Sodium-Controlled Diet

2,000 milligrams (90 mEq) (2 grams)

Sodium, a mineral, is abundant in many foods. Sodium may be found naturally, or it may be added during the processing of a food. The most common is salt, which is composed of sodium chloride. Reducing your sodium intake involves changing your eating behavior.

The following guidelines will help you reduce the sodium in your diet:

1. Stop using the salt shaker.
2. Omit salt in cooking and baking
3. Substitute sodium-free seasonings and spices (ex: Mrs. Dash)
4. Use a salt substitute (potassium chloride) only with a doctor's permission.
5. Include a variety of fresh, unprocessed foods in your diet.
6. **Use the general guidelines listed below, or monitor your sodium intake using the milligram (mg) or the point system listed in the Sodium Counter (available from your dietician).**

Allowed/Recommended Foods	Avoid/Use Sparingly
Starches/Breads (6 servings or more) Three slices of regular bread (or the equivalent) per day. Salt-free breads, rolls, and crackers. **Cereals** Any cooked cereal prepared without salt. Any dry cereals. **Potatoes/Pasta/Rice** Fresh, frozen, or canned without salt or sodium: potatoes, rice, spaghetti, noodles, barley, macaroni, etc. Salt-free potato chips or other snacks. Unsalted popcorn.	**Starches/Breads** More than three slices per day of sodium-containing breads, rolls, or crackers. Self-rising flours; mixes containing salt or sodium. **Cereals** Do not add salt when cooking hot cereal. **Potatoes/Pasta/Rice** Prepared potato products or substitutes containing salt or sodium, or any prepared with the addition of salt. Salted snack foods. Salted popcorn.
Vegetables (3 servings or more) Fresh, frozen, and low-sodium canned vegetables. Low-sodium vegetable juices.	**Vegetables** Any vegetables or vegetable juices canned with salt or sodium, including those prepared in cream or cheese sauces. Sauerkraut. Pickled vegetables.
Fruit (2 servings or more) All fruits and juices.	**Fruit** None.

Meat & Substitutes (2 servings up to 6 oz. total) 6 oz. (cooked weight) per day of any fresh or frozen meat, poultry, fish, or shellfish prepared without salt, sodium or breading. Low-sodium canned tuna and salmon. One egg may be used for 1 oz. of meat. Low-sodium cheese. Low-sodium peanut butter or unsalted nuts. Dried peas and beans with no salt added.	**Meat & Substitutes** Salted, smoked, cured, pickled, or canned meats, poultry, or fish (such as bacon, ham, corned or chipped beef, frankfurters, luncheon meats, meats Koshered by salting, salt pork, sausage, anchovies, herring, caviar, sardines, canned tuna, canned salmon). Breaded meat, poultry, fish, and shellfish. All other cheese. Regular (salted) peanut butter or salted nuts.
Milk (2 cups or the equivalent) Skim, low-fat, whole, chocolate, milk. Cocoa, eggnog, yogurt.	**Milk** Buttermilk, malted milk, and milkshakes.
Soups & Combination Foods Low-sodium broth; low-sodium cream soups made from milk allowance and allowed foods. Commercial low-sodium soups.	**Soups & Combination Foods** Soups, broth, bouillon, or consommé containing salt or sodium. Prepared entrees containing salt or sodium.
Desserts & Sweets (in moderation) Gelatin desserts; sherbet; fruit ice. Baked goods made from allowed ingredients. Not more than one serving per day of sodium-containing pudding, custard, cake, cookies, pie, or ice cream. Sugar, honey, molasses, syrup, jam, jelly, marmalade, candy, marshmallows.	**Desserts & Sweets** More than one serving per day of sodium-containing desserts. All sweets containing salt or sodium.
Fats & Oils (Up to 5 tsp. salted) Up to 5 teaspoons per day of salted butter, margarine, or mayonnaise. Salt-free butter or margarine. Vegetable shortening, oil, lard, low-sodium salad dressing. Cream, sour cream, liquid or dry cream substitutes.	**Fats & Oils** More than 5 teaspoons of salted butter, margarine, or mayonnaise. Sodium-containing salad dressing; bacon fat; tartar sauce. Gravy mixes or canned gravy. Chip dips.
Beverages Fruit drinks, cereal beverages, coffee (regular or decaffeinated), tea, herbal tea. Carbonated beverages.	**Beverages** None.
Condiments/Miscellaneous Herbs, spices, flavoring extracts, cream of tartar, vinegar, and yeast. Semi-sweet & baking chocolate; cocoa. Low-sodium catsup; low-sodium baking powder, low-sodium chili sauce. Low-sodium mustard; low-sodium soy sauce.	**Condiments/Miscellaneous** Salt, flavored salts, monosodium glutamate, poultry seasoning. Prepared horseradish, meat sauces, meat tenderizers, pickles, relish, olives, soy sauce, Dutch processed cocoa. Regular catsup, mustard, chili sauce, salsa. Baking powder or baking soda. “Light” salt.

