**SEASONING BLENDS**

**ALL-PURPOSE SPICE BLEND**

- 5 teaspoons Onion Powder
- 2-1/2 teaspoons Garlic Powder
- 2-1/2 teaspoons Paprika
- 2-1/2 teaspoons Dry Mustard
- 1-1/4 teaspoons crushed Thyme
- 1/2 teaspoon ground White Pepper
- 1/4 teaspoon Celery Powder

Combine all ingredients, spoon into shaker. Use as desired in cooking or at the table for seasoning. Makes about 1/3 cup.

**SPICE FLAVOR BLEND**

- 2 teaspoons Savory, crushed
- 1 tablespoon Dry Mustard
- 2-1/2 teaspoons Curry Powder
- 1-1/4 teaspoons White Pepper
- 1-1/4 teaspoons ground Cumin

Combine all ingredients, spoon into shaker. Use as desired in cooking or at the table for seasoning. Makes about 1/3 cup.

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**SAMPLE MENU**

<table>
<thead>
<tr>
<th>Milligrams of Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Juice 1/2 cup  3</td>
</tr>
<tr>
<td>Wheat Flakes 1 cup 300</td>
</tr>
<tr>
<td>Toast 1 slice 150</td>
</tr>
<tr>
<td>Margarine/Jelly 1 tsp 51</td>
</tr>
<tr>
<td>Low Fat Milk 1 cup 120</td>
</tr>
<tr>
<td>Coffee varies</td>
</tr>
</tbody>
</table>

**Breakfast**

- Chicken 3 oz. 252
- Regular Bread 2 slices 300
- Lettuce, Tomato (as desired) 35
- Carrot Sticks
- Strawberry Ice Cream 1/2 cup 30
- Low Fat Milk 1 cup 130
- Mayonnaise 2 tsp 56
- Iced Tea varies

**Lunch**

- Baked Fish 3 oz. 90
- Buttered Rice 1/2 cup 55
- Frozen Green Beans 1/2 cup 152
- Tossed Salad with French Dressing 1 tbsp. 180
- Hot Biscuit 1 200
- Margarine 1 tsp. 50
- Peach Pie 1/8 pie 435
- Low Fat Milk 1/2 cup 60
- Iced Tea varies

**Dinner**

| Total milligrams of sodium: 2649 |

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Eating Guidelines for Reducing Sodium (No Added Salt Diet)

Patient Name
Room Number
Date
Dietitian ____________________________
Phone # ____________________________
WHAT IS SODIUM?

Salt is made of sodium and chloride. Sodium is a mineral that attracts and holds water. It also helps maintain the right balance of fluids in the body. However, most people eat more sodium than they need.

As a reference, 1 teaspoon of salt contains 2300 mg (milligrams). A No Added Salt Diet contains about 4000 mg of sodium per day.

Sodium is naturally present in small amounts in foods such as meat, eggs, milk and some vegetables. The main sources of sodium in the diet come from salt (sodium chloride) and sodium preservatives added to many processed foods, as well as salt added in cooking and at the table.

PURPOSE OF THE DIET

A No Added Salt diet will help prevent excessive sodium buildup in your body. This helps reduce blood pressure and the tendency to retain fluids. It may also help your heart work more effectively. Check with your doctor before following these guidelines.

GUIDELINES FOR A NO ADDED SALT DIET

1. Do not add salt or seasoned salt at the table.
2. When preparing food from a recipe, use half the amount of salt specified.
3. Do not add salt in the preparation of foods to which salt is added in processing (Example: canned vegetables). Many canned and processed foods are available without sodium/salt.
4. Omit the following high sodium foods:
   - Breads, crackers, pretzels and rolls with salt topping or more than 200 mg sodium per serving.
   - Processed cheese such as American, cheese spreads, cheese sauces, aged cheeses.
   - Cured, salted, smoked or canned meats and fish (Example: corned beef, ham, sausage, dried chipped beef, anchovies, sardines, frankfurters, luncheon meats, salt pork, bacon, ham hocks).
   - Meat pies, pizza, commerical casserole mixes, frozen dinners with more than 600 mg sodium per serving.
   - Quick breads such as biscuits and pancakes made from commercial mixes.
   - Salted snack foods such as potato chips, pretzels, tortilla chips, microwave popcorn, cheese crackers or salted nuts.
   - Bouillon cubes or granules, canned broths and soups, dry soup mixes.
   - Canned pork and beans, canned salted tomato products, sauerkraut, pickled vegetables, olives, and frozen vegetables with sauces.
   - Any herb or spice mixed with salt such as garlic salt, onion salt or celery salt. Also, eliminate items that contain MSG (monosodium glutamate).
   - Teriyaki sauce, soy sauce, fajita seasoning, steak seasoning, Creole seasoning, and meat tenderizers.
5. Limit the following condiments to 1 tablespoon per meal:
   - Barbecue Sauce
   - Hickory Smoke Sauce
   - Cocktail Sauce
   - Worcestershire Sauce
   - Mustard
   - Tartar Sauce
   - Steak Sauce
   - Taco Sauce
6. Many medications contain sodium. Some of these include laxatives, alkalizers, antibiotics and cough medicines. Read the labels or ask your pharmacist or doctor for information.

Check with your doctor before using salt substitute.

FOOD LABELS can be helpful tools in controlling your sodium intake. Some of the common claims made on food labels are:

- **“Sodium Free”** – Foods that contain less than 5 milligrams of sodium per serving.
- **“Very-Low Sodium”** – Foods that contain 35 milligrams of sodium or less per serving.
- **“Low-Sodium”** – Foods that contain 140 milligrams of sodium or less per serving.
- **“Reduced-Sodium”** – Foods with at least 24% less sodium per serving.