

Low-Sodium Nutrition Therapy

- A low-sodium (salt) diet may help prevent build up of extra water in your body.
- This may be for high blood pressure, heart failure, kidney disease or other conditions in which swelling or fluid retention can occur.
- Even if you take a pill for blood pressure or a water pill (diuretic) to remove fluid, it is still important to have less salt in your diet.

You should usually avoid these items:

- **Salt** – ¼ teaspoon of table salt has almost 600 milligrams of sodium.
- **Processed foods**—salt is added in large amounts to some regular foods.

Examples are:

- o canned foods—soups, stews, sauces, gravy mixes, and some vegetables
- o frozen foods—dinners, entrees, vegetables with sauces
- o snack foods—salted chips, popcorn, pretzels, pork rinds and crackers
- o packaged starchy foods—seasoned noodle or rice dishes, stuffing mix, macaroni and cheese
- o instant cooking foods that you add hot water to and stir—potatoes, cereals, noodles, rice, etc.
- o mixes—cornbread, biscuit, cake, pudding
- o meats and cheeses
 - o deli or lunch meats—bologna, ham, turkey, roast beef, etc.
 - o cured or smoked meats—corned beef, sausage of any kind (patty, link, Kielbasa, Italian, wieners or hot dogs), bacon
 - o canned meats—potted meats, spreads, Spam, Vienna sausage, etc.
 - o cheeses—read labels and avoid those with more than 140 mg sodium per serving; examples are American cheese, Velveeta®, Cheez Whiz®, etc.
- **Condiments, Sauces and Seasonings**
 - o mustard, ketchup, salad dressings, bouillon cubes or granules
 - o sauces—Worcestershire, barbecue, pizza, chili, steak, soy or horseradish sauce
 - o meat tenderizer, monosodium glutamate
 - o any seasoning that has “salt” in the name or on the label;
 - o avoid celery salt, garlic and onion salt; however, it is okay to have garlic or onion powder or flakes
 - o read labels carefully—lemon pepper often has salt
 - o pickles and olives

What can you use to season your food?

- Tart flavor—try lemon or lime juice, vinegar
- Hot flavor—peppers are low in sodium; hot sauce has salt, but if you use just a drop or two it will not add up to much
- Herbs and spices—onions, garlic, salt-free seasonings like Mrs. Dash®

Recommended Foods

Food Groups	Servings	Best Choices
Milk/Dairy	<p style="text-align: center;"><u>2 servings a day</u></p> <p>One (1) serving has about 150 milligrams (mg)</p>	<ul style="list-style-type: none"> ▪ Milk, all types (1cup) ▪ Yogurt (6oz) ▪ Low sodium cheese (1oz) ▪ Hard cheese like cheddar, Swiss, Monterey Jack, Mozzarella (1oz)
Meat/Protein	<p style="text-align: center;"><u>3 servings a day</u></p> <p>One (1) serving has about 60 mg</p>	<ul style="list-style-type: none"> ▪ Plain meats, fish, and poultry are very low in sodium (3oz cooked meat) ▪ Eggs (1 large) <p>Read all meat labels! Many raw meats now have added broth with sodium salts that make the meat hold moisture and taste juicy and tender. Choose a product with less than 5% of the DV for sodium.</p>
Vegetables & Fruit	<p>One (1) serving has about 10 mg</p>	<ul style="list-style-type: none"> ▪ All unsalted fresh, frozen, or canned ▪ Tomato or vegetable juice canned without salt (6oz) ▪ Tomatoes, tomato sauce canned without salt ▪ Fresh, frozen, canned fruits ▪ Fruit juices
Breads and Cereals	<p style="text-align: center;"><u>5 servings a day</u></p> <p>One (1) serving has about 150 mg</p>	<ul style="list-style-type: none"> ▪ Bread, roll, pita, tortilla, crackers (1oz) ▪ These foods have almost no sodium and do not need to be counted in the 5 servings per day: <ul style="list-style-type: none"> ○ Shredded or puffed wheat, puffed rice ○ Cooked cereals – regular or quick ○ Plain rice or pasta ○ Yeast bread made at home with no salt ▪ Other ready-to-eat cereals with more than 5% DV for sodium – serving size is ½ cup (1 cup = 2 of your 5 servings/day)
Others	<p style="text-align: center;">Use small amounts</p>	<ul style="list-style-type: none"> ▪ Ice cream (½ cup) ▪ Sherbet (½ cup) ▪ Homemade pie made without salt ▪ Homemade pudding (count as milk serving) ▪ Unsalted nuts ▪ Butter or margarine (1 tsp); buy the unsalted kind as it has almost no sodium.

