



**Low Sodium Diet
2,300 mg Sodium (Na+)**

The 2300 mg Low sodium diet is the lowest sodium restriction recommended by the Institute of Medicine to improve health outcomes. The diet is useful in preventing or controlling edema, ascites or hypertension. Caution is used with frail elderly as decreased sodium can affect palatability and encourage weight loss from decreased consumption.

Sodium is an essential mineral needed for good health. Most people take in many times the amount needed daily. The extra sodium is usually filtered out by the kidneys. Under certain conditions the body retains too much fluid and is unable to filter it out, examples are Diseases such as High Blood Pressure, Congestive Heart failure and controlling edema (swelling caused from fluid retention).

Basic Diet Principles:

1. Eliminate salt use at the table and in cooking. Avoid all processed and prepared foods and beverages high in sodium. 1 tsp Salt adds about 2300 mg of sodium.
2. Limit amounts of milk, meat, ready to eat cereals, and breads and desserts made with salt and baking powder or soda.
3. Some medications, including over-the-counter preps for indigestion or excess acid, contain large amounts of sodium; ask your practitioner or pharmacist.
4. Strictly limit fast food restaurants and ask that other restaurants use no salt in preparation of your food when able.
5. Salt substitutes often are made from Potassium Chloride instead of Sodium Chloride so do not use without asking medical practitioner unless they are an herb based blend. One teaspoon of salt substitute (Potassium Chloride) contains between 2240 mg and 3180 mg of potassium. Lite salt contains half regular salt. Limit use of these items.
6. Do not use water that has not been run through a water softener for your fluid needs or in cooking.
7. Read labels, look for amount of sodium per serving with a goal of consuming less than 2000 mg per day.

Food Classification	Suggested Daily Servings	Recommended choices	Choose less Often – high in sodium
Vegetables	4-5 1-4 cups	Raw or cooked, fresh or frozen vegetables, or no added salt canned vegetables. Low sodium versions of those under limited section.	Sauerkraut, any vegetables canned in brines, regular canned tomato products, high sodium packaged potato products, or any vegetables seasoned with ham, bacon or salt pork.
Fruits	4-5 1-2.5 cups	Fresh, frozen, canned, dried fruits and 100% juices of all kinds.	Fruits dried with sodium sulfite.
Grains and grain products	3-10 – 1 oz equivalents	Bread, rolls, buns, bagels, English muffins, oatmeal, farina, shredded wheat, puffed wheat, or rice cereal, tortillas, rice, pasta, couscous,, quinoa. Low	Breads, rolls or crackers with salted toppings, pretzels with salt, cheese puffs, corn chips, potato chips, high sodium frozen or packaged rice, macaroni or

		salt or unsalted popcorn, pretzels or crackers.	noodle mixtures, salted popcorn, instant hot cereals, commercial bread stuffing.
Dairy Products	2-3 cups	Milk, non-dairy milks, cream, sour cream, non-dairy creamer, yogurt, low sodium cheese and low sodium cottage cheese.	Buttermilk, cottage cheeses, or other aged Cheeses processed cheese foods and cheese spreads.
Protein foods	2 or less (2-3 oz portions) 2-7 ounce equivalents	Fresh or frozen beef, pork, poultry and fish, lamb, veal, venison, wild game, dry beans or legumes, low sodium canned meats (tuna and salmon), eggs, low salt nuts, and seeds.	Smoked, salted, cured, koshered meats or fish such as bacon, bologna, chipped beef, corned beef, hotdogs, ham, lunch or deli meats, Canadian bacon, pickled meats, salt pork, sausage, anchovies, caviar, pickled herring. Regular canned tuna, salmon, sardines, imitation crab or lobster, Most commercial entrees. Salted nuts and seeds. Canned beans (unless labeled no salt added)
Fats and Oils	2-3	Vegetable oils (canola, flaxseed, olive, peanut, sesame and soybean oils) Margarine, butter, mayonnaise, cream, cream cheese, sour cream.	Salted gravy, bacon, salt pork, seasoned dips, salted nuts, limit regular salad dressings to 1 Tbls. Per day.
Sweets	Limit added sugars	Gelatin, sherbet, fruit ices, pudding, ice cream, low salt or salt free baked goods, sugar, honey, jam, jellies, syrup. All other items made from allowed foods.	Those with salted nuts. Encourage use of those low in fat.
Fluids	6-8 cups	Low salt or salt free versions of broth, bouillon, consommé, and soups. Home prepared soup made with recommended ingredients. Water and other fluids, coffee, tea, 100% fruit juices.	Commercially canned soups, bouillon, broths, or consommé, dehydrated soup or gravy mixes, bouillon cubes, granules, or packets.
Seasonings/ Condiments/ Sauces		Salt substitute, if approved by your practitioner or dietitian. Herbs and spices with no salt added. Vinegar.	Salt and salt based seasonings. Prepared condiments such as steak sauce, soy sauce, teriyaki sauce, barbeque sauce, salsa, ketchup and mustard. Olives, pickles, relishes.

Source: 12th Edition Simplified Diet Manual

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