

Salt Restriction Diet

FOODS YOU CAN EAT

- Anything fresh, including meats, vegetables and fruits

FOODS TO AVOID

- Anything out of a can
- Anything out of a jar
- Anything out of a box
- Anything frozen
- Anything preserved
- Anything pickled
- Anything cured
- Lunch meats
- Ketchup, mustard and soy sauce
- Pre-prepared salad dressings
- Note: Things in this category that expressly say are prepared without salt are OK.