaarta caadiga ah ee la dubay; yaanyada caadiga ah ama cabitaanka miraha ee V-8
- Cuntooyinka fudud ee cusbada leh sida buskudka, pretzels, jibsiga baradhada, jibsiga sabuulka, xaleefyada jiiska, hilibka doofaarka ee la shiilay iyo lawska cusbaysan
- Maraqyada caadiga ah ee la qalajiyay; iskudarka maraqa qalalan iyo kan diyaarsan; maraqa qaboow; xirmooyinka booluun, miraha ama budada ah; consommé; maraqyada guriga lagu sameeyo ee laga sameeyo doofaarka, lafaha doofaarka, kaluunka ama hilibka cusbaysan
- Iskudarka adag ama maraqa ah ee duban ama baakadaysan
- Dhammaan cabitaannada ciyaaraha Gatorade ama Powerade
- Khuydaarta la daaweeyay ama la huurshay sida sauerkraut iyo xaleefyada (mid macaan oo kulul), khudaarta baakadaysan ee la iibsho, khudaarta dheecaanka ku jira, iyo saliid saytuunka (cagaarka iyo mid beeyga ah)
- Maraq basbaaska leh, maraqa sooyga, maraqa isteega, maraqa Worcestershire, maraqa BBQ, dheecaanka cuntada lagu karsho, sherry da wax lagu karsado, qaybaha maraqa cayshka, dhanaaniyaasha hilibka iyo marinades

### **Eat these foods in limited amounts:**

- Frozen entrees with 500 mg sodium or less, such as Lean Cuisine, Weight Watchers or Healthy Choice
- Natural cheese such as cheddar or Swiss up to 2 ounces a day, or cottage cheese up to ½ cup a day

### **Cun cuntooyinkaan cadad yar:**

- Khudaarta baakadaysan ee ay ku jirto cusbo dhan 500 mg ama kayar, sida Lean Cuisine, Weight Watchers ama Healthy Choice
- Jiiska dabiiciga ah sida heddar ama Swiss ilaa 2 wiqiyadood maalintii, ama jiiska kotonka ilaa ½ koob maalintii

- Low-sodium tomato or V-8 juice up to ½ cup a day
- Regular or fat free salad dressing up to 2 tablespoons a day
- Buttermilk up to 2 cups a day
- Catsup and mustard up to 2 tablespoons a day
- Canned tomato puree and tomato paste ¼ cup a day (if used in a recipe, do not add extra salt). Limit regular tomato sauce to ½ cup a day.
- Baking powder, baking soda (use as an ingredient for baking only)
- Reduced sodium soups up to ½ cup a day
- Yaanyada cusbadu ku yar tahay ama cabitaanka V-8 ilaa ½ koob maalintii
- Duubka caadiga ah ama saladka bilaa dufanka ah ilaa 2 qaado maalintii
- Boodharka caanaha ah ilaa 2 koob maalintii
- Catsup iyo mustard ilaa 2 qaado maalintii
- Radaqa yaanyada la qalajiyay iyo qoyanaha yaanyada ¼ koob maalintii (haddii cuntada lagu daro, haku darin cusbo dheeraad ah). Kusoo koob maraqa caadiga ah ee yaanyada ½ koob maalintii.
- Budada, soodhada ah (u adeegso qayb ahaan cunto dubista)
- Maraqada cusbada lagu yareeyay ½ koob maalintii

### **Foods that do not need to be limited that are lower in sodium:**

- Fresh meat, poultry, game or fish without added salt
- Commercially prepared salt-free soups and homemade soups using allowed ingredients.
- Fresh or frozen plain vegetables
- Fresh, frozen or canned fruits and fruit juices
- Dried beans, peas, lentils, and unsalted nuts and seeds
- Regular bread, unsalted crackers and pretzels, plain pasta, rice and potatoes.
- Regular margarine, mayonnaise and vegetable oils
- Homemade gravies and sauces using allowed ingredients
- Milk, soda pop, sparkling water

### **Cuntooyinka aan u baahnayn in la yareeyo ee cusbadu ku yartahay:**

- Hilibka cusub, hilibka digaaga, geemka ama kaluunka aan cusbada lagu darin
- Maraqyada ganacsiga loo diyaarshay ee cusbada aan lahayn iyo maraqyada guriga lagu sameeyo adoo adeegsanaaya maadooyinka la ogol yahay.
- Khudaarta seekada ah ee cusub ama la qaboojiyay
- Miraha cusub, la qaboojiyay ama la qalajiyay iyo cabitaanka miraha
- Digirta qalalan, misirta, lentiska, iyo lawska yo miraha la cusbeeyay
- Roodhiga caadiga ah, buskudka bilaa cusbada ah iyo bereteeska, baastada seekada ah, bariiska iyo baradhada.
- Margareenta caadiga ah, malmalaadada iyo saliidaha khudaarta
- Adkayaasha iyo maraqyada guriga lagu sameeyo ee laga sameeyay maadooyinka la ogol yahay
- Caanaha, soodhada, biyaha kaarboonka ah

- Herbs, spices and herb blends that do not contain salt, such as Mrs. Dash
- Geedo dhaqameedka, alaabaha dhaqanka iyo iskudarka geedo dhaqameedka aan lahayn cusbada, sida Mrs. Dash

**Talk to your doctor, nurse or dietitian if you have any questions or concerns about lowering sodium in your diet.**

**La hadal dhaqtarkaaga, kalkaalisada ama khabiirka cuntada haddii aad qabtid wax su'aalo ah ama walaacyo ku aadan yaraynta cusbada ku jirta Cuntadaada.**