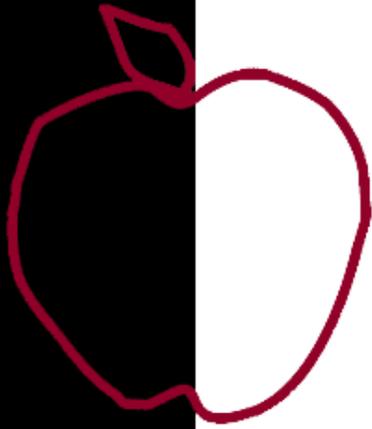


Low Sodium DIET PLAN



Sodium is found in most foods. It may be natural or added during processing or cooking. To know if prepared foods have sodium added, read their food label. Look for words such as salt and sodium.

The following will help you identify foods that are high in sodium. It also provides easy guidelines to help you limit your sodium intake.

MEATS, POULTRY, FISH, EGGS & MEAT SUBSTITUTES

Limit to 6 ounces per day.

CHOOSE

- Meat, fish, poultry, shellfish...fresh or frozen, cooked without salt
- Low sodium tuna or regular tuna that has been rinsed in water and drained
- Peanut butter, unsalted
- Tofu
- Eggs
- Low cholesterol egg substitutes
- Healthy Choices® or Right & Light® entrees (Frozen entrees with a starch and vegetable should not exceed 600 mg sodium.)

Limit to 1 serving a day:

- Ricotta cheese, part skim
- Low sodium processed cheese (e.g., Alpine Lace® sliced cheeses)
- Cottage cheese (½ cup)
- Swiss or Mozzarella cheese (1 oz)

DO NOT CHOOSE

- Cured or processed meats: corned beef, Canadian bacon, bologna, cured ham, luncheon meats, sausage, dried chipped beef, hot dogs (regular and “1/3 less sodium”)
- Canned chicken, salmon, shrimp, sardines or meat
- Peanut butter, salted
- Textured vegetable protein (TVP) products
- Frozen dinner entrees (except those listed under CHOOSE)
- Canned entrees, such as stews, chop suey, spaghetti
- Processed cheeses (American, cheese spread, cheese food)
- All other natural cheeses



MORRISON

VEGETABLES

CHOOSE

- Canned vegetables, with no added salt
- Raw vegetables
- Fresh or frozen vegetables, cooked without salt
- Canned vegetables, rinse and drain before preparation (limit to 1 cup per day)
- Instant mashed potatoes, omit salt when preparing
- Low sodium tomato or vegetable juice
- Tomato sauce, no salt added
- Tomato paste, no salt added

DO NOT CHOOSE

- Baked Beans
- Sauerkraut
- Pickles and pickled vegetables
- Frozen seasoned vegetable dishes
- Coleslaw and potato salad, unless homemade, without salt
- Tomato or vegetable juice
- Tomato sauce
- Tomato puree

SOUPS

CHOOSE

- Low sodium canned soups
- Homemade soups and broth, with no added salt
- Low sodium soup bases

DO NOT CHOOSE

- All soups and broth, unless low sodium
- “1/3 less salt” soups
- Dehydrated soup mixes

MILK & YOGURT

Limit to 2 cups per day.

CHOOSE

- Milk: whole, reduced-fat, low-fat, fat-free, chocolate, powdered, evaporated
- Yogurt: plain or fruited

DO NOT CHOOSE

- Buttermilk

BREADS, CEREALS, GRAINS, CRACKERS

Limit to 6 servings per day.

CHOOSE

- Yeast breads and rolls
- Bagel (1/2)
- English Muffin (1/2)
- Pita (1)
- Muffin (1 small)
- Bread dressing, homemade with no added salt (1/3 cup)
- Pancakes (1 – 4” diameter)
- Doughnuts, yeast (1)
- Crackers, unsalted tops (5)
- Dry cereal (3/4 cup), except those listed under NO LIMIT

NO LIMIT

- Hot cereal, cooked without salt
- Dry cereals
 - Puffed rice or puffed wheat
 - Shredded wheat
 - Wheat germ
 - Low sodium cornflakes
 - Low sodium crispy rice
- Crackers
 - Low sodium crackers
 - Unsalted matzoh
 - Melba toast
- Tortillas
- Pasta, noodles, or rice, cooked with no added salt

