

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

2 Gram (2000 mg) Sodium Diet



- A low-sodium (salt) diet may help prevent build up of extra water in your body.
- This may be for high blood pressure, heart failure, kidney disease or other conditions in which swelling or fluid retention can occur.
- Even if you take a pill for blood pressure or a water pill (diuretic) to remove fluid, it is still important to have less salt in your diet.

You should usually avoid these items:

- **Salt** – ¼ teaspoon of table salt has almost 600 milligrams sodium. This is over ¼ of the amount you should have each day. If you *strictly* follow this diet, you may have 1/8 teaspoon to season food.
- **Processed foods**—salt is added in large amounts to some regular foods. Examples are:
 - canned foods—soups, stews, sauces, gravy mixes, and some vegetables
 - frozen foods—dinners, entrees, vegetables with sauces
 - snack foods—salted chips, popcorn, pretzels, pork rinds and crackers
 - packaged starchy foods—seasoned noodle or rice dishes, stuffing mix, macaroni and cheese dinner
 - instant cooking foods to which you add hot water and stir—potatoes, cereals, noodles, etc. (salt is added to make precooked foods absorb water faster)
 - Mixes—cornbread, biscuit, cake, pudding
 - meats and cheeses
 - deli or lunch meats—bologna, ham, turkey, roast beef, etc.
 - cured or smoked meats—corned beef, sausage of any kind (patty, link, Kielbasa, Italian, wieners or hot dogs), bacon*
 - canned meats—potted meats, spreads, Spam[®], Vienna sausage, etc.
 - cheeses—read labels and avoid those with more than 140 mg sodium per serving; examples are American cheese, Velveeta[®], Cheez Whiz[®], etc.
- **Condiments, Sauces and Seasonings**
 - mustard, ketchup, salad dressings, bouillon cubes or granules
 - sauces—Worcestershire, barbecue, pizza, chili, steak, soy, or horseradish sauce
 - meat tenderizer, monosodium glutamate
 - any seasoning that has “salt” in the name or on the label;

- avoid celery salt, garlic salt and onion salt; however, it is okay to have garlic or onion powder or flakes
- read labels carefully—lemon pepper often has salt
- pickles and olives

What can you use to season your food?

- Tart flavor—try lemon or lime juice, vinegar
- Hot flavor—peppers are low in sodium; hot sauce has salt, but if you use just a drop or two it will not add up to much
- Herbs and spices—onions, garlic, salt-free seasonings like Mrs. Dash®

Food Groups	Best Choices	Limit or Avoid
<p>Milk/Dairy (2 servings/day)</p> <ul style="list-style-type: none"> • One serving has ~ 150 mg 	<p>Milk (1 cup) Yogurt (1 cup) Low sodium cheese (1 oz) Ice cream (1 cup) Chocolate milk (1 cup) Cottage cheese, dry—non creamed Hard cheese like cheddar, Swiss, cheddar, Monterey jack, mozzarella (1 oz—150-200 mg)</p>	<p>Buttermilk (1 cup—300 mg) no other dairy foods if you drink 1 cup buttermilk Cottage cheese (1/2 cup—450 mg); wash it under cold water in a sieve to remove most of the sodium Cheese spread (2 Tbs—600 mg) Processed cheese (1 oz—375 mg)</p>
<p>Meat/Protein (Servings/day: 1 egg and two 3-oz servings of meat)</p> <ul style="list-style-type: none"> • One serving has 60 mg 	<p><u>Plain</u> meats, fish, and poultry are very low in sodium (~ 60 mg for 3 oz cooked meat). However, many raw meats now have added broth with sodium salts that make the meat hold moisture and taste juicy and tender. Read all meat labels! Choose a product with less than 5% of the DV for sodium. Eggs (1 large—60 g sodium)</p>	<p>Lunch meat (1 oz bologna—300 mg) Sausage (1 oz—360 mg) Deli ham (1 oz—360 mg) *Bacon (1 medium strip—127 mg) Turkey dark meat (4 oz “basted” — 350 mg)</p>
<p>Vegetables & Fruit</p>	<p>All unsalted fresh, frozen, or canned</p>	<p>Tomato juice (6 oz—490 mg) Sauerkraut (1/2 cup—470 mg)</p>

<ul style="list-style-type: none"> • One serving has only about 10 mg 	<p>Tomato or vegetable juice canned without salt (6 oz—20 mg)</p> <p>Tomatoes, tomato sauce canned without salt</p> <p>Fresh, frozen, canned fruits</p> <p>Fruit juices</p>	<p>Pickled vegetables</p> <p>No need to avoid any fruit—all are very low in sodium</p>
<p>Bread and Cereals (5 Servings/day)</p> <ul style="list-style-type: none"> • One serving has ~ 150 mg 	<p>These foods have almost no sodium and do not need to be counted in the 5 servings per day:</p> <ul style="list-style-type: none"> • shredded or puffed wheat, puffed rice • cooked cereals—regular or quick • plain rice or pasta • yeast bread made at home with no salt <p>Other ready-to-eat cereals with more than 5% DV for sodium – serving size is ½ cup (1 cup = 2 of your 5 servings/day)</p> <p>1 oz bread, roll, pita, tortilla, crackers</p>	<p>Instant hot cereals (1 cup cooked instant oatmeal—420 mg sodium)</p> <p>Ready-to-eat cereal (read label and choose less than 5% DV for sodium)</p> <p>Quick breads made with baking powder or baking soda (biscuit, pancake, waffle, muffin, etc)</p> <p>Crackers with salted tops</p>
<p>Desserts and Others</p>	<p>Fruit (trace sodium)</p> <p>Ice cream (50 mg sodium in ½ cup)</p> <p>Sherbet (90 mg sodium in 1 cup)</p> <p>Homemade pie made without salt</p> <p>Homemade pudding (count as milk serving)</p> <p>Unsalted nuts</p> <p>Butter or margarine (30-50 mg/tsp); buy the unsalted kind as it has almost no sodium</p>	<p>Commercial dessert mixes</p> <p>Cake (1 slice white, chocolate or angel food—250 to 300 mg)</p> <p>Pie (varies—up to 350 mg)</p> <p>Instant pudding (4 oz—320 mg)</p>

If you follow this diet strictly and avoid processed foods, the sodium content will be about 1500 mg/day. This will allow you to have about 1/8 tsp table salt to season your food. Use “lite” salt and you may have ¼ tsp.