

## 60 Gram Protein, 2 Gram Sodium Sample

### Breakfast

1 egg  
1/2 cup oatmeal with margarine and brown sugar  
1 slice toast with margarine and jelly  
1 banana  
1/2 cup milk  
coffee or tea

### Lunch

2 oz sliced turkey breast with mayonnaise  
2 slices bread  
lettuce and tomato  
grapes  
soda  
3 vanilla wafers

### Dinner

2 oz baked fish  
1/2 cup mashed potatoes with margarine  
1 dinner roll with margarine  
1/2 cup green beans with margarine  
canned peaches  
cranberry juice

### Evening Snack

1 cup grape frost (recipe on page 10)  
orange

**2 GRAM RESTRICTED SODIUM**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Meal Plan:** \_\_\_\_\_

## What is Sodium?

Sodium is a mineral needed in small amounts by the body. Too much sodium may contribute to fluid retention or high blood pressure. The average person consumes 6 to 8 grams of sodium per day. Therefore, the diet you will be following will be low in sodium.

Table salt is the main source of sodium in the diet, and about 40% of salt is sodium. There are some foods which contain a moderate amount of natural sodium. Examples of these foods are milk, meat, eggs, cheese, fish, and poultry.

Many health problems linked to high sodium diets may be better managed by controlling your weight in addition to following a low sodium diet.

## Diet Guidelines for Lowering Sodium

- Foods preserved with salt, sodium propionate, and other sodium compounds are high in sodium. Some examples of these foods are bacon, sausage, and ham. Baked goods prepared with baking soda, baking powder, or salt are also high in sodium. For variety, a limited amount of these foods may be included in your diet.
- Foods which say "unsalted," "no added salt," "without added salt," or "low sodium" may be used. Be cautious of "reduced sodium" foods as they may contain large amounts of sodium. Consult your dietitian if you have questions about their use.
- Read labels of all packaged and canned foods. Beware of items with salt, soda, baking powder, or sodium listed on the ingredient label.
- Experiment with different spices and herbs to enhance the flavor and aroma of your food.
- Water used for drinking and cooking should be unsoftened since softened water has a higher sodium content.
- Do not use table salt or seasoned salt in cooking your food or at the table.
- Fast food restaurants usually add high sodium special sauces, pickles, ketchup, and/or mustard to their sandwiches. Ordering plain sandwiches and unsalted french fries will help lower the sodium content.

## Meat, Poultry, Fish and Eggs

Limit to 6-8 oz. cooked

### Choose

Fresh or frozen meat, poultry, and fish;  
low sodium canned tuna and salmon;  
unsalted peanut butter; eggs

### Limit

Salted, smoked, canned, spiced and pickled meats, poultry, and fish; bacon, ham, sausage, scrapple; regular canned tuna or salmon; luncheon meats, such as bologna, salami, and hot dogs; pre-breaded frozen meats, fish and poultry; TV dinners, meat pies and kosher meats

## Fruits and Vegetables

5 or More Servings  
(1 Serving = 1 Fruit or 1/2 cup Vegetable)

### Choose

Fresh, frozen, or low sodium canned vegetables or vegetable juices; low sodium tomato paste and sauce; fresh, canned or frozen fruit and juices

### Limit

Regular canned vegetables and vegetable juices; regular tomato sauce and tomato paste; olives, sauerkraut, pickles; frozen vegetables in butter or sauces, and other vegetables packed in brine; dried or pickled fruits with salt or sodium products used in processing

## Dairy Products

2 Servings  
(1 Serving = 1 Cup)

### Choose

Milk, cream, sour cream and non-dairy creamer; yogurt; low sodium cottage

### Limit

Buttermilk, Dutch process chocolate milk; processed cheese slices and spreads;

cheese, low sodium cheese

regular cheese and cottage cheese

## Fats and Oils

Limit to 4 teaspoons per day of regular products  
Unsalted products as desired

### Choose

Regular butter, margarine or mayonnaise; unsalted butter or margarine; cooking oils and shortenings; salt-free gravies, cream sauces, and salad dressings

### Limit

Bacon grease, salt pork, commercially prepared sauces, gravies, and salad dressings

## Soups

As desired

### Choose

Salt-free soups and low sodium bouillon cubes

### Limit

Regular commercially canned or prepared soup, broths, or bouillon, and packaged and frozen soup

## Desserts and Other Sweets

Avoid too many sweets

### Choose

Gelatin, sherbet, fruit ices, fruits; pudding and ice cream as part of milk allowance; salt-free baked goods; sugar, honey, jam, jelly, marmalade and syrup

### Limit

Regular commercially prepared and packaged baked goods; chocolate candy

## Beverages

As desired

### Choose

Coffee, tea, carbonated beverages, and fruit flavored drinks

### Limit

Softened water, carbonated diet beverages with sodium or salt added  
For alcoholic beverages, check with your physician

## Condiments

As desired

### Choose

Allspice, caraway, cinnamon, cloves, curry powder, basil, bay leaf, ginger, marjoram, mustard powder, nutmeg, onion powder, fresh onion, pepper, oregano, low-sodium or no-salt-added ketchup, paprika, poultry seasoning, garlic powder, fresh garlic, thyme, sage, rosemary, lemon juice, low sodium mustard, vinegar, tabasco sauce, extracts (almond, lemon, vanilla), baking chocolate and cocoa, seasoning blends that do not contain salt, such as "Mrs. Dash"

### Limit

Table salt, lite salt, bouillon cubes, meat extract, worcestershire sauce, soy sauce, tartar sauce, ketchup, onion salt, garlic salt, meat flavorings, prepared mustard, steak sauce, barbecue sauce, seasoned salt, and monosodium glutamate (MSG)