

High Salt Food Choices

Many people try to avoid extra salt in food. In people who get lightheaded, dizzy, or have POTS (postural orthostatic tachycardia syndrome), adding salt can sometimes help with their symptoms. Salt and sodium are often used in place of each other but are different.

- One gram of salt has about 388mg of sodium.
- Most people need 2300mg of sodium daily.

How can I add salt to my diet?

Sprinkle salt on your favorite foods.
¼ teaspoon of salt has 575mg of sodium.

Try adding ¼ teaspoon of salt to:

- Sliced cucumbers or tomatoes
- Watermelon wedges
- Sliced apple or banana with peanut butter
- Scrambled eggs
- Air-popped popcorn
- Edamame (soybeans) or kale chips made with soy sauce

Choose salty drinks and aim for two liters of fluids every day, or 8 cups. You can get there by:

- Sipping tomato juice, tomato soup or warm broth.
- Choosing drinks high in electrolytes, such as low calorie G2™, Powerade Zero™, and Propel™ (limit to 8 to 12 ounces per day).
- Making water your number one drink.

Enjoy a quick salty snack.

High salt snacks include:

- Baked potato chips or pretzels
- Tortilla chips with salsa
- Cottage cheese with tomato or fresh fruit
- Beef or turkey jerky
- Pickles
- Olives
- Salted nuts or seeds
- Raw vegetables with dip

What if I don't like salt?

Some people who do not like salt, use salt tablets. Salt tablets can be found at your local pharmacy or grocery store. Most are in the form of sodium chloride, which is the same as table salt.

- Find a tablet with 1 gram of salt in each. Be sure to review the label for exact amounts.
- Take salt tablets with at least 1 cup of water. You may need to take several tablets throughout the day. Your doctor will tell you how many to take and when to take them.

Who to Call

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH)
(608) 890-5500

Nutrition clinics for UW Medical Foundation (UWMF)
(608) 287-2770

You can also visit our website at:
www.uwhealth.org/nutrition.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#164