

Selection	Choose	Limit
Vegetables	<ul style="list-style-type: none"> • Vegetables that are steamed, broiled or stewed • Use lemon or other herbs and spices to flavor • Baked, broiled, or steamed potatoes 	<ul style="list-style-type: none"> • Vegetables in butter, cheese or cream sauce • Vegetables in oriental sauces • Fried vegetables • Fried potatoes or rice • Creamed or scalloped potatoes • Tomato sauce • Sauerkraut
Condiments	<ul style="list-style-type: none"> • Oil and vinegar • Spices, herbs, lime or lemon juice, low sodium seasonings brought from home, example Mrs. Dash • Horseradish • Cream cheese, sour cream • Jams and jellies • Hot peppers, Tabasco • Limit to one condiment a day and use only 15 ml (1 tbsp): Margarine or butter, ketchup, mustard, relish, salad dressing, salsa, mayonnaise, bacon bits, gravy. Sauces such as BBQ, HP, Worcestershire, Heinz 57, tartar, peanut sauce. 	<ul style="list-style-type: none"> • Pickles and olives • Sauerkraut • Cheese Whiz • Soy sauce and other Oriental sauces such as teriyaki, oyster, fish, black bean and hoisen sauce.
Desserts	<ul style="list-style-type: none"> • Fresh fruit • Caramel, chocolate, strawberry, fudge, marshmallow toppings • Yogurt, ice-cream • Sherbet, fruit sorbet or Italian ice • Gelatin or Jell-O 	<ul style="list-style-type: none"> • Cakes • Pastries • Cookies
Beverages (Count as part of fluid restriction)	<ul style="list-style-type: none"> • Milk • Fruit juice • Soft drinks, club soda • Tea and coffee • Water (includes bottled water such as Perrier, Mineral, Spring, Tonic) • Lemonade, Crystal Lite • Beer, wine, spirits (if allowed by doctor) 	<ul style="list-style-type: none"> • Milkshakes • Hot chocolate • Tomato or other vegetable juices (V8 juice) • Gatorade or other sports drinks

Dining Out - Low Sodium

Dining out while following a low sodium (low salt) diet can be enjoyable. Planning ahead will help you to make good food choices. Foods prepared in restaurants, cafeterias or delis often contain more sodium than the same foods prepared at home.

Here are some tips to help you make better choices when eating out:

- Choose restaurants that offer variety in their menu.
- Choose restaurants that will prepare foods low in salt (phone ahead and ask questions).
- Ask that foods be prepared without added salt.
- Ask about the ingredients and how the foods are prepared.
- Do not add extra salt and avoid adding gravies or dipping sauces.
- Ask that foods be served without condiments (*see section on Menu Choices-Condiments). Ask for sliced tomatoes, cucumbers, lettuce, horseradish, oil and vinegar, and lemon instead of relish or pickles.
- Eat foods in their freshest state since these foods are naturally low in sodium. For example, try grilled fresh vegetables or fish instead of battered and deep-fried choices.
- When travelling, pack foods like fruit, vegetables and other foods prepared without salt or plan to stop where foods low in salt can be purchased.
- **On special occasions, limit your salt intake by cutting down on the portion sizes of high salt foods or share an entrée with someone. Choose low sodium meals during the rest of the day to balance the higher salt meal.**

Dietitian _____

Phone Number _____

