

THE SALT SUSPECTS IN ASIAN KITCHENS

The CDC American Dietary Guidelines and the American Heart Association recommend that everyone consume no more than 2,300 milligrams (mg) of sodium per day and no more than 1,500 mg for those with high blood pressure.

Many sauces or ingredients in Asian cooking are high in sodium. Below are the sodium content of some of the most common items found in Asian kitchens. To reduce salt intake, substitute these items with herbs and spices such as ginger, garlic, green onions, lemon juice, lemongrass or vinegar.



No. 1
Shrimp
Paste

No. 2
Fish Sauce

No. 3
Soy
Sauce
Sauce

No. 4
Teriyaki
Sauce

No. 5
Oyster
Sauce

No. 6
Garlic Sauce
Chili or
Sriracha

No. 7
Hoisin
Sauce

Sodium per
tablespoon (tbsp.)

1508 mg

1413.2 mg

1005.5 mg

689.9 mg

491.9 mg

387 mg

251.4 mg

Daily Value (DV)

63%

59%

42%

29%

21%

17%

11%

Creating Healthy
Asian American Community
in Michigan

