



Low Sodium Guidelines

(2,000 milligrams)

(2 gm)

Goal:

To help control blood pressure and/or fluid retention in the body.

Diet for: _____

Dietitian: _____

Phone number: _____





For additional class information, call your local Health Education Department.

Reference: Manual of Clinical Dietetics, American Dietetic Association, 6th edition, 2000.







KAISER PERMANENTE®

Low Sodium Guidelines

Food Group	Healthy Foods To Eat	Choose Less Often
<p>Bread, Cereal, Rice, & Pasta Eat 6–8 servings/day</p> <p>1 serving equals:</p> <ul style="list-style-type: none"> • 1 slice bread • ½ hamburger bun, bagel, or English muffin • 1 tortilla,  3–4 crackers • ½ cup cooked cereal, rice, or pasta • 1 ounce ready-to-eat cereal 	<ul style="list-style-type: none"> • Cooked cereals (without added salt, such as oatmeal, Cream of Wheat) • Dry cereals (puffed cereals, Shredded Wheat, Kashi) • Low-sodium cereals • Pasta, rice, noodles (cooked without added salt) • Corn tortillas • Unsalted crackers, pretzels, popcorn, chips, matzo <p><i>Moderate Sodium (140–300 mg sodium) limit to 4 servings a day</i></p> <ul style="list-style-type: none"> • Breads, English muffins, bagels, rolls, pita breads, flour tortillas • Homemade (without salt) biscuits, cornbread, muffins • Pancakes or waffles (made without salt, or use a low-sodium mix) 	<ul style="list-style-type: none"> • Most other dry cereals • Instant cooked cereals • Packaged mixes for pasta, rice, noodles, or stuffing; bread crumbs • Salted crackers, pretzels, popcorn, chips • Quick breads, biscuits, cornbread, muffins, pancakes, waffles—frozen or made from a mix
<p>Fruits & Vegetables Eat 6–10 servings/day</p> <p>1 serving equals:</p> <ul style="list-style-type: none"> • medium piece of fruit  • ½ cup cooked vegetables • ¾ cup juice 	<ul style="list-style-type: none"> • Fruits—all fruits and fruit juices • Vegetables—all fresh, frozen, or no-salt-added canned (includes potatoes) • Low-sodium tomato or vegetable juice • Frozen potatoes without added salt <p><i>Choose one Vitamin A-rich and one Vitamin C-rich fruit or vegetable each day.</i></p> <ul style="list-style-type: none"> • Vitamin A—dark green, deep yellow, or orange fruits and vegetables • Vitamin C—citrus, mangoes, papayas, strawberries, cantaloupe, tomatoes, chilies, peppers 	<ul style="list-style-type: none"> • Salted, canned vegetables and juices • Pickles, relish, sauerkraut, olives • Frozen vegetables with added sauces • Instant, frozen, or canned potatoes
<p>Milk, Yogurt, & Cheese Eat 2–3 servings/day</p> <p>Fat-free or low-fat (1%)</p> <p>1 serving equals:</p> <ul style="list-style-type: none"> • 1 cup (8 ounces) milk or yogurt • 1½ ounces cheese 	<p><i>Moderate Sodium (140–300 mg sodium)</i></p> <ul style="list-style-type: none"> • Milk • Yogurt (plain or fruit) • Low-sodium cheese 	<ul style="list-style-type: none"> • Buttermilk, condensed milk, chocolate milk, milk shakes • Regular hard and processed cheese • Cottage cheese

