GUIDELINES FOR A LOW SODIUM 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. Limit the following condiments to 1 tablespoon per meal:
   - Barbecue Sauce
   - Hickory Smoke Sauce
   - Cocktail Sauce
   - Worcestershire Sauce
   - Mustard
   - Catsup
   - Chili Sauce
   - Tartar Sauce
   - Steak Sauce
   - Taco Sauce
5. 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.
6. Do not use salt and soda to brush your teeth.
7. Drinking water in some areas is very high in sodium and it may be necessary to substitute distilled water for tap water in the diet. Contact public health departments or local water departments for the specific sodium content of the water supply.
8. Limit desserts to one a day. Avoid pre-prepared, packaged, and instant products.
9. Use low sodium canned soups or home made soups will allowed foods.

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.

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.
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 Low Sodium Diet contains about 2000 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 comes 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

Low sodium 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.

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>RECOMMENDED</th>
<th>NOT RECOMMENDED</th>
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<tbody>
<tr>
<td>Breads, Cereals and Starches As desired if low sodium limit based on sodium content</td>
<td>Low sodium breads, crackers and products made with sodium free baking powder, modified recipes. Regular cooked cereals prepared without salt. Puffed rice, puffed wheat, shredded wheat, low sodium cornflakes. Potatoes, pastas, rice, popcorn.</td>
<td>Saltines, crackers and breads made with regular baking powder, including waffles and pancakes; bread or crackers with salt topping; self-rising flour, salted pretzels, cornbread or biscuit. Quick cooking or instant hot cereal; dry cereals. Hominy, salted potato chips, corn chips, cheese chips, tortilla chips, shoestring potatoes, chow mein noodles, instant potatoes, rice or pasta products, frozen potato or pasta products.</td>
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<tr>
<td>Vegetables Up to 4 servings</td>
<td>Fresh, raw, frozen or low sodium canned except for those not recommended.</td>
<td>Sauerkraut, regular tomato or vegetable juice, pickles, relishes, vegetables prepared in brine, Frozen vegetables in sauce. Regular canned vegetables.</td>
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<td>Fruits Up to 8 servings</td>
<td>Fresh, canned or frozen fruit or fruit juice.</td>
<td>None</td>
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<tr>
<td>Meat and Meat Substitutes 6 oz.</td>
<td>Fresh frozen beef, lamb, pork, veal, poultry; fresh or frozen fish, low sodium-canned tuna or salmon. Fresh whole egg or egg white. Low sodium cheese, low sodium peanut butter, dry curd cottage cheese.</td>
<td>Organ meats, bacon, bologna, chipped beef or poultry, comed beef, frankfurters, ham, luncheon meats, salt pork, sausages, smoked meats, anchovies, caviar, dried cod, herring, scallops, sardines, shellfish; frozen breaded meat, poultry, fish; canned, smoked or salted meat or fish; meats koshered by salting; commercially prepared frozen dinners. Cholesterol free egg substitutes. Eggs in excess of 1 per day. All regular cheese and cottage cheese, regular peanut butter.</td>
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<td>Fats As allowed within restrictions</td>
<td>Unsalted butter or margarine, vegetable oils and shortenings, low sodium salad dressings, mayonnaise or sour cream. Regular salted butter or margarine, mayonnaise or avocados limited to 2 servings per day.</td>
<td>Bacon, bacon fat or drippings, salt pork, party spreads, dips or regular salad dressings.</td>
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<td>Milk and Milk 2 servings</td>
<td>Low fat or skim milk, reconstituted nonfat dry milk or evaporated milk, condensed milk, low sodium buttermilk, chocolate milk, cocoa made with milk allowance. Plain, low fat or fruit flavored yogurt.</td>
<td>Regular buttermilk, malted milk, instant cocoa mixes or instant breakfast mixes.</td>
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<td>Miscellaneous As allowed within restrictions</td>
<td>Lemon juice, chocolate, cocoa, herbs, spices, vinegar, unsalted nuts, unsalted popcorn, unsalted gravy using milk allowance, fresh garlic, garlic powder, fresh horseradish, low sodium catsup, low sodium mustard, low sodium baking powder, cream of tartar, sugar, honey, jam, jelly.</td>
<td>Salt, regular catsup, prepared mustard, prepared horse-radish, pickles, chili sauce, olives, salted nuts, salted popcorn, relishes, seasoned salts, garlic salt, onion salt, celery salt, soy sauce, MSG and chemically softened water. Molasses and syrups other than maple, or sorghum, instant cocoa mixes, Gatorade, Tang, other instant beverage mixes.</td>
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