



SODIUM RESTRICTED DIET

FOOD GROUPS	RECOMMENDED	NOT RECOMMENDED
<p>Beverages: Limit milk to 4 cups per day</p>	<p>Lowfat, whole, skim, reconstituted nonfat dry milk powder, reconstituted evaporated milk. Coffee, decaffeinated coffee, tea, cocoa grain beverages, carbonated beverages.</p>	<p>More than milk allowance per day.</p>
<p>Breads:</p>	<p>All enriched and whole grain breads except those listed as not allowed. Pancakes, muffins, French toast, waffles, biscuits. Low sodium pretzels and crackers.</p>	<p>Breads, rolls, and crackers with visible salt toppings. Salted pretzels, salted chips, and other salty snacks.</p>
<p>Cereals:</p>	<p>All whole grain and enriched, cooked or commercially prepared cereals.</p>	<p>None</p>
<p>Desserts:</p>	<p>All fruits, cakes, cookies, sherbets, ices as desired. Desserts made with milk allowance: puddings, custards, ice cream.</p>	<p>None</p>
<p>Eggs:</p>	<p>One egg daily</p>	<p>None</p>
<p>Fats:</p>	<p>Butter, margarine, shortening, vegetable oils, mayonnaise, and commercial salad dressings (1 Tbsp/day).</p>	<p>Salt pork, bacon fat, fat back, and more than 1 Tbsp/day commercial salad dressings.</p>
<p>Fruits:</p>	<p>All fresh, frozen, or canned fruits and fruit juices.</p>	<p>None</p>
<p>Meats, Fish, Poultry: Limit to 8 oz. per day</p> <p>Cheese: Limit to ¼ cup cottage cheese or 1 oz hard cheese per day.</p>	<p>Fresh or frozen meats, poultry, game, organ meats, fish, and shellfish. Low sodium canned tuna and salmon. Cottage cheese, tofu, cream cheese. Dried peas and beans. Peanut butter. Soybean and vegetable proteins. Low sodium cheese (most white cheeses)</p>	<p>Salted or canned meats, fish, or poultry. Commercially frozen prepared entrees, bacon, bologna, luncheon meats, cured meats, ham, corned beef, dried beef, jerky, frankfurters, sausages, Kosher-prepared meats; sardines, anchovies, marinated herring, caviar, processed cheese, cheese spreads.</p>

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Potatoes and Substitutes:	White or sweet potato, macaroni, spaghetti, noodles, rice, prepared without salted meat or salted fats. Unsalted snack chips.	All snack chips, unless unsalted.
Soups:	All homemade soups made with allowed foods. Commercially prepared low sodium bouillon or soups.	Regular commercial canned or dehydrated soup and bouillon; any made with added salt.
Sweets:	All	None
Vegetables:	All fresh, frozen vegetables and low sodium vegetable juices, except those not allowed. Low sodium canned vegetables.	Sauerkraut, salted pickled vegetables, and other prepared in brine, vegetables cooked with salted meats. Salted vegetable juice or tomato juice. Regular canned vegetables.
Miscellaneous:	Chocolate, cocoa, spices, flavorings, herbs, vinegar, unsalted gravy, prepared horseradish. Unsalted nuts and popcorn. Low sodium condiments and seasoning mixes. ½ tsp salt/day in cooking. Limit to 1 Tbsp. /day; catsup, chili sauce, barbecue sauce, prepared mustard, or gravy.	Meat sauces, monosodium glutamate, salted nuts, olives, pickles, soy sauce, relishes, Worcestershire sauce, salt substitutes unless ordered by the physician. Spices with “salt” in title (i.e. garlic salt, celery salt)