## FOODS FOR A LOW SODIUM DIET

**CHOOSE:**
- Low Fat Milk, Yogurt, Low-Sodium Cheese

**LIMIT:**
- Buttermilk, Cheese

### Fresh, Frozen, or Dried Fruit and Fruit Juice
- Canned Vegetables, Vegetable juice and Tomato Sauce, Sauerkraut, Pickles, Potato Salad, Instant Mashed Potatoes, Canned Beans, Olives
- Dessert and Quick Breads, Biscuits, Muffins, Cornbread, Waffles, Chips, Crackers, Instant Cooked Cereals

### Margarine, Polyunsaturated Oil, Unsalted Nuts, Seeds and Low sodium Peanut Butter
- Bacon Fat, Gravy, Cheese Sauce, Salted Nuts and Seeds

### Fresh Soups prepared without salt, Low Sodium Canned Soup
- Canned, Packaged, or Frozen Soup, Broth or Bouillon

### Herbs, Spices, Lemon Juice, Salt Substitute, Low Sodium Catsup, Tabasco Sauce, Vinegar
- Seasoned Salt, Sea Salt, Lite Salt, Garlic Salt, Onion Salt, Monosodium glutamate (MSG), Barbecue Sauce, Soy Sauce, Salsa, Taco Sauce, Teriyaki Sauce

### Fresh Low Fat Meat, Poultry or Fish
- Canned or processed meat, fish or poultry including Ham, Canadian Bacon, Bacon, Smoked Turkey, Hot Dogs, Corned Beef, Bologna, Tuna, Sardines, Anchovies,

## LOW SODIUM GUIDELINES:

Sodium is an important mineral needed by the body to help control water balance. A diet which is low in sodium may help lower your blood pressure.

It is necessary to have some sodium in your diet, but since it is found in so many foods, sodium deficiencies are very rare. Most Americans eat ten times the amount of sodium they actually need. Dietary recommendations call to limit sodium to 2,400 milligrams per day. A low sodium diet is usually defined as 2,000 milligrams or less of sodium per day.