



# LOW-SODIUM (2-3 GRAMS) DIET

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## What Is Sodium?

Many foods and beverages contain sodium, a mineral that plays a role in blood pressure and fluid retention in the body. The main source of sodium in the diet is table salt (sodium chloride).

## What Is a Low-Sodium Diet?

Your doctor has asked you to follow a low-sodium diet. This diet limits your sodium intake to 2000-3000 mg (2-3 grams) daily. You must avoid foods containing large amounts of sodium, either naturally or because of processing and preparation. You also need to avoid using salt in cooking and adding salt to foods at the table.

The chart on the following pages shows some foods to use and to avoid on this diet. The list is not comprehensive. If you have questions about any food, please ask your dietitian.

## Sample Food Label

<b>Nutrition Facts</b>	
<b>1</b> →	Serving Size 1 cup (228 g) Servings Per Container 4
<b>Amount Per Serving</b> Calories 250    Calories from Fat 110	
	% Daily Value*
Total Fat	12g                      18%
Saturated Fat	3g                        15%
Trans Fat	0g
Polyunsaturated Fat	3g
Monounsaturated Fat	3g
Cholesterol	0g
<b>3</b> →	Sodium 120 mg

1. What is the serving size? (See **1** above.)
2. How many servings did you eat?
3. What is the total sodium per serving? (See **3** above.)
4. Multiply the answers to questions 2 and 3 to calculate the total grams of fat. For example, two servings (2 cups of food) x 120 mg sodium = 240 mg sodium.

Food Group	Allowed	Avoid
<p><b>Bread and starches</b></p> <p>Limit to _____ servings per day (5 to 125 mg sodium per serving)</p> <p>One serving equals:</p> <ul style="list-style-type: none"> <li>1 slice or 1 ounce of bread</li> <li>1/3 cup rice</li> <li>1/2 cup pasta</li> <li>3/4 -1 ounce of snack food</li> <li>3/4 cup cold cereal</li> <li>1/2 cup cooked cereal</li> <li>5 - 6 crackers</li> <li>1 CD-sized waffle or pancake</li> </ul>	<ul style="list-style-type: none"> <li>Bread, any type</li> <li>Bun, hot dog or hamburger</li> <li>Cereal, cold</li> <li>Cereal, hot, cooked without added salt</li> <li>Cookies</li> <li>Corn chips, unsalted</li> <li>Cornbread</li> <li>Crackers, unsalted</li> <li>Danish</li> <li>Dinner roll or hard roll</li> <li>Doughnut</li> <li>English muffin</li> <li>French toast</li> <li>Muffin</li> <li>Pancake</li> <li>Pasta</li> <li>Pita</li> <li>Popcorn, unsalted</li> <li>Potato</li> <li>Rice</li> <li>Rice Cake</li> <li>Tortilla, corn or flour</li> <li>Waffle</li> </ul>	<ul style="list-style-type: none"> <li>Bagel</li> <li>Cereal, instant hot</li> <li>Cheese puffs</li> <li>Chips, salted</li> <li>Crackers, salted</li> <li>Granola</li> <li>Noodle or rice dishes, packaged and preseasoned</li> <li>Popcorn, salted</li> <li>Pork rinds, salted</li> <li>Potato, instant</li> <li>Pretzels, salted</li> <li>Stuffing, packaged</li> </ul>
<p><b>Milk and dairy products</b></p> <p>Limit total dairy to three servings per day; limit cheese to one ounce per day (160 mg sodium per serving)</p> <p>One serving equals:</p> <ul style="list-style-type: none"> <li>1 cup milk</li> <li>1/2 cup ice cream</li> <li>1/4 cup cottage cheese</li> <li>1 thin slice cheese</li> </ul>	<ul style="list-style-type: none"> <li>Cheeses: Brie, Cheddar, Colby, Monterey Jack, Mozzarella, Ricotta, Swiss, any cheese labeled “unsalted” or “low-sodium”</li> <li>Chocolate milk</li> <li>Cream: half-and-half, heavy, sour, or whipped</li> <li>Eggnog</li> <li>Hot chocolate</li> <li>Ice cream</li> <li>Milk: skim, 2%, or whole</li> <li>Soy milk</li> <li>Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Cheeses: American, Blue, Camembert, Edam, Feta, Gouda, Parmesan, Romano, any other cheese except those on “Allowed” list</li> <li>Buttermilk</li> <li>Cheese spreads</li> <li>Cottage cheese</li> <li>Evaporated milk</li> </ul>

