

Low Salt Diet 2 Gram Sodium or 2000 milligram Sodium Diet

<u>FOOD GROUPS</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	Milk and milk drinks (limit to 2 cups daily), coffee, tea, decaffeinated coffee, carbonated beverages, Low Sodium V-8 juice, Buttermilk (limit to 1 cup per day).	Tomato juice or V-8 Juice
Breads	3-4 servings of white, whole wheat, rye or French bread, melba toast, graham crackers, yeast rolls, unsalted crackers. Limit to 1 serving per day of pancakes or waffles.	Over 4 servings of regular bread, rolls, salted crackers. Over 1 serving of quick breads made with baking powder, baking soda, or self-rising flour.
Cereals	All cooked or dry cereals, barley, cornmeal, and cornstarch.	None
Desserts	All prepared desserts without excess salt or sodium, limit baked desserts with baking powder or baking soda to 1 serving per day.	No excessively salted desserts.
Fats	Avocado, butter, margarine, cream, shortening or cooking oil, mayonnaise, unsalted nuts, and unsalted salad dressing.	Salted nuts, olives, bacon fat, salt pork.
Meat & Meat Substitutes	6 oz. total: beef, poultry, lamb, liver, fresh pork, veal, fresh, frozen or canned unsalted fish. Peanut butter, cottage cheese. Dried beans and peas cooked without salt, one egg.	Salty or smoked meat, fish, or poultry such as: bacon, chipped or corned beef, frankfurters, ham, kosher meats, salt pork, sausage, canned fish. Processed cheese, cheese spreads.



FOOD GROUPS**FOODS ALLOWED****FOODS TO AVOID****Potatoes & Substitutes**

Potatoes, rice, macaroni, noodles, spaghetti, sweet potatoes, unsalted popcorn.

Potato chips or corn chips. Salted popcorn, seasoned rice or pasta mixtures.

Soups

Unsalted broth, vegetable or cream soups.

Canned soups, regular broth, bouillon or consommé

Vegetables & Vegetable Juices

1-2 servings fresh, frozen, canned or dried vegetables.

Tomato juice, sauerkraut or other vegetables prepared in brine.

Miscellaneous

Cornstarch, gelatin, baking soda (for baking only), yeast, chili powder, cinnamon, cloves, cocoa, coconut, ginger, dry mustard, nutmeg, oregano, paprika, parsley, pepper (all kinds), pimento, saccharin, salt substitute, vinegar, vanilla extract, Tabasco, mustard (1 Tbsp.), catsup (1 Tbsp.).

Regular bullion cubes, catsup, celery salt, garlic salt, horseradish (prepared with salt), meat tenderizers, monosodium glutamate, prepared olives, pickles, relishes, salt, soy sauce, Worcestershire sauce.

TIPS:

- Salt can be omitted or decreased in most recipes for baked goods.
- Season vegetables with herbs, spices, or lemon juice instead of ham, bacon, or salt pork.
- Use convenience foods and processed meats sparingly or buy low-sodium, reduced-sodium, or salt-free varieties.
- Choose frozen dinners with less than 500-mg sodium per serving.
- Read food labels carefully searching for high-sodium ingredients such as: salt, sodium chloride, monosodium glutamate, brine, or broth.
- Many non-prescription medications contain sodium. Make sure you read the label or ask your pharmacist
- Remember to avoid adding salt to your food. 1 teaspoon of table salt = 2000mg sodium

