

Some Like It HOT



If you are like many of our patients, you like your food to have a bit of heat. However, adding hot sauce to your diet will also introduce a lot of sodium. Keep in mind that our goal is to limit sodium to < 1500 mg per day. Here are some tips for you to keep things hot and tasty, but lower in sodium.

Low Salt Hot Sauce-brand recommendations

<https://www.hackingsalt.com/best-low-sodium-hot-sauce/#.XJKgLTfrvys>

<https://www.superfoodly.com/low-sodium-hot-sauce/>

Recipes

Vinegar-based

<https://www.sandiaseed.com/blogs/news/no-salt-hot-sauce-recipe>

<https://nutritionfacts.org/recipe/healthy-hot-sauce/>

Garden Vegetable-based

<https://www.webmd.com/food-recipes/homemade-hot-sauce>



Instead try...

- Chili powder (1 tsp)= 131 mg sodium
- *Fresh or dried chillis = 0 mg sodium
- *Chili pepper flakes= 0 mg sodium