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Food Group	Allowed	Avoid
<p><b>Meats and proteins</b></p> <p>Limit to _____ ounces cooked meat or substitute per day (30 mg sodium per ounce of meat)</p> <p>Foods may be fresh or frozen, prepared without salt</p> <p>One ounce equals:</p> <ul style="list-style-type: none"> <li>¼ cup tuna</li> <li>1 egg</li> <li>1 thin slice meat</li> </ul>	<p>Beef</p> <p>Chicken</p> <p>Eggs</p> <p>Fish</p> <p>Nuts, unsalted</p> <p>Peanut butter, no added salt</p> <p>Pork</p> <p>Turkey</p>	<p>Any canned, cured, corned, or salted meat, fish, or poultry</p> <p>Bacon</p> <p>Bologna</p> <p>Corned beef</p> <p>Ham</p> <p>Hot dogs</p> <p>Jerky</p> <p>Luncheon meats</p> <p>Nuts, salted</p> <p>Sausage</p> <p>Smoked oysters</p> <p>Smoked salmon</p>
<p><b>Vegetables</b></p> <p>Limit to _____ servings per day (70 mg sodium per serving)</p> <p>One serving equals:</p> <ul style="list-style-type: none"> <li>½ cup of any “Allowed” vegetable</li> </ul>	<p>Any unsalted fresh, frozen, or canned vegetables except those on the “Avoid” list</p> <p>Tomato juice, low-sodium</p> <p>Tomato paste, low-sodium</p> <p>Tomato sauce, low-sodium</p> <p>V-8 juice, low-sodium</p>	<p>Pickled vegetables</p> <p>Sauerkraut</p> <p>Tomato juice, not marked low-sodium</p> <p>Tomato paste, not marked low-sodium</p> <p>Tomato sauce, not marked low-sodium</p> <p>V-8 juice, not marked low-sodium</p>
<p><b>Fruits</b></p> <p>Limit to _____ serving(s) per day (trace amounts of sodium per serving)</p> <p>One serving equals:</p> <ul style="list-style-type: none"> <li>½ cup fruit pieces</li> <li>1 small whole fruit</li> <li>½ cup fruit juice</li> </ul>	<p>Any fresh, frozen, or canned fruit or fruit juices</p>	<p>Dried fruit processed with chemicals that contain sodium</p>
<p><b>Desserts</b></p> <p>Count milk-based desserts (for example, ice cream, frozen yogurt, or homemade puddings) in “Milk and dairy products”</p>	<p>Any commercially prepared or homemade dessert in moderation</p>	<p>Instant pudding</p>

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Food Group	Allowed	Avoid
<p><b>Soups</b></p>	<p>Homemade soups, made without salt Canned soup labeled “low-sodium” with 140 mg sodium or less per serving</p>	<p>Bouillon cube or instant bouillon crystals Canned soups with more than 140 mg sodium per serving</p>
<p><b>Miscellaneous</b></p> <p>One teaspoon table salt contains about 2400 mg of sodium.</p>	<p>Herbs and spices Lemon juice Lime juice Chili sauce, low-sodium Ketchup, low-sodium Lemon pepper, low-sodium Mustard, low-sodium Mrs. Dash Pepper Vinegars: cider, balsamic, and herbal</p>	<p>Celery salt Garlic salt Horseradish sauce Ketchup Lemon pepper Meat tenderizer Monosodium glutamate Mustard Olives Onion salt Pickles and pickle relishes Salt Steak sauce Soy sauce</p>