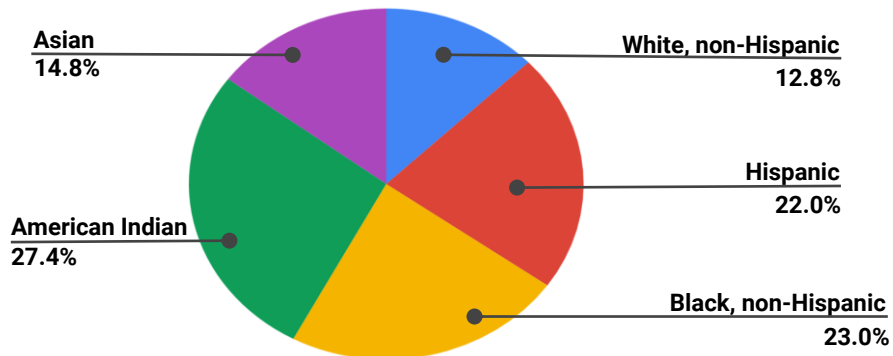


How to prevent diabetes through limiting dietary salt

National Diabetes Statistics Report 2017



Recent research studies have suggested excessive salt intake can increase the risk of developing type 2 diabetes because high sodium often encourage excess caloric intake which result in weight gain and obesity. High sodium intake also increase hypertension in earlier age.

Tips to decrease dietary salt intake to prevent diabetes

- ❖ Eat fresh fruits and vegetables instead of processed foods
- ❖ Read nutrition labels during shopping and select low sodium foods
- ❖ Use herbs and spices to replace salt during cooking
- ❖ Rinse canned food before eating

Frozen Peas	
Serving Size ½ cup	
Servings Per Container about 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 125 mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 5g	
Vitamin A 15%	Vitamin C 30%
Calcium 0%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts	
1 serving per container	
Serving size 8 oz	
Amount per serving	
Calories 60	
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 890mg	37%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Protein 3g	
Vitamin A	4%
Vitamin C	0%
Calcium	0%
Iron	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



1 teaspoon of salt = 2300 mg of sodium

Age	Adequate Intake (AI) for sodium (mg)	Equivalent in teaspoons
1 - 3	1000	0.43
4 - 8	1200	0.52
9 - 13	1500	0.65
14 - 18	1500	0.65
19 - 50	1500	0.65
>51	1300	0.56

<5% is low sodium food choice >20% is high sodium food choice

Speak to your doctor about diabetes prevention and management!



To learn more about our doctor's group, call Member Relations: (415) 590-7418

- aamgdoctors.com
- youtube.com/AAMGDoctors
- facebook.com/DoctorsAAMG