



## SODIUM RESTRICTED DIET

*Guidelines to help you reduce sodium intake in your diet*

|  |                      |                      |
|--|----------------------|----------------------|
| <b>DO NOT ADD SALT TO FOOD AT TABLE</b>  |                      |                      |
| One Teaspoon Salt = 2300mg sodium (daily allowance)  |                      |                      |
| <b>EAT OUT TO DINNER LESS FREQUENTLY</b>   |                      |                      |
| <b>THINK FRESH</b>   |                      |                      |
| Sodium is added to many foods during processing. For example, fresh vegetables have significantly less sodium than canned ones and fresh meat has less sodium than smoked or cured ones.               |                      |                      |
| <b>AVOID PROCESSED FOODS</b>   |                      |                      |
| <b>Convenience foods:</b> TV dinners, diet dinners, frozen meals with sauces   |                      |                      |
| <b>Cured, smoked, or dried meat or fish:</b> bacon, ham, sausage, salted pork, smoked tongue, dried chipped beef, caviar, lox, salted /dried cod, herring  |                      |                      |
| <b>Prepared Luncheon Meats and Processed Cheeses:</b> commercial cold cuts, corned beef, pastrami, salami, hotdogs, cheese, cheese spreads, and dips.  |                      |                      |
| <b>Canned Products:</b> soups, broth, vegetables, baked beans, sardines, anchovies   |                      |                      |
| <b>Prepared gravies, sauces, mixes, vegetable juices and seasoned products:</b> Meat tenderizer, seasoned bread crumbs, croutons, stuffing mix, dehydrated soups, rice and noodles mixes, tomato juice |                      |                      |
| <b>Pickled foods or Brined Food:</b> sauerkraut, pickles, olives, relish, pickled beets  |                      |                      |
| <b>Snack Foods:</b> potato chips, corns chips, pretzels, salted snack crackers, salted nuts  |                      |                      |
| <b>Fast Foods:</b> pizza with toppings, french fries, fried chicken, fried onion rings, items with sauces or cheese  |                      |                      |
| <b>AVOID THESE SEASONINGS HIGH IN SODIUM</b>   |                      |                      |
| Barbecue sauce   | Garlic salt          | Horseradish sauce    |
| Bouillon cubes   | Monosodium glutamate | Soy sauce            |
| ketchup  | Onion salt           | Steak sauce          |
| Chili sauce  | Prepared mustard     | Worcestershire sauce |
| <b>*Caution: Salt Substitutes- may contain potassium- Use Only with Physician Approval</b>   |                      |                      |
| <b>READ LABELS TO IDENTIFY HIGH SODIUM INGREDIENTS</b>   |                      |                      |
| Ingredients are listed in order with those present in the greatest amounts listed first. Look for low sodium, no salt added or unsalted products.  |                      |                      |
| <b>RINSE CANNED VEGETABLES AND FISH UNDER WATER</b>  |                      |                      |
| Rinse for 2-3 minutes to help reduce sodium content  |                      |                      |
| <b>PREPARE YOUR OWN LOW SODIUM CONVIENCE FOODS</b>   |                      |                      |
| Make large batches of soups, stew, casseroles, package and store in freezer  |                      |                      |