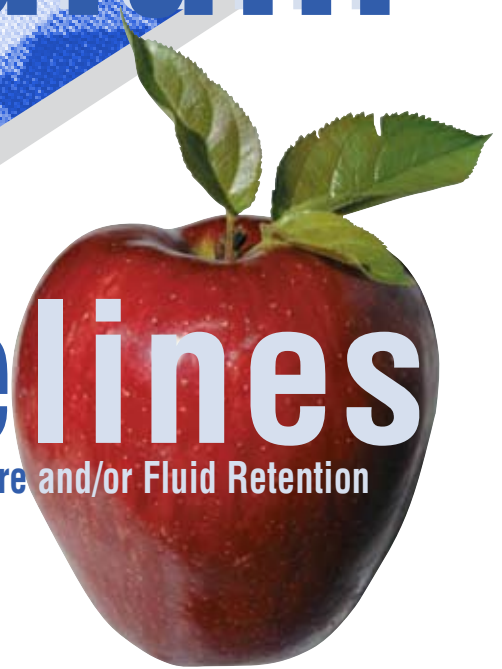


# Low Sodium

**(2,000 milligrams)**  
(2 gm or 87 mEq)

# Guidelines

For Controlling Blood Pressure and/or Fluid Retention



For: \_\_\_\_\_

Dietitian: \_\_\_\_\_

Phone No.: \_\_\_\_\_

# Low Sodium Guidelines

(2,000 mgs)



## Quick Reference Table

Food Group	Choose More Often	Choose Less Often
<p><b>Bread, Cereal, Rice &amp; Pasta</b> 6-11 Servings Daily</p> <p>1 Serving Equals:</p> <ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• 1/2 cup dry cereal</li> <li>• 1/2 cup cooked rice, pasta, or cereal</li> <li>• 1 tortilla, 4-6 crackers</li> <li>• 1 oz ready-to-eat cereal</li> <li>• 1/2 hamburger bun, bagel or English muffin</li> </ul>	<p>Very Low Sodium (without added salt)</p> <ul style="list-style-type: none"> <li>• Cooked cereals (not instant)</li> <li>• Some dry (not instant) &amp; ready-to-eat cereals (puffed cereals, shredded wheat, Kashi™)</li> <li>• Pasta, rice, noodles</li> <li>• Corn tortillas</li> <li>• Unsalted crackers, pretzels, popcorn, chips, matzo</li> </ul> <p>Moderate Sodium</p> <ul style="list-style-type: none"> <li>• Breads, English muffins, bagels, rolls, pita breads, flour tortillas</li> <li>• Homemade (without salt) biscuits, cornbread, muffins</li> <li>• Pancakes or waffles (made without salt) or use a low sodium mix</li> <li>• Most dry cereals (limit to 1 serving a day)</li> </ul>	<ul style="list-style-type: none"> <li>• Breads with salt topping</li> <li>• Instant cooked cereals</li> <li>• Packaged mixes for pasta, rice, noodles, or stuffing; bread crumbs</li> <li>• Snack foods: Salted crackers, pretzels, popcorn, chips</li> <li>• Quick breads, biscuits, cornbread, muffins, pancakes, or waffles - frozen or made from a mix</li> </ul>
<p><b>Fruits &amp; Vegetables</b> 5-9 Servings Daily</p> <p>1 Serving Equals:</p> <ul style="list-style-type: none"> <li>• 1 cup raw leafy vegetable</li> <li>• 1/2 cup cooked vegetable</li> <li>• 6 oz vegetable juice</li> <li>• 6 oz fruit juice</li> <li>• 1 medium fruit</li> <li>• 1/4 cup dried fruit</li> <li>• 1/2 cup fresh, frozen, or canned fruit</li> </ul>	<ul style="list-style-type: none"> <li>• All fresh, frozen or canned fruits</li> <li>• 100% Fruit juices</li> <li>• Low sodium vegetable juices</li> <li>• All fresh, frozen, or unsalted canned vegetables including potatoes</li> </ul> <p>Choose one Vitamin A-rich (dark green, deep yellow or orange in color) and one Vitamin C-rich (citrus, mango, papaya, strawberry, cantaloupe, tomato, chili, peppers) fruit or vegetable each day</p>	<ul style="list-style-type: none"> <li>• Salted, canned vegetables, vegetable juices, or soups</li> <li>• Pickles, relish, sauerkraut, olives</li> <li>• Frozen vegetables with added sauces</li> <li>• Instant, frozen, or canned potatoes</li> </ul>
<p><b>Milk, Yogurt, &amp; Cheese (non-fat or low fat)</b> 2-3 Servings Daily</p> <p>1 Serving Equals:</p> <ul style="list-style-type: none"> <li>• 1 cup milk or 8 oz yogurt</li> <li>• 1 1/2 oz cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Yogurt (plain or fruit)</li> <li>• Cheese - low sodium</li> <li>• Cottage cheese (limit to 1/2 cup a day)</li> </ul>	<ul style="list-style-type: none"> <li>• Buttermilk, condensed milk, chocolate milk, milkshakes</li> <li>• Regular cheese, especially processed</li> </ul>

