



COMMUNITY HOSPITALS AND WELLNESS CENTERS

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MEDICAL NUTRITION THERAPY

2000 MILLIGRAMS SODIUM RESTRICTED DIET

NAME: _____

DIETITIAN: _____

PHONE: _____

DATE: _____

LOW SODIUM DIET

Sodium restricted diets are used to control hypertension, edema, congestive heart failure, liver disease and renal disease.

Sodium is a mineral that is found in most plants and animals that we consume as food. The kidneys work to eliminate any sodium that the body does not need. In certain illnesses, however, the extra sodium stays in the body along with fluid and may result in edema, which may be harmful to the patient with renal or cardiovascular disease. To help prevent this accumulation of sodium and water in the body, sodium in the diet is provided in amounts the body needs to maintain a balance of sodium and water.

Salt and sodium is not the same thing. The most concentrated source of sodium is table salt, which contains 575 mg sodium in 1/4 teaspoon. Baking soda and baking powder also contain high levels of sodium.

As a general rule, the more processing a food has gone through, the higher the sodium content. Canned sauces, vegetables, soups, stews and convenience foods are all high in sodium content.

Certain types of medications contain sodium. Always check with your physician before using any unprescribed medicine. Some medicines that contain sodium are: antacids, alka seltzer, cough medicines, laxatives, pain relievers, toothpastes and mouth washes.

In a sodium restricted diet, you should not use any type of salt, including garlic or onion salt, in the preparation of food, nor use any salt at the table. You will also need to read food labels carefully in order to avoid sodium additives.

AVERAGE SODIUM VALUES OF SELECTED FOODS

<u>FOOD</u>	<u>SERVING SIZE</u>	<u>SODIUM (mg)</u>
Bacon	1 strip	140
Sausage	1 link	170
Ham	1 oz.	370
Hot Dog	1	640
Egg	1	62
Peanut Butter	2 Tbsp.	155
Ice Cream	1/2 cup	53
Milk - Skim	1 cup	126
Margarine	1 Tbsp.	95
Cottage Cheese	1/2 cup	457
Cheddar Cheese	1 oz.	176
American Processed Cheese	1 oz.	406
Canned Soup 1000	1 cup	600-
Potato Chips	1 oz.	361
Popcorn - Microwave	3 cup	190
Tomato Juice	6 oz.	658
Salad Dressings	1 Tbsp.	50-300
Ketchup	1 Tbsp.	178
Soy Sauce	1/4 cup	3074
Roasted Peanuts	1 oz.	228
Dill Pickle	1 slice	77
Frozen Dinner	1 meal	600-1800

HERBS AND SPICES FOR LOW SODIUM DIETS

Perhaps your physician has restricted the salt (sodium) in your food. Now is the time to be adventurous and try some of the herbs, spices, and seasonings you may not have used before. Go lightly -- a little goes a long way. Enhance the food flavor -- don't overwhelm it! Don't limit yourself to one or two -- experiment with several. Here are suggestions for a start:

ALLSPICE	ground meats, stews, tomatoes, peaches
ALMOND EXTRACT	puddings, fruits
BASIL	egg, fish, lamb, ground meats, liver, stews, salads, soups, sauces, fish cocktails
BAY LEAVES	meats, stews, poultry, soups, tomatoes
CARAWAY SEEDS	meats, stews, soups, salads, breads, cabbage, asparagus, noodles
CHIVES	salads, vegetables, sauces
CIDER VINEGAR	salads, vegetables, sauces
CINNAMON	fruits (especially apples), breads, pie crusts
CURRY POWDER	meats (especially lamb, chicken, fish) tomatoes, tomato soup
DILL	fish sauces, soups, tomatoes, salads, macaroni
GARLIC	(not garlic salt) meats, soups, salads, vegetables, tomatoes
GINGER	chicken, fruits
LEMON JUICE	meats, fish, poultry, salads, vegetables
MACE	hot breads
MUSTARD	(dry) ground meats, salads, sauces
NUTMEG	fruits, cottage cheese, pie crust, potatoes
ONION	(not onion salt) meats, vegetables, salads
PAPRIKA	meats, fish, stews, sauces, soups, vegetables
PARSLEY	meats, fish, soups, salads, sauces, vegetables
PEPPERMINT EXTRACT	puddings, fruits
PIMENTO	salads, vegetables, casserole dishes
ROSEMARY	chicken, veal, meat loaf, beef, pork, sauces, stuffing, potatoes
SAGE	meats, stews, biscuits, tomatoes, green beans
SAVORY	salads, egg dishes, pork, ground meats, soups, green beans, squash, tomatoes, peas
THYME	eggs, meats (especially veal, pork), sauces, soups, tomatoes

