

Sodium Restricted Diet

2 gram Sodium (2,000 milligrams)

Translation available in: [Arabic](#), [Spanish](#)

Aim for ~600mg Na/meal and 200mgNa/Bedtime Snack

Sodium may need to be restricted in the diet for a variety of reasons including congestive heart failure, high blood pressure, and diseases associated with fluid imbalance like kidney and liver diseases.

Basic Principles

- Prepare and eat foods without adding salt.
- Eliminate high sodium processed foods from the diet.
- Ask your dietitian or physician before using salt substitutes.

Sodium Sources

- The main source of sodium in the diet is salt. One teaspoon of salt contains about 2,000 milligrams (mg) of sodium.
- The average diet has 4,000 to 6,000 mg sodium a day while the recommended amount is only 2,400 mg sodium a day.
- The sodium found in unsalted food is adequate to meet your body's need for sodium.
- See food groups for sodium ranges.

Helpful Hints

- Experiment with herbs and spices to add flavor to foods.
- When dining out ask for foods prepared without added salt. Also, avoid high sodium foods like soups and foods with sauces or cheese.
- Softened water is higher in sodium. Use bottled water or switch to a calcium salt in your water softener.
- Be aware that some medications, such as antacids, laxatives, and antibiotics, can contain sodium. Ask your pharmacist if you have questions.
- Take time to read labels. Omit foods with greater than 400 mg per serving; limit foods with 200-400 mg sodium per serving to 1-2 servings per meal.
- Use the guidelines below to help with reading labels.
 - o **Sodium-free:** less than 5 mg per serving
 - o **Low sodium:** 140 mg or less per serving
- **Unsalted, without added salt, no salt added:** no salt added during processing

	0-400 mg Sodium/serving	> 400 mg Sodium/serving
FOOD GROUP	FOODS RECOMMENDED	FOODS TO LIMIT
<p>Bread, Cereal, Rice, & Pasta Group</p> <p>6-11 servings a day Serving sizes: 1 slice bread 1 tortilla ¾ cup cereal 4-6 crackers ½ cup cooked rice or pasta</p>	<p>Bread Tortillas and taco shells Rice and pasta cooked without added salt Unsalted popcorn, pretzels, and breadsticks Low sodium crackers Low sodium soups (canned or homemade with low sodium ingredients) Low sodium broth or bouillon Unsalted cooked cereal</p>	<p>Breads made with garlic salt or cheese Stuffing mixes Rice or pasta mixes with seasoning packets Regular pretzels, potato chips, and other salted snack foods Regular crackers Regular canned or dried soups Regular broth or bouillon Pancake, waffle, muffin and other baking mixes Instant hot cereals Ready-to-eat cereals</p>
<p>Vegetable Group</p> <p>3-5 serving a day Serving sizes: 1 cup raw ½ cup cooked ¾ cup juices</p>	<p>Fresh or frozen vegetables without added salt Low sodium canned vegetables Low sodium vegetable juices Low sodium tomato paste and sauces</p>	<p>Regular canned vegetables Vegetable juices Sauerkraut Instant mashed potatoes Pickles and other pickled vegetables Spaghetti/tomato sauce</p>
<p>Milk, Yogurt, & Cheese Group</p> <p>2-3 servings a day Serving Sizes: 1 cup milk or yogurt 1oz. cheese ½ cup ice cream</p>	<p>Milk or yogurt Low sodium cheese Low salt cottage cheese Ice cream or ice milk Frozen yogurt Regular cheese (except as noted), in limited amounts</p>	<p>Buttermilk Malted milk Processed cocoa American, bleu, feta and other high sodium cheeses Processed cheese Cottage cheese</p>
<p>Meat & meat alternatives , poultry, fish, beans, eggs, & nuts group</p> <p>2-3 servings a day Serving Sizes: 2-3 oz. meat, poultry or fish 1 oz. meat = 1 egg 2 Tbsp. peanut butter ½ cup cooked beans 1/3 cup nuts</p>	<p>Fresh beef, pork, veal, lamb Poultry, Fish Low sodium canned tuna Unsalted peanut butter Dried beans, peas, and lentils Low sodium canned beans Eggs Unsalted nuts</p>	<p>Canned, salted, or smoked meat or fish such as ham, bacon, sausage, luncheon meats, frankfurters, chipped beef, salt pork, anchovies, caviar, and sardines Dried meat Smoked fish Microwave/frozen meals Salted nuts Frozen poultry with salt added Meat alternatives/vegetarian</p>

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FOOD GROUP	FOODS RECOMMENDED	FOODS TO LIMIT
Fats, oils, & sweets (Use sparingly)	Vegetable oil and mayonnaise Regular margarine or butter in small amounts (1 tsp.) Unsalted margarine or butter Low sodium salad dressing Jelly, jam, honey, and syrup Hard candy Gelatin Pudding, cooked (not instant) Cookies, cakes, pies, doughnuts and chocolates (read labels since sodium varies)	Commercial gravies Commercial cream sauces Regular salad dressings Minced meat pie Instant pudding Frozen pies
Seasonings, condiments and beverages	Herbs and spices without salt Low sodium ketchup Low sodium steak sauce Vanilla and other flavorings and extracts Carbonated beverages Coffee and tea Hot pepper sauce in small amounts (read label since sodium varies)	Onion, garlic, and celery salt Seasoning/coating mix Monosodium glutamate (MSG) Soy, teriyaki, and sweet & sour sauces Worcestershire sauce Steak and barbecue sauces Hoisen sauce Soybean paste (miso) Instant cappuccino mixes Regular ketchup Tartar sauce Salsa

Other Resources

- American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in the Diet, by Rodman D. Starke, Mary Winston, 2001.
- The No-Salt, Lowest-Sodium Cookbook: Hundreds of Favorite Recipes Created to Combat Congestive Heart Failure and Dangerous Hypertension, by Donald A. Gazzaniga, 2002.



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