

Prepared For:		Date:	
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Low-Sodium Nutrition Therapy

Eating less sodium can help you if you have high blood pressure, heart failure, or kidney or liver disease.

Your body needs a little sodium, but too much sodium can cause your body to hold onto extra water. This extra water will raise your blood pressure and can cause damage to your heart, kidneys, or liver as they are forced to work harder.

Sometimes you can see how the extra fluid affects you because your hands, legs, or belly swell. You may also hold water around your heart and lungs, which makes it hard to breathe.

Even if you take medication for blood pressure or a water pill (diuretic) to remove fluid, it is still important to have less salt in your diet.

Check with your primary care provider before drinking alcohol since it may affect the amount of fluid in your body and how your heart, kidneys, or liver work.

Sodium in Food

A low-sodium meal plan limits the sodium that you get from food and beverages to 1,500-2,000 milligrams (mg) per day. Salt is the main source of sodium. Read the nutrition label on the package to find out how much sodium is in one serving of a food.

- Select foods with 140 milligrams (mg) of sodium or less per serving.
- You may be able to eat one or two servings of foods with a little more than 140 milligrams (mg) of sodium if you are closely watching how much sodium you eat in a day.
- Check the serving size on the label. The amount of sodium listed on the label shows the amount in one serving of the food. So, if you eat more than one serving, you will get more sodium than the amount listed.

Tips

Cutting Back on Sodium

- Eat more fresh foods.
 - Fresh fruits and vegetables are low in sodium, as well as frozen vegetables and fruits that have no added juices or sauces.
 - Fresh meats are lower in sodium than processed meats, such as bacon, sausage, and hotdogs.
- Not all processed foods are unhealthy, but some processed foods may have too much sodium.
- Eat less salt at the table and when cooking. One of the ingredients in salt is sodium.
 - One teaspoon of table salt has 2,300 milligrams of sodium.
 - Leave the salt out of recipes for pasta, casseroles, and soups.
- Be a smart shopper.

- Food packages that say “Salt-free”, sodium-free”, “very low sodium,” and “low sodium” have less than 140 milligrams of sodium per serving.
- Beware of products identified as “Unsalted,” “No Salt Added,” “Reduced Sodium,” or “Lower Sodium.” These items may still be high in sodium. You should always check the nutrition label.
- Add flavors to your food without adding sodium.
 - Try lemon juice, lime juice, or vinegar.
 - Dry or fresh herbs add flavor.
 - Buy a sodium-free seasoning blend or make your own at home.
 - You can purchase salt-free or sodium-free condiments like barbeque sauce in stores and online. Ask your registered dietitian nutritionist for recommendations and where to find them.

Eating in Restaurants

Choose foods carefully when you eat outside your home. Restaurant foods can be very high in sodium. Many restaurants provide nutrition facts on their menus or their websites. If you cannot find that information, ask your server. Let your server know that you want your food to be cooked without salt and that you would like your salad dressing and sauces to be served on the side.

Foods Recommended

Food Group	Foods Recommended
Grains	Bread, bagels, rolls without salted tops Homemade bread made with reduced-sodium baking powder Cold cereals, especially shredded wheat and puffed rice Oats, grits, or cream of wheat Pastas, quinoa, and rice Popcorn, pretzels or crackers without salt Corn tortillas
Protein Foods	Fresh meats and fish; turkey bacon (check the nutrition labels - make sure they are not packaged in a sodium solution) Canned or packed tuna (no more than 4 ounces at 1 serving) Beans and peas Soybeans) and tofu Eggs Nuts or nut butters without salt
Dairy	Milk or milk powder Plant milks, such as rice and soy Yogurt, including Greek yogurt Small amounts of natural cheese (blocks of cheese) or reduced-sodium cheese can be used in moderation. (Swiss, ricotta, and fresh mozzarella cheese are lower in sodium than the others) Cream Cheese Low sodium cottage cheese
Vegetables	Fresh and frozen vegetables without added sauces or salt Homemade soups (without salt) Low-sodium, salt-free or sodium-free canned vegetables and soups
Fruit	Fresh and canned fruits Dried fruits, such as raisins, cranberries, and prunes
Oils	Tub or liquid margarine, regular or without salt Canola, corn, peanut, olive, safflower, or sunflower oils
Condiments	Fresh or dried herbs such as basil, bay leaf, dill, mustard (dry), nutmeg, paprika, parsley, rosemary, sage, or thyme. Low sodium ketchup Vinegar Lemon or lime juice Pepper, red pepper flakes, and cayenne. Hot sauce contains sodium, but if you use just a drop or two, it will not add up to much. Salt-free or sodium-free seasoning mixes and marinades Simple salad dressings: vinegar and oil

