

RESTRICTED SODIUM DIET

Description: This is a regular diet modified to provide approximately 1,500 milligrams of sodium. Canned, cured and processed foods that contain large amounts of sodium are eliminated. Salt substitutes are eliminated. The diet is nutritionally adequate.

FOOD GROUPS

Meat, Eggs, Cheese

Milk

Breads, Cereals, Starches

Vegetables

Fats

Miscellaneous

FOODS TO AVOID

Canned, cured or processed meats; ham, bacon, sausage, salt pork, hot dogs, Vienna sausage; luncheon meats; corned beef; *canned seafood; potted meats; TV dinners; pizza; pot pies; canned meat dinners; Chinese, Italian or Mexican foods; chipped beef; *peanut butter; *processed cheese, cheese spreads; Roquefort and camembert.

Buttermilk limited to 1 cup a day.

Breads, rolls and crackers with salt toppings, salted popcorn, *pretzels, corn chips and *snack chips.

All canned vegetables except those labeled “Low Salt” or “no Added Salt”

Salted nuts, olives, bacon, salt pork and fat back, *butter, *margarine

Garlic, celery or onion salt, *catsup, meat sauces, “lite salt”, pork skins, meat extracts, “meat tenderizers, MSG, relishes, *pickles, *mineral water, poultry seasonings, salad croutons, salt, baking soda, *baking powder, mustard; barbecue, *soy, chili, steak or worcestershire sauce, cooking wines, *canned, frozen or packaged soups, *bouillon, *commercial spaghetti sauce, *salad dressings, *tomato juice, *vegetable juice, “Fast Food” (i.e., burgers, fried chicken).

*Unsalted or low-sodium varieties may be used.

Note: To reduce sodium intake to 1,500 mg, limit breads and breakfast cereals to 3 servings per day. Additional servings may be used if they are low sodium.