



## No Added Salt, Low Salt Diet 3,000-4,000 mg Sodium (Na+)

Sodium is an essential mineral needed for good health. Most people take in many times the amount needed daily. The extra sodium is usually filtered out by the kidneys. Under certain conditions the body retains too much fluid and is unable to filter it out, examples are Diseases such as High Blood Pressure, Congestive Heart failure and controlling edema (swelling caused from fluid retention).

### Basic Diet Principles:

1. Eliminate or limit salt use at the table or in cooking. 1 tsp salt adds apx. 2200 mg sodium.
2. Some medications, including over-the-counter preps for indigestion or excess acid, contain large amounts of sodium, ask your practitioner or pharmacist.
3. Incorporate principles of the DASH diet as much as you can.
4. Limit fast food restaurants and ask that other restaurants use no salt in preparation of your food when able.
5. Salt substitutes often are made from Potassium Chloride instead of Sodium Chloride so do not use without asking medical practitioner unless they are an herb based blend. Lite salt contains half regular salt. Limit use of these items.
6. Try to use water that has not been run through a water softener for your fluid needs or in cooking.
7. Read labels, look for amount of sodium per serving with a goal of consuming no more than 3000-4000 mg per day.

<b>Food Classification</b>	<b>Suggested Daily Servings</b>	<b>Recommended choices</b>	<b>Avoid or Limit Due to Na+ content</b>
Low fat or fat-free milk And milk products	2-3	Milk, cream, sour cream, non-dairy creamer, yogurt, low sodium cheese and low sodium cottage cheese.	Buttermilk, instant cocoa mixes, Cheese (1-2 oz per day okay), cheese foods and cheese spreads,
Vegetables	4-5	Fresh or frozen vegetables, low sodium versions of those under limited section.	Sauerkraut, any vegetables canned in brines, regular canned tomato products, high sodium packaged potato products, or any vegetables seasoned with ham, bacon or salt pork.
Fruits	4-5	Fresh, frozen or canned fruits and juices of all kinds.	Fruits dried with sodium sulfite, maraschino cherries
Grains and grain products	7-8	English muffins, white, wheat, pumpernickel, rye and other types of regular or unsalted bread or rolls, rice, pasta, low salt or unsalted crackers.	Breads, rolls or crackers with salted toppings, pretzels with salt, cheese puffs, corn chips, potato chips, high sodium frozen or packaged rice, macaroni or noodle mixtures, salted popcorn, instant hot cereals, commercial bread stuffing.
Meats, poultry	2 or less	Fresh or frozen meat,	Smoked, salted, cured, koshered meats

and fish	(2-3 oz portions)	poultry and fish, low sodium canned meats (tuna and salmon), eggs.	or fish such as bacon, bologna, chipped beef, hotdogs, ham, lunch meats, Canadian bacon, pickled meats, salt pork, sausage, anchovies, caviar, pickled herring, regular canned tuna, salmon, sardines, imitation crab or lobster, processed cheese, cheese spreads, or sauces, most commercial entrees, regular peanut butter in excess of 1 Tbls per day.
Nuts, seeds, and beans	4-5 a week		Low salt varieties of nuts, bean and bean dishes prepared with little to no salt.
Fats and Oils	2-3	Margarine, butter, mayonnaise, unsalted or low salt versions of marg, butter, salad dressing, gravies, cream sauces.	Salted gravy, bacon, salt pork, seasoned dips, salted nuts, limit salad dressings to 1 Tbls. Per day.
Sweets	5 per week	Gelatin, sherbet, fruit ices, pudding, ice cream, low salt or salt free baked goods, sugar, honey, jam, jellies, syrup. All other items made from allowed foods.	Those with salted nuts. Encourage use of those low in fat.
Fluids	6-8 cups	Low salt or salt free versions of broth, bouillon, consommé, and soups. Home prepared soup made with recommended ingredients. Coffee, tea, soft drink-carbonated beverages.	Commercially canned soups, bouillon, broths, or consommé, dehydrated soup or gravy mixes, bouillon cubes, granules, or packets. Carbonated beverages with more than 35 mg of sodium per serving, softened water.
Seasonings/ Condiments/ Sauces			Barbecue sauces, celery salt, garlic salt, onion salt, lemon pepper salt, seasoned salt, sea salt, meat tenderizer, flavor enhancers (MSG), steak sauce, regular soy sauce, teriyaki sauce, Worcestershire sauce, salsa, ketchup, mustard, chili sauce, miso dressing, imitation or real bacon bits, horseradish prepared with salt, most seasoned vinegars, salt substitute (unless approved by practitioner) Olives, pickles, relishes

**Source: 10<sup>th</sup> Edition Simplified Diet Manual,**