Sample Meal Pattern:

Breakfast	Noon Meal	Evening Meal
6 oz. fruit juice, ½ cup canned fruit, or 1 serving of fresh fruit 1 cup cereal or 1 egg 1 slice toast 1 tsp. margarine or butter 1 cup low-fat milk Coffee, tea	2 oz. lean, unsalted ground beef Hamburger bun Low-sodium catsup and mustard 1 cup tossed salad 1 tbsp. low-sodium salad dressing 1 serving fresh fruit or ½ cup canned Coffee, tea	3-4 oz. unsalted baked chicken ½ cup unsalted potato, rice, or pasta 1 slice of bread 1-2 tsp. margarine or butter ½ cup vegetables, fresh, frozen, or low- sodium canned 1 cup low-fat milk Coffee, tea

Low-Sodium Recipe:

No Salt Herb Seasoning

3tzp garlic powder
½ tsp cayenne pepper (less if you prefer it not as spicy)
1 tsp basil
1 tsp majoram
1 tsp thyme

1 tsp dried parsley flakes
1 tsp savory
1 tsp ground mace
1 tsp onion powder
1tsp ground black pepper
1 tsp sage

Mix together. Process in blender or food processor
until consistency of salt.

Seasoning Alternatives to Salt:

Allspice: Use with beef, fish, beets, cabbage, carrots, peas, fruit.
Basil: Use with beef, pork, most vegetables.
Bay Leaf: Use with beef, pork, most vegetables.
Caraway: Use with beef, pork, green beans, cauliflower,
cabbage, beets, asparagus, and in dips and marinades.
Cardamom: Use with fruit and in baked goods.
Curry: Use with beef, chicken, pork, fish, green beans, carrots
and in marinades.
Dill: Use with beef, chicken, green beans, cabbage, carrots, peas, dips.
Ginger: Use with beef, chicken, pork, green beans, cauliflower,
eggplant.
Marjoram: Use with beef, chicken, pork, green beans, cauliflower, and egglplant.
Rosemary: Use with chicken, pork, cauliflower, peas and in marinades.
Thyme: Use with beef, chicken, pork, fish, green beans, beets, carrots.
Sage: Use with chicken, pork, eggplant and in dressing.
Tarragon: Use with fish, chicken, asparagus, beets, cabbage,
cauliflower and in marinade

Where to Find Sodium Content Information on a Nutrition Label

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 3g	
Cholestrol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,00 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Tracking the Sodium in Your Diet

To find out how much sodium you are eating, keep a record of everything you eat and drink for four days. Do not forget to include snacks.

You can use the chart below to track what you eat.

If you don’t know the sodium content of a particular food, write the food down anyway. Your nurse or dietician will work with you to estimate sodium content. You can also look up the sodium content of foods on the internet.

Add up the amount of sodium you ate each day. If you find that you are more than 2,000 mg of sodium each day, look at each item on the list to figure out which foods caused the trouble. Think about where you might be able to cut down on sodium.

You can also review the list of what you ate with your nurse, doctor, or dietician to find out how your sodium intake compares with what is best for you.

Tracking the Sodium You Eat

Keep a record of everything you eat and drink for four days of typical eating. Review your chart with your nurse or dietician to be sure that you are not consuming too much sodium.

	Breakfast	Lunch	Dinner	Snacks
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				