

88 MILLIEC. JIVALENT (2,000 MG) SODIUM DIET

DESCRIPTION: Salt should not be used in the preparation of foods. Regular bread, butter (without salt) and canned vegetables may be used.

Milk and Dairy Products: Allowed: Limit to 3 cups/day of whole, 2%, skim, homemade buttermilk or chocolate milk. Avoid: More than the allowance and commercial buttermilk.

Meat and Meat Substitutes: Allowed: Fresh or frozen without salt. Beef, pork, veal, lamb, fish, turkey and chicken, unsalted (dietetic) canned fish and salt-free peanut butter. Avoid: Smoked, cured, canned or pickled meat, poultry or fish such as ham, bacon, sausage, luncheon meat, hot dogs, corned beef, tuna and salmon, sardines and regular peanut butter.

Cheeses: Allowed: Low sodium cheeses. Avoid: All other cheeses.

Fats: Allowed: Vegetable oils, shortening, butter and unsalted salad dressing. Avoid: Bacon fat or fat from any other cured meat, commercial salad dressings and mayonnaise.

Fruits and Fruit Juices: Allowed: All fruits and fruit juices.

Vegetables and Vegetable Juices: Allowed: Fresh, frozen (without salt) and regular canned. broccoli, brussel sprouts, collard greens, mustard greens, kale, turnip greens, or wild greens. Carrots, pumpkin, squash, asparagus, beets, cabbage, cauliflower, celery, cucumber, corn, green and wax beans, okra, lettuce, mushrooms, onions, parsnips, peas, peppers, radishes, rutabaga, potatoes (white and sweet) and dried beans. Avoid: Hominy, sauerkraut, tomato and vegetable juice canned with salt.

Breads and Starchy Foods: Allowed: Commercial breads and rolls and ready to eat cooked cereals. Unsalted biscuits, cornbread and muffins made with low sodium baking powder. Avoid: Quick bread made with regular soda or baking powder or commercial mixes, self-rising flour or corn meal.

Soups: Allowed: Low sodium soups. Avoid: All other soups

Desserts: Allowed: Cakes and cookies made with low-sodium baking powder, pies made without salt in the crust, sherbet, ice cream, puddings and gelatins. Avoid: Cakes and cookies made with regular soda or baking powder. Commercial cake mixes, all desserts made with salt except for puddings and ice cream.

Miscellaneous: Allowed: Homemade soups without salt. Low sodium bouillon cubes, broth from unsalted meats, homemade gravies without salt. Unsalted popcorn, extracts such as vanilla and peppermint, spices, herbs, fresh garlic, onion, vinegar, pepper, dry mustard, tabasco sauce and yeast. Avoid: Regular bouillon cubes, canned and dehydrated soups, commercial meat sauces, gravies and broths, catsup, prepared mustard, Worcestershire sauce, chili sauce, salted nuts, salted popcorn, brine-cured products such as olives, relishes, pickles, sauerkraut, potato chips, TV dinners, pot pies and pizza.

LOW SODIUM DIET (2,000 MGS)

INSTRUCTIONS

Too much sodium causes your body to hold on to extra water. This can raise your blood pressure and force your heart and kidneys to work harder. In very serious cases, this could cause you to be put in the hospital – it might even be life-threatening. By limiting sodium, you will feel better and lower your risk of serious problems.

The most common source of sodium is salt. People get most of the salt in their diet from canned, prepared and packaged foods. Fast food and restaurant meals also are very high in sodium. Your limitation should be 2,000 milligrams a day. This limit counts all the sodium in prepared and packaged foods and any salt you add to your food.

Try to further reduce how much sodium you eat to less than 1,500 mg a day if you are 51 or older or have high blood pressure, diabetes or chronic kidney disease.

Follow up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call our office if you are having problems. It's also a good idea to know your test results and keep a list of all medications you take.

HOW CAN YOU TAKE CARE OF YOURSELF AT HOME?

- **Read labels on cans and food packages. The labels tell you how much sodium is in each serving. Make sure that you look at the serving size. If you eat more than the serving size, you have eaten more sodium.**
- **Food labels also tell you the Percent Daily Value (PDV) for sodium. Choose products with low PDV for sodium.**
- **Be aware that sodium can come in forms other than salt, including monosodium glutamate (MSG), sodium citrate and sodium bicarbonate (baking soda). MSG is often added to Asian food. When you eat out, you can sometimes ask for food without MSG or added salt.**