# Low Sodium Guidelines (2,000 mgs)



Food Group	Choose More Often	Choose Less Often
<p><b>Meat, Poultry, Fish, Dry Beans, Eggs, &amp; Nuts</b> 2-3 Servings Daily (Total 4-9 oz)</p> <p>1 Serving Equals:</p> <ul style="list-style-type: none"> <li>• 2-3 oz cooked lean meat, poultry, or fish</li> <li>• Count as 1 oz of meat: 1/2 cup beans or tofu, 1 egg, 2 Tbsp peanut butter, 1 oz nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Lean meat, fish, and poultry (chicken or turkey) fresh, frozen, or unsalted canned</li> <li>• Sliced, unsalted deli meats</li> <li>• Shellfish - once a week (clams, crabs, scallops, shrimp, lobster)</li> <li>• Low sodium canned tuna or salmon</li> <li>• Peanut butter - unsalted</li> <li>• Tofu (soybean curd)</li> <li>• Dried beans, peas, or lentils (cooked without salt)</li> </ul>	<ul style="list-style-type: none"> <li>• Canned, salted or smoked meat, (sausages, hot dogs, chipped beef, bacon, jerky)</li> <li>• Luncheon or deli meats (bologna, corned beef, ham)</li> <li>• Canned, salted or smoked fish (anchovies, caviar, clams, herring, sardines, tuna)</li> <li>• Organ meats, liver, brains, kidney</li> <li>• Frozen meals</li> <li>• Peanut butter - limit regular to 2 Tbsp per day</li> </ul>
<p><b>Fats &amp; Oils</b> Use Sparingly (3-8 Teaspoons)</p>	<ul style="list-style-type: none"> <li>• Margarine, mayonnaise (regular, diet, or unsalted)</li> <li>• Oils, unsalted salad dressing</li> <li>• Sour cream, regular salad dressing</li> <li>• Unsalted nuts or seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Salted pork fat, butter</li> <li>• Olives</li> <li>• Salted nuts or seeds</li> <li>• Bacon</li> </ul>
<p><b>Sugars &amp; Sweets</b> Use Sparingly</p>	<ul style="list-style-type: none"> <li>• Gelatin, sherbet, sorbet, Popsicle</li> <li>• Cookies, cakes, desserts-homemade without salt or low sodium package or mix</li> <li>• Jam, jelly, honey, sugar, hard candy, syrup, marshmallows</li> </ul>	<p>(Limit 1 serving per day)</p> <ul style="list-style-type: none"> <li>• Frozen ice cream or yogurt</li> <li>• Cookies, cakes, pastries, desserts-commercial &amp; mixes</li> </ul>
<p><b>Soups</b></p>	<ul style="list-style-type: none"> <li>• Low sodium canned or frozen soups</li> <li>• Low sodium bouillon cubes</li> <li>• Homemade soup-without salt, MSG, or soup bases</li> </ul>	<ul style="list-style-type: none"> <li>• Canned or frozen soup</li> <li>• Instant or packaged soup</li> <li>• Bouillon, broth, or consommé</li> <li>• Instant noodle type oriental soup</li> </ul>
<p><b>Seasonings &amp; Sauces</b></p>	<ul style="list-style-type: none"> <li>• Salt substitute (check with your dietitian or health care provider)</li> <li>• Fresh or dried herbs, spices, powders (garlic or onion); lemon, lime</li> <li>• Vinegar, liquid smoke, Tabasco, plain yellow mustard</li> <li>• Flavorings-vanilla, rum, mint, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Salt, seasoned salts, seasoned pepper, or seasoned vinegars, monosodium glutamate (MSG); bottled sauces (light soy, soy, Worcestershire, ketchup, barbecue), oriental fish sauce, capers, cooking wine, Dutch process cocoa, specialty mustards</li> </ul>
<p><b>Beverages</b></p>	<ul style="list-style-type: none"> <li>• Water, very low sodium mineral water or club soda, juices, fruit drinks, most sodas, low sodium vegetable juices</li> <li>• Coffee, tea, cereal beverages (Postum™)</li> </ul>	<ul style="list-style-type: none"> <li>• Club soda, flavored coffee drinks, vegetable juices</li> <li>• Alcohol</li> <li>• Sports Drinks</li> </ul>

