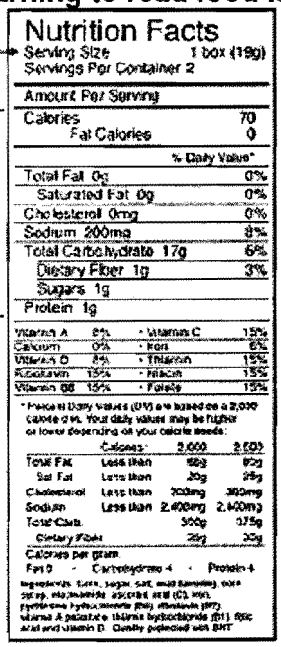
Low Salt Diet

Basic guidelines that will help you get started:

1. Control the sodium in your diet. Decrease the total amount of sodium you consume to 2,000 mg (2 g) per day.
2. Learn to read food labels. Use the label information on food packages to help you to make the best low-sodium selections.
3. Include high-fiber foods such as vegetables, cooked dried peas and beans (legumes), whole-grain foods, bran, cereals, pasta, rice and fresh fruit. Fiber is the indigestible part of plant food that helps move food along the digestive tract, better controls blood glucose levels, and may reduce the level of cholesterol in the blood. Foods high in fiber include natural antioxidants, which reduce the risk of cardiovascular disease. The goal for everyone is to consume 25 to 35 grams of fiber per day.

Learning to read food labels



Food labels are standardized by the U.S. government's National Labeling and Education Act (NLEA). Nutrition labels and an ingredient list are required on most foods so you can make the best selection for a healthy lifestyle. Review the food label below. If you do not know how much total sodium is in this product, ask your dietitian, or health care provider, to show you how to read food labels and apply the information to your personal needs.

- **A.** The serving size represents the typical amount eaten by an adult.
- **B.** The sodium content is listed on the food label per serving size. Ignore the % daily value and focus on the amount of mg sodium per serving. Decrease the total amount of sodium you consume to 2,000 milligrams (mg) or 2 grams (g) per day.

Low sodium = 140 mg or less per serving

No sodium = less than 5 mg per serving

Sodium guidelines: Foods to choose

Protein - choose 2-3 servings per day

•2-3 ounces of fresh or frozen fish, shellfish, meat (beef, veal, lamb, pork) or poultry
•1/2 cup cooked dried beans or peas
•1/2 cup low-sodium canned fish (such as salmon or tuna)
•1 low-sodium frozen dinner (less than 600mg sodium per meal) - Limit to one per day
•1 egg (no more than 3 whole eggs per week)

Dairy products - choose 2 or more servings/day

•1-1/2 ounces of low-sodium cheese
•1 cup milk (non-fat or 1% recommended)
•1/2 cup low-sodium cottage cheese
•1 cup soy milk

Vegetables and fruits - choose 5 or more servings/day

•1/2 cup fresh whole, chopped, cooked, frozen or canned fruit
•1/2 cup chopped, cooked, frozen or no-salt added canned vegetables
•1/2 cup low-sodium tomato juice or V-8 juice
•1/2 cup low-sodium tomato sauce
•1 cup raw leafy vegetables

Bread and grains - choose 6 or more servings/day

•Low-sodium breads, rolls, bagels and cereals (1 serving = 1 slice bread, 1 small roll, 1/2 bagel, 1/2 English muffin or a 4-inch pita
•1/2 cup pasta (noodles, spaghetti, macaroni)
•1/2 cup rice
•Low-sodium crackers (read label for serving size)

Sweets and snacks (include sparingly)

•1 ounce unsalted nuts
•1/2 cup low-sodium pretzels or chips
•3 cups popped low-sodium popcorn
•3 fig bars or gingersnaps
•1 slice angel food cake
•1 tbsp jelly or honey
•1 cup sherbet, sorbet or Italian ice; 1 popsicle
•8-10 jelly beans; 3 pieces hard candy

Fats, oils and condiments (use sparingly)

•Olive and canola oils
•Low-sodium butter and margarine
•Low-sodium soups
•Low-sodium salad dressing
•Homemade gravy without salt
•Low-sodium broth or bouillon
•Low-sodium catsup
•Low-sodium mustard
•Low-sodium sauce mixes

Other seasonings (can use freely)

•Lemon juice
•Vinegar
•Herbs and spices without salt

Sodium guidelines:

1. •Use fresh ingredients and/or foods with no salt added.
2. •For favorite recipes, you may need to use other ingredients and delete or decrease the salt added. Salt can be removed from any recipe except from those containing yeast.
3. •Try orange or pineapple juice as a base for meat marinades.
4. •Avoid convenience foods such as canned soups, entrees, vegetables, pasta and rice mixes, frozen dinners, instant cereal and puddings, and gravy sauce mixes.
5. •Select frozen entrees that contain 600 mg or less of sodium. *However, limit to one of these frozen entrees per day*. Check the Nutrition Facts label on the package for sodium content.
6. •Use fresh, frozen, no added salt canned vegetables, or canned vegetables that have been rinsed before they are prepared.
7. •Avoid mixed seasonings and spice blends that include salt, such as garlic salt.
8. •Don't use a salt substitute unless you check with your doctor first.