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<p>Meat, Poultry, Fish, Eggs, Dry Beans, & Nuts</p> <p>Eat 2–3 servings/day (4–9 ounces)</p> <p>1 serving equals:</p> <ul style="list-style-type: none"> • 2–3 ounces cooked lean meat, poultry, or fish • Count as 1 ounce of lean meat: ½ cup beans or tofu, 1 egg, 2 tablespoons peanut butter, 1 ounce nuts 	<ul style="list-style-type: none"> • Lean meat, chicken, or turkey—fresh, frozen, or no-salt-added canned • Low-sodium deli meats • Fish—fresh, frozen • Low-sodium, water-packed canned tuna or salmon • Shellfish—once a week (clams, scallops, shrimp, oysters) • Eggs and egg substitutes • Peanut butter—unsalted • Tofu (soybean curd) • Dried beans, peas, or lentils (cooked without salt) • Unsalted nuts or seeds 	<ul style="list-style-type: none"> • Canned, salted, smoked, or cured meat (bologna, sausages, hot dogs, corned beef, chipped beef, bacon, ham, jerky) • Lunch or deli meats • Canned, salted, or smoked fish (anchovies, caviar, clams, herring, real and imitation crab, sardines, lobster) • Canned tuna • Canned or frozen main dishes • Peanut butter • Canned, salted beans, peas, or lentils • Salted nuts or seeds
<p>Fats & Oils</p> <p>Use Sparingly (3–8 teaspoons)</p> <p>Sugars & Sweets</p> <p>Use Sparingly</p> 	<ul style="list-style-type: none"> • Trans-fat-free and liquid margarine, mayonnaise, or butter • Oils, unsalted salad dressing • Sour cream <hr/> <ul style="list-style-type: none"> • Gelatin, sherbert, sorbet, Popsicles, ices • Cookies, cakes, desserts—without salt or low-sodium package or mix • Jam, jelly, honey, sugar, hard candy, syrup, marshmallows 	<ul style="list-style-type: none"> • Salted pork fat • Regular salad dressing • Olives • Processed snack dips <hr/> <p>(Limit 1 serving a day)</p> <ul style="list-style-type: none"> • Cookies, cakes, pastries, pies, instant pudding, and other desserts—commercial mixes, ready-to-bake items
<p>Soups</p> 	<ul style="list-style-type: none"> • Low-sodium canned or frozen soup • Low-sodium bouillon cubes • Homemade soup—without salt, MSG, or soup bases 	<ul style="list-style-type: none"> • Canned or frozen soup • Reduced-sodium canned soup • Instant or packaged soup • Bouillon, broth, consommé • Ramen-type Asian soup
<p>Seasonings & Sauces</p> 	<ul style="list-style-type: none"> • Fresh or dried herbs, spices, powders (garlic or onion) • Lemon, lime • Vinegar, liquid smoke, Tabasco, plain yellow mustard, horseradish • Flavorings—vanilla, rum, mint • Check with your health care professional about salt substitutes 	<ul style="list-style-type: none"> • Salt, seasoned salt, seasoned pepper, lemon pepper, seasoned vinegar, MSG, bottled sauces (light soy, soy, Worcestershire, ketchup, barbecue), fish sauce, capers, cooking wine, Dutch process cocoa, specialty mustards, bottled salsa
<p>Beverages</p> 	<ul style="list-style-type: none"> • Water, mineral water, club soda, juices, fruit drinks, low-sodium or fresh vegetable juices • Coffee, tea, cereal beverages (Postum) 	<ul style="list-style-type: none"> • Canned or bottled vegetable juices

Sample Menu

Breakfast:

- ½ banana
- Oatmeal with fat-free milk
- Whole-wheat toast with trans-fat-free margarine
- Jelly or jam
- Coffee or tea

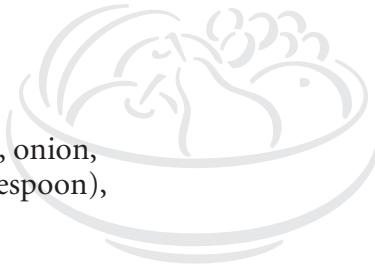


Dinner:

- Baked chicken
- Plain baked potato
- Zucchini and carrots
- Salad with oil and vinegar
- Roll
- Apple
- Beverage

Lunch:

- Green salad with 1 tablespoon unsalted salad dressing
- Hamburger with lettuce, tomato, onion, and mustard, ketchup (1 tablespoon), or mayonnaise
- Pear
- Beverage



Snack:

- Plain yogurt with fruit



Additional Guidelines

Cooking	Smart Shopping	Eating Out
<ul style="list-style-type: none"> • Leave the salt out of recipes. • Take the salt shaker off the table and stove. • Try low-sodium baking powder and use regular flour (not self-rising flour) when baking. • Increase the use of different fresh or dried herbs and spices, lemon or lime, and garlic or onion powder while decreasing the use of salt or MSG. 	<ul style="list-style-type: none"> • Buy fresh foods when possible. Processed foods have more sodium. • Read labels. Use the Nutrition Facts panel to compare similar products. • Check the serving size and milligrams of sodium. • Understand labeling claims: <ul style="list-style-type: none"> • Light in sodium—50 percent less sodium • Sodium free—less than 5 mg per serving • Very low sodium—35 mg or less per serving • Low sodium—140 mg or less per serving • Limit sodium content of frozen meals to 600 mg or less. 	<ul style="list-style-type: none"> • Eat out less often. Restaurant and fast food items tend to be high in sodium and fats. Limit portion sizes. • Ask how foods are prepared. Explain what you need. • Ask to leave out the salt or MSG. Better choices: <ul style="list-style-type: none"> • A lemon wedge for salad or fish. • Baked potato or sliced tomatoes instead of fried, salted potatoes. • Fruit, gelatin, sherbert, or sorbet instead of baked goods for dessert. • Order sauces, gravies, and salad dressing on the side so <i>you</i> can control the amount. • Order plain, broiled, roasted, grilled, or steamed foods instead of breaded or fried.