Foods Not Recommended

Food Groups	Limit or Avoid
Milk/Dairy	<ul style="list-style-type: none"> ▪ Buttermilk (1 cup) ▪ Cottage cheese (½ cup); wash it under cold water in a sieve to remove most of the sodium ▪ Cheese spread (2 tbsp) ▪ Processed cheese (1 oz)
Meat/Protein	<ul style="list-style-type: none"> ▪ Lunch meat (1 oz) ▪ Sausage (1 oz) ▪ Deli ham (1 oz) ▪ Bacon (1 medium strip) ▪ Turkey dark meat (4 oz)
Vegetables	<ul style="list-style-type: none"> ▪ Tomato juice (6 oz) ▪ Sauerkraut (½ cup) ▪ Pickled vegetables
Bread and Cereals	<ul style="list-style-type: none"> ▪ Instant hot cereals (1 cup cooked instant oatmeal – 420 mg sodium) ▪ Quick breads made with baking powder or baking soda (biscuit, pancake, waffle, muffin, etc) ▪ Crackers with salted tops
Others	<ul style="list-style-type: none"> ▪ Commercial dessert mixes ▪ Cake ▪ Pie

Sodium Content of Foods

High Sodium (more than 300 mg)

Food	Serving	Milligrams (mg)
Bacon	2 slices	300
Bagel, 4": egg	1 each	450
Bagel, 4": plain, onion, or seeded	1 each	400
Barbeque sauce	2 tbsp	350
Beans, baked, plain	½ cup	435
Beans, garbanzo	½ cup	360
Beans, kidney, canned	½ cup	440
Beans, lima, canned	½ cup	405
Beef, dried	1 oz.	790
Biscuit, 2 ½"	1 each	350
Catsup	2 tbsp	335
Cheese, American	1 oz	400
Cheese, cottage	½ cup	460
Cheese, feta	1 oz	315
Corn, creamed, canned	½ cup	365
Croissant	2 oz	425
Fish, salmon, canned	3 oz	470
Fish, salmon, smoked	3 oz	670
Fish, sardines, canned	3 oz	430
Frankfurter, beef or pork	1 each	510

Ham	3 oz	1,125
Lobster	3 oz	325
Miso	½ cup	1,280
Mushrooms, canned	½ cup	330
Pickle, dill	1 large	570
Potatoes, au gratin or scalloped	½ cup	500
Pretzels	1 oz	400
Pudding, instant, chocolate, prepared with milk	½ cup	420
Salad dressing, Italian, commercial	2 tbsp	485
Salami, dry or hard	1 oz	600
Salt, table	1 tsp	2,325
Sauerkraut, canned	½ cup	780
Soup, canned	1 cup	700-1,000
Soy sauce	1 tbsp	900
Teriyaki sauce	1 tbsp	690
Tomato or vegetable juice, canned	½ cup	325
Tomato sauce, canned	½ cup	640
Tomato sauce, spaghetti or marinara	½ cup	510
Vegetable or soy patty	1 each	380

Moderate Sodium (140-300 mg)