# Low Sodium Guidelines

## Sample Menu

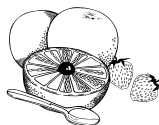
### Breakfast:

Peach  
Oatmeal with nonfat milk  
Whole wheat toast with margarine  
Jelly or jam  
Coffee or tea



### Lunch:

Green salad with 1 Tbsp. dressing  
Hamburger with lettuce, tomato and onion,  
with mustard, ketchup or mayonnaise  
Grapes  
Beverage



### Dinner:

Baked chicken  
Baked potato with margarine  
Zucchini with onions  
Salad with oil and vinegar  
Roll  
Apple  
Beverage



### Snack:

Fruit Ice  
Graham crackers

### Ideas:

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## Additional Guidelines

### Cooking

- Omit or reduce the salt in recipes, except those using yeast
- Take the salt shaker off the table and stove
- Try low sodium baking powder and use plain flour (not self-rising flour) when baking
- For Kosher/processed meats: soak in water one hour before cooking, discard water, and cook in fresh water. Discard water again.
- Use oil instead of margarine or butter in recipes.
- Experiment with herbs and spices for seasoning.

### Smart Shopping

- Buy fresh/frozen foods when possible. (Processed foods have more sodium.)
- Choose fresh, plain, frozen or canned vegetables without added salt.
- Read labels. Use the Nutrition Facts panel to compare similar products.
- Understand labeling claims:
  - Light in sodium-50% less sodium per serving
  - Sodium free-less than 5 mg sodium per serving
  - Very low sodium-35 mg or less sodium per serving
  - Low sodium-140 mg or less sodium per serving

### Eating Out

- Eat out less often (Food from restaurants and fast food outlets tend to be high in sodium and fat.)
- Watch portion sizes.
- Ask questions. Explain what you need.
- Ask to leave out the salt or MSG.
- Limit batter-fried foods.

#### Possible Substitutions

- A lemon wedge for salad or fish
- Baked potato or sliced tomatoes instead of fried, salted potatoes.
- Fruit, gelatin, sherbet, sorbet instead of baked goods for desserts.
- Order sauces, gravies, and salad dressings on the side so you can control the amount.
- Order plain, broiled, roasted, grilled, or steamed foods instead of breaded or fried.

For More Information: Ask your dietitian for more information on the "Sodium Content of Foods." Copyright 2005 Media Partners, Inc. [www.mediapartnersinc.com](http://www.mediapartnersinc.com)