

## PATIENT INFORMATION

### FOODS FOR A LOW SODIUM DIET

#### CHOOSE:

Low Fat Milk, Yogurt,  
Low-Sodium Cheese

Fresh, Frozen, or Dried  
Fruit and Fruit Juice

Fresh, Frozen or Low-Sodium  
Canned Vegetables and Vegetable Juice

Bread, Cereal, Grains, Pasta,  
Low Sodium Crackers

Margarine, Polyunsaturated Oil, Unsalted  
Nuts, Seeds and Low sodium Peanut Butter

Fresh Soups prepared without salt,  
Low Sodium Canned Soup

Herbs, Spices, Lemon Juice, Salt Substitute,  
Low Sodium Catsup, Tabasco Sauce,  
Vinegar

Fresh Low Fat Meat, Poultry or Fish

#### LIMIT:

Buttermilk, Cheese

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

Bacon Fat, Gravy, Cheese Sauce,  
Salted Nuts and Seeds

Canned, Packaged, or Frozen Soup,  
Broth or Bouillon

Seasoned Salt, Sea Salt, Lite Salt, Garlic Salt, Onion Salt,  
Monosodium glutamate (MSG), Barbecue Sauce,  
Soy Sauce, Salsa, Taco Sauce, Teriyaki Sauce

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.