Foods Not Recommended

Food Group	Foods Not Recommended
Grains	<ul style="list-style-type: none"> Breads or crackers topped with salt Cereals (hot/cold) with more than 300 mg sodium per serving Biscuits, cornbread, and other “quick” breads prepared with baking soda Pre-packaged bread crumbs Seasoned and packaged rice and pasta mixes Self-rising flours
Protein Foods	<ul style="list-style-type: none"> Cured meats: Bacon, ham, sausage, pepperoni and hot dogs Canned meats (chili, vienna sausage, or sardines) Smoked fish and meats Frozen meals that have more than 600 mg of sodium per serving Egg substitute (with added sodium)
Dairy	<ul style="list-style-type: none"> Buttermilk Processed cheese spreads Cottage cheese (1 cup may have over 500 mg of sodium; look for low-sodium.) American or feta cheese Shredded Cheese has more sodium than blocks of cheese String cheese
Vegetables	<ul style="list-style-type: none"> Canned vegetables (unless they are salt-free, sodium-free or low sodium) Frozen vegetables with seasoning and sauces Sauerkraut and pickled vegetables Canned or dried soups (unless they are salt-free, sodium-free, or low sodium) French fries and onion rings
Fruit	<ul style="list-style-type: none"> Dried fruits preserved with additives that have sodium
Oils	<ul style="list-style-type: none"> Salted butter or margarine, all types of olives
Condiments	<ul style="list-style-type: none"> Salt, sea salt, kosher salt, onion salt, and garlic salt Seasoning mixes with salt Bouillon cubes Ketchup Barbeque sauce and Worcestershire sauce unless low sodium Soy sauce Salsa, pickles, olives, relish Salad dressings: ranch, blue cheese, Italian, and French.

Low Sodium Sample 1-Day Menu

Breakfast	1 cup cooked oatmeal 1 slice whole wheat bread toast 1 tablespoon peanut butter without salt 1 banana 1 cup 1% milk
Lunch	Tacos made with: 2 corn tortillas $\frac{1}{4}$ cup black beans, low sodium $\frac{1}{2}$ cup roasted or grilled chicken (without skin) $\frac{1}{4}$ avocado Squeeze of lime juice 1 cup salad greens 1 tablespoon low-sodium salad dressing $\frac{1}{4}$ cup strawberries 1 orange
Afternoon Snack	$\frac{1}{3}$ cup grapes 6 ounces yogurt
Evening Meal	3 ounces herb-baked fish 1 baked potato 2 teaspoons olive oil $\frac{1}{2}$ cup cooked carrots 2 thick slices tomatoes on: 2 lettuce leaves 1 teaspoon olive oil 1 teaspoon balsamic vinegar 1 cup 1% milk
Evening Snack	1 apple $\frac{1}{4}$ cup almonds without salt

Low-Sodium Vegetarian (Lacto-Ovo) Sample 1-Day Menu

Breakfast	<p>1 cup cooked oatmeal 1 slice whole wheat toast 1 tablespoon peanut butter without salt 1 banana 1 cup 1% milk</p>
Lunch	<p>Tacos made with: 2 corn tortillas $\frac{1}{4}$ cup black beans, low sodium $\frac{1}{2}$ cup roasted or grilled chicken (without skin) $\frac{1}{4}$ avocado Squeeze of lime juice 1 cup salad greens 1 tablespoon low-sodium salad dressing $\frac{1}{4}$ cup strawberries 1 orange</p>
Evening Meal	<p>Stir fry made with: $\frac{1}{2}$ cup tofu 1 cup brown rice $\frac{1}{2}$ cup broccoli $\frac{1}{2}$ cup green beans $\frac{1}{2}$ cup peppers $\frac{1}{2}$ tablespoon peanut oil 1 orange 1 cup 1% milk</p>
Evening Snack	<p>4 strips celery 2 tablespoons hummus 1 hard-boiled egg</p>

Low-Sodium Vegan Sample 1-Day Menu

Breakfast	<p>1 cup cooked oatmeal 1 tablespoon peanut butter without salt 1 cup blueberries 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D</p>
Lunch	<p>1 small whole wheat pita $\frac{1}{2}$ cup cooked lentils 2 tablespoons hummus 4 carrot sticks 1 medium apple 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D</p>
Evening Meal	<p>Stir fry made with: $\frac{1}{2}$ cup tofu 1 cup brown rice $\frac{1}{2}$ cup broccoli $\frac{1}{2}$ cup green beans $\frac{1}{2}$ cup peppers $\frac{1}{2}$ tablespoon peanut oil 1 cup cantaloupe</p>
Evening Snack	<p>1 cup soy yogurt $\frac{1}{4}$ cup mixed nuts</p>

Notes