Food	Serving	Milligrams (mg)
Asparagus, canned	4 spears	205
Beans, green or yellow, canned	½ cup	175
Bologna, pork and beef	1 oz	210
Bread, pita 4"	1 each	150
Bread, pumpernickel or rye	1 slice	215
Bread, white	1 slice	170
Carrots, canned	½ cup	175
Cereal, raisin bran	½ cup	175
Cheese: muenster, mozzarella, cheddar	1 oz	175
Cheese, Parmesan	2 tbsp	150
Cheese, provolone, part-skim	1 oz	250
Cheese, ricotta	½ cup	155
Corn, canned	½ cup	285
Crab, canned	3 oz	240
English muffin	1 each	250
French fries	10 fries	200
Greens, beet	½ cup	175
Milk, buttermilk	1 cup	260
Milk, chocolate	1 cup	165
Milkshake	8 oz	240
Muffin	2 oz	250
Nuts, mixed, salted	1oz	190
Olives, ripe, canned	5 large	190
Pancake or waffle, 4"	1 each	240
Peanuts, salted	1 oz	230

Peas, green, canned	½ cup	215
Potato chips	1 oz	190
Potatoes, mashed, prepared from dry mix	½ cup	170
Pudding, ready-to-eat	½ cup	160
Pudding, vanilla, from mix	½ cup	225
Roll, hot dog or hamburger	1 each	205
Salad dressing	2 tbsp	200-300
Salsa	2 tbsp	195
Sausage, pork	1 oz	200
Tomatoes, canned	½ cup	170
Tomatoes, stewed, canned	½ cup	280
Tortilla, flour, 6"	1 each	205
Tuna, canned in water	3 oz	290
Yogurt, plain or fruited	8 oz	100-175

Low Sodium (less than 140 mg)

Food	Serving	Milligrams (mg)
Beets, canned	½ cup	115
Bread, Italian	1 slice	120
Bread, wheat	1 slice	130
Butter, salted	1 tbsp	80
Cereal, breakfast: corn, bran, or wheat	½ cup	100-150
Cheese, Swiss	1 oz	55
Egg substitute, liquid	¼ cup	110
Egg, whole	1 large	70
Fish: pollock, swordfish, perch, cod, halibut, roughly, salmon	3 oz	60-100
Frozen yogurt	½ cup	65
Gelatin, prepared from mix	½ cup	100
Ice cream	½ cup	55
Margarine, regular	1 tbsp	135
Milk, all types	1 cup	100
Milk, evaporated, canned	½ cup	135
Mustard	1 tsp	55
Peanut butter	1 tbsp	75
Peas, green, frozen	½ cup	60
Seeds, sunflower	1 oz	115
Soy milk	1 cup	125
Spinach	½ cup	65
Spinach, frozen	½ cup	90
Sweet potato, baked in skin	1 medium	40
Turkey, light or dark meat	3 oz	60
Yogurt, plain or fruited	8 oz	100-175

Very Low Sodium (less than 35 mg)

Food	Serving	Milligrams (mg)
Apricots, canned	½ cup	5
Beans, white, canned	½ cup	10
Beef, ground	1 oz	20
Beer, regular	12 oz	15
Broccoli	½ cup	30
Broccoli, raw	½ cup	15
Brussels sprouts	½ cup	15
Cabbage, raw or cooked	½ cup	5
Carbonated beverages	12 oz	20-40
Cauliflower	½ cup	10
Cauliflower, raw	½ cup	15
Dried beans and peas	½ cup	5-20
Greens: beet, collard, mustard	½ cup	10-20
Honeydew	½ cup	30
Lettuce, leaf	1 cup	15
Noodles	½ cup	10
Oatmeal	½ cup	5
Peaches, canned	½ cup	5
Pears, canned	½ cup	5
Port	1 oz	25
Potato, baked with skin	1 medium	20
Rice, brown or wild	½ cup	5
Sherbet	½ cup	35
Soybeans	½ cup	15
Spinach, canned, drained	½ cup	30
Spinach, raw	1 cup	25
Tofu, firm	¼ cup	10
Wine, table, all types	5 oz	10

Sodium Free (less than 5mg)

Food	Serving
Avocado	1 oz
Beans: navy, black, pinto	½ cup
Nuts: almonds, pecans, or walnuts, unsalted	1 oz
Oil, all types	1 tbsp
Popcorn, air popped	1 cup
Raisins, seedless	¼ cup
Rice, white	½ cup
Tomato, raw	1 medium
Fruit and juices not previously listed	1 piece or ½ cup
Vegetables not previously listed	½ cup