

MILD SODIUM RESTRICTED DIET



Sodium is found in most foods we eat. It may be natural or added during processing or cooking. To know if prepared foods have sodium added, read their food label. Look for words such as salt and sodium. The following will help you identify foods that are high in sodium. It also provides easy guidelines to help you limit your sodium intake.

MEATS, POULTRY, FISH, EGGS AND MEAT SUBSTITUTES

CHOOSE

- Tuna, canned, drained, and rinsed
- Meat, fresh poultry...fresh, frozen and cooked without salt
- Peanut butter
- Eggs
- Egg substitutes

DO NOT CHOOSE

- Smoked or dried meats and fish such as: anchovies, smoked fish, chipped beef, pickled herring, caviar, canned shrimp

CHEESE

CHOOSE

- Low sodium cheeses such as: Alpine Lace® sliced cheeses
- Cottage Cheese (limit to ½ cup serving per day)
- Swiss
- Mozzarella
- Provolone

SOUPS

CHOOSE

- Low sodium based broths and soups

DO NOT CHOOSE

- Regular soup, broth, or bouillon cubes

VEGETABLES

CHOOSE

- No salt added canned vegetables
- Canned vegetables, drained and rinsed
- Frozen vegetables
- Low sodium vegetable juices

DO NOT CHOOSE

- Foods packed in brine: pickles, pickled vegetables, olives, sauerkraut

OPTION

LIMIT TO 1 SERVING PER DAY FROM THIS LIST

MEATS

- Hot dogs
- Cured pork products
- Cold cuts
- Luncheon meats
- Corned beef

CHEESE

- Processed cheeses: American cheese, cheese spread, cheese food, other processed cheeses

VEGETABLES

- Tomato or vegetable juice cocktail
- Baked beans
- Vlasic® Half the Salt pickles

SOUPS

- Campbell's Healthy Requests®, Healthy Choices®



MORRISON

FRUITS AND JUICES

ALL ARE ACCEPTABLE

MILK AND YOGURT

ALL ARE ACCEPTABLE

BREADS/SNACK FOODS

CHOOSE

- Yeast breads
- Unsalted top crackers
- Bagels, bread, English muffins, quick breads, cereal (dry, regular, or quick)
- Popcorn, unsalted
- Weight Watcher's® microwave popcorn
- Pasta noodles or rice, cooked without salt

DO NOT CHOOSE

- Bagels with salt topping
- Salty crackers
- Toaster pastries
- Salted snack foods: chips, peanuts, popcorn, pretzels
- Bread stuffing from mix

CONVENIENCE FOODS

CHOOSE

- Frozen dinners with 600 mg sodium or less such as: Healthy Choices®, Light & Right®
- Single food items with 250 mg sodium or less per serving such as: vegetables, potatoes, pasta
- Pudding mix (not instant)

DO NOT CHOOSE

- Canned entrees: stew, chop suey, spaghetti
- Frozen vegetable dishes with sauces
- Mixes for: stuffing, rice, breading, gravies, sauces, potatoes, pasta
- Instant pudding
- Tomato sauce

SEASONINGS

CHOOSE

- Lawry's® Seasoned Salt Free 17
- Bell's® seasoning
- Kroger's® lemon herb or original herb seasoning
- Adolf's® no salt added, no MSG meat tenderizer
- Low sodium barbecue sauce

Consult your physician and dietitian before using a salt substitute.

DO NOT CHOOSE

- Seasoning mixes or herb/spice blends containing salt
- Meat tenderizer
- Monosodium Glutamate (MSG)
- Soy sauce
- Salt (Very light salting of food at the table or in cooking is okay.)

You may want to place a 1/4 teaspoon salt in an empty saltshaker and use no more than that amount each day.

EATING OUT

Today, many restaurants provide nutrition information about their menu items. Since most fast foods and ethnic foods (Chinese, Mexican, Italian) are high in sodium, ask to see this information before making a selection. Choose entrees or sandwiches that contain 800 mg or less of sodium. Try to limit your visits to such restaurants to once a week. Upon request, some fast food restaurants will accommodate your needs, such as leaving the salt off your french fries. Another choice is to order a salad and add a squeeze of lemon instead of salad dressing, which is generally high in sodium. At restaurants that prepare foods "made to order", ask that your meal be prepared without salt or MSG.

