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/#.XJKgLTrfvyS

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

**Recipes**

*Vinegar-based*


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

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