



Websites for Low-Sodium, PAH-Friendly Diets



PAH Initiative

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Learn more about PAH at pahinitiative.com

www.pulmonaryhypertensionnews.com/2016/07/21/blog/pulmonary-hypertension-and-tips-for-keeping-a-low-sodium-diet/

- Tips are divided into sections: Eating at a Friend's House, Dining at a Restaurant, and Prepping Your Own Meals

www.phassociation.org/patients/living-with-ph/diet-nutrition/salt-and-sodium/

- Information on ways to cut back on salt, salty foods to avoid, hidden sources of sodium, how to interpret sodium content on food labels, and seasonings that can be used as substitutes for salt

<https://my.clevelandclinic.org/health/articles/15426-sodium-controlled-diet>

- General guidelines for a reduced sodium diet
- Explanation of how to understand the nutrition facts on food labels

www.ucsfhealth.org/education/guidelines_for_a_low_sodium_diet/

- General guidelines for reducing sodium intake
- Lists of high-sodium foods with low-sodium alternatives for each food group (meat, dairy, breads, etc.)

www.uptodate.com/contents/low-sodium-diet-beyond-the-basics

- Overview of the low-sodium diet and how to reduce sodium intake
- Links to further information

www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-to-reduce-sodium

- Tips for shopping for low-sodium foods, preparing food, and eating in a restaurant
- Resources for finding more information

www.allinahealth.org/health-conditions-and-treatments/health-library/patient-education/heart-failure/diet-and-nutrition/low-sodium-sample-menu-plans-for-one-week

- Low-sodium sample menus for 1 week (breakfast, lunch, and dinner each day)
- Links to low-sodium recipes