FOOD	FOODS ALLOWED	FOODS TO AVOID
Milk	Low sodium milk (as desired), 2 cups per day of regular whole, low fat or nonfat milk; unsalted buttermilk, evaporated or dry milk (reconstituted), yogurt	Salted buttermilk, chocolate milk, malted milk, eggnog, milkshakes, Dutch process cocoa drinks or mixes, all other kinds of milk including sweetened and condensed
Meat, Poultry, Fish, Cheese & Meat Substitutes	6 oz. per day (cooked weight) – fresh beef, veal, pork, lamb, chicken, turkey, liver, fish, low sodium luncheon meats (such as Healthy Choice brand) Substitute for 1 oz. of meat: <ul style="list-style-type: none"> • 1 oz. low sodium cheese • ½ c. low sodium cottage cheese • ½ c. unsalted (dietetic pack) canned tuna or salmon • 2 T. low sodium peanut butter 	Brains or kidneys; salted, smoked, cured or canned meat, fish & poultry (bacon, sausage, ham, Canadian bacon, bologna, luncheon meats, frankfurters, corned beef, dried beef); shellfish, kosher meat, frozen fish fillets, frozen precooked meals, all regular cheeses, salted peanut butter, commercial vegetarian meat substitute
Egg	1 per day prepared any style without salt or 1 egg substitute per day prepared without salt	More than 1 egg or egg substitute per day
Breads (serving size = 1 slice)	Up to 4 servings per day of low sodium bread, low sodium crackers, corn tortillas, homemade hot breads made with low sodium baking powder and without salt, regular loaf breads (white, wheat, rye, sourdough & French), yeast rolls	Regular breads and yeast rolls in excess of allowed amounts; regular crackers, cornbread, biscuits, pancakes, waffles, flour tortillas & all other regular baked goods
Cereals & Starches (serving size = ½ c.)	As desired – Puffed wheat or rice, Shredded Wheat, other low sodium dry cereals; rice, spaghetti, macaroni & noodles cooked in unsalted water; unsalted popcorn, pretzels, chips, cornstarch	All other dry cereals, instant hot cereals, instant seasoned rice, noodles & stuffing mixes; salted popcorn, pretzels & chips; self-rising cornmeal or flour
Fruits (serving size = ½ c.)	3 or more servings per day of fresh, frozen, canned fruit or fruit juice; raisins, prunes	Fruits dried with sodium sulfite, crystallized or glazed fruit

Vegetables (serving size = ½ c.)	2-4 servings per day of fresh, frozen or unsalted canned vegetables; dried beans, split peas and lentils, low sodium tomato & V-8 juice	All regular canned vegetables, regular tomato & V-8 juice, sauerkraut & other pickled vegetables, instant mashed potatoes & potato mixes, frozen vegetables in sauces, frozen vegetables with salt
Fats (serving size = 1 tsp.)	Butter, margarine, cooking fats, oils, French dressing, oil and vinegar dressing, mayonnaise, cream & avocados. Limit to 2 T. per day of cream, sour cream, cream cheese or non-dairy cream.	Regular butter, margarine & mayonnaise in excess of allowed amounts; regular salad dressings, bacon fat, salt pork, gravies prepared from salted bouillon or instant mixes
Sweet & Desserts	As desired- sugar, honey, molasses, syrup, jam, jelly, hard candy, jelly beans, gumdrops, marshmallows; the following prepared with low sodium baking powder and without salt or baking soda: cookies, cakes, pies, cobblers, coffee cake; unflavored gelatin or flavored gelatin; custard & pudding prepared with cornstarch, tapioca or rice using part of milk & egg allowance; ½ c. sherbet & ice cream	Regular desserts in excess of 1 serving per day
Beverages	Coffee, tea, herb tea, decaffeinated coffee, Postum, Kool-Aid, lemonade, powdered fruit drink mixes, soda water, carbonated beverages with less than 20 mg sodium per serving, alcohol with physician's permission	Carbonated beverages with more than 20 mg sodium per serving, softened water, mineral water
Soups (serving size – ½ c.)	1-2 serving per day of unsalted homemade soup using foods allowed, low sodium bouillon or broth, commercial low sodium soups	Regular (salted) bouillon or broth & commercial soups, soups using foods on avoid list

Miscellaneous	Salt substitute with physician's permission, fresh or dried herbs & spices, Mrs. Dash, vinegar, pepper, low sodium catsup, low sodium mustard, mustard powder, vanilla & other flavoring extracts, cream of tartar, yeast, sodium free baking powder, unsalted nuts	Salt (in cooking or added to food), "lite salt" seasoning salts (celery, garlic, onion, lemon pepper); regular catsup, prepared mustard, Worcestershire sauce, soy sauce, teriyaki sauce, BBQ sauce, chili sauce, MSG, olives, pickles, relish, salted nuts, meat tenderizer
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SAMPLE DAILY MEAL PLAN

Breakfast

½ c. orange juice
 ½ c. SF oatmeal
 1 SF scrambled egg
 2 slices toast
 2 tsp. margarine
 1 c. low fat milk
 pepper
 1 tsp. sugar
 jelly
 coffee or tea

Lunch

3 oz. SF roast beef
 ½ c. SF mashed potatoes
 ½ c. SF green beans
 Jell-o salad
 1 fresh apple
 1 slice bread
 1 tsp. regular margarine
 1 tsp. sugar
 pepper
 tea

Dinner

3 oz. baked chicken
 ½ c. SF sweet potatoes
 ½ c. SF peas
 Tossed green salad with
 French dressing
 1 slice apple pie
 1 slice bread
 1 tsp. margarine
 1 c. low fat milk
 1 tsp. sugar
 pepper
 tea

SF = salt free

Diet as designed provides approximately 1740 mg. sodium. Regular fats or other foods may be added to increase sodium level.