DO NOT CHOOSE

- Refrigerated dough
- Danish pastries
- Toaster pastries
- Bagels with salt toppings
- Biscuit mix
- Cornbread mix
- Commercially seasoned stuffing
- Frozen waffles
- Crackers with salt tops

FATS

CHOOSE

- Oil or shortening
- Cream cheese
- Cream, dairy and non-dairy
- Sour cream
- Low sodium salad dressing (commercial or homemade)
- Imitation whipped topping

Limit to 4 servings per day:

- Butter, margarine (1 tsp)
- Mayonnaise (1 Tbsp)

Limit to 1 serving per day:

- Salad dressing: regular or fat-free (1 Tbsp)

DO NOT CHOOSE

- Tarter sauce
- Bacon, bacon fat, “1/3 less sodium” bacon
- Gravy: canned, jarred or packet
- Salt pork
- Dips
- Salad dressing: regular or fat-free (unless limited to 1 Tbsp per day)

SNACKS & SWEETS

CHOOSE

- Popcorn: homemade, unsalted; microwave, unsalted
- Pretzels, unsalted
- Nuts, unsalted
- Sugar, honey
- Jam or jelly
- Syrups: maple, corn, chocolate, etc.
- Cranberry sauce
- Candy
- Gelatin
- Ice cream, sherbet, or frozen yogurt
- Popsicles

Limit to 1 serving per day:

- Pie (1/8 – 9” diameter)
- Pudding (½ cup)
- Cookies (2)
- Custard (½ cup)
- Cake (1/16 – 9” diameter)

DO NOT CHOOSE

- Popcorn: commercial seasoned or microwave with salt
- Snack chips, pretzels or crackers with salt
- Olives
- Nuts with salt
- Cheesecake
- Instant pudding mixes

CONDIMENTS

CHOOSE

- Herbs and spices without salt, (e.g., onion and garlic), horseradish powder, vinegar, Mrs. Dash[®], Tabasco[®] sauce

Limit to 1 serving per day:

- Mustard (1 tsp)
- Ketchup (1 tsp)
- Worcestershire sauce (1 tsp)

DO NOT CHOOSE

- Salt, herb and spice blends containing salt
- Monosodium glutamate (MSG)

NOTE: MSG has no taste so it is not detected in foods!

- Soy sauce
- Teriyaki sauce
- Poultry seasoning
- Barbecue sauce
- Chili sauce
- Steak sauce
- Relish
- Poppa Dash[®]

BEVERAGES

CHOOSE

- Coffee and tea
- Cereal beverages
- Carbonated beverages
- Soft drinks and punch
- Mineral water

DO NOT CHOOSE

- Cocoa beverage mixes
- Sport beverages (such as Gatorade®)

FRUITS & JUICES

- All are acceptable.

EATING OUT

Today, many restaurants provide nutrition information about their menu items. Since most fast foods and ethnic foods (Chinese, Mexican, Italian) are high in sodium, ask to see this information before making a selection. Upon request, some fast food restaurants will accommodate your needs, such as leaving the salt off your french fries, or the ketchup off your burger. Another choice is to order a salad and add a squeeze of lemon instead of dressing, which is generally high in sodium. At restaurants that prepare foods “made to order,” ask that your meal be prepared without salt or MSG.

FOOD LABELS

Labels can be useful. The following are sodium labeling definitions:

- **SODIUM FREE** –
less than 5 milligrams of sodium per serving
- **VERY LOW SODIUM** –
less than 35 milligrams per serving
- **LOW SODIUM** –
less than 140 milligrams per serving
- **REDUCED OR LESS SODIUM** –
the product has at least 25 percent less sodium than the original product
- **LIGHT** –
a product has at least 50 percent less sodium OR 1/3 fewer calories OR 50 percent less fat than the original product
- **NO SALT ADDED OR NO SALT** –
no salt has been added in the preparation of the product

**CAUTION: Many products with less sodium, less salt, lite, or light on the label still may have too much sodium.*