



Type of Food	Foods Recommended	Foods Not Recommended
<b>Fats and Oils</b>	<ul style="list-style-type: none"> <li>Margarine or butter, (regular or salt-free)</li> <li>Oil</li> <li>Cream</li> <li>Gravy - homemade without added salt</li> </ul> <p><b>Limit to (15 mL) 1 tbsp per day:</b> Commercial salad dressing or mayonnaise</p>	<ul style="list-style-type: none"> <li>Bacon fat, salt pork</li> <li>Commercial gravies, sauces and chip dips</li> </ul>
<b>Beverages*</b>	<ul style="list-style-type: none"> <li>Water</li> <li>Soft drinks</li> <li>Coffee</li> <li>Tea</li> <li>Postum</li> <li>Caf Lib</li> </ul>	<ul style="list-style-type: none"> <li>Water treated with a water softener</li> <li>Mineral waters with a sodium content greater than 250 mg per litre</li> <li>Sport drinks such as Gatorade and Powerade</li> </ul>
<b>Other Foods</b>	<ul style="list-style-type: none"> <li>Herbs and spices, seasoning powders (onion, garlic and celery powders)</li> <li>Mrs. Dash seasoning</li> <li>Dry Mustard</li> <li>Lemon or lime juice</li> <li>Vinegar (wine, cider, rice, balsamic or white)</li> <li>Tabasco sauce</li> <li>Cocoa</li> <li>Jell-O</li> </ul> <p><b>Limit to one condiment a day and use only (15 mL) 1 tbsp:</b> ketchup, prepared mustard, barbecue sauce, relish, chutney made with salt, Heinz 57, horseradish, HP Sauce, worcestershire sauce</p>	<ul style="list-style-type: none"> <li>Seasoning salts including onion, garlic and celery salt</li> <li>Lemon pepper and other herb and spice mixtures that contain salt or sodium (check the ingredient list)</li> <li>Sea salt</li> <li>Monosodium glutamate (MSG)</li> <li>Meat tenderizers containing sodium</li> <li>Soy sauce or oriental sauces such as teriyaki, oyster, fish, black bean and hoisen sauce</li> <li>Salt substitutes containing sodium (Half Salt)</li> <li>Pickles and olives</li> <li>Commercially prepared breadng products (Shake and Bake)</li> <li>Rennin desserts (Junket)</li> </ul>

\*Ask your doctor if you need to be on a fluid restriction.

<p><b>Dietitian</b> _____</p> <p><b>Phone Number</b> _____</p>
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## Low Sodium Diet 2 to 3 gram Sodium

Sodium is a mineral found in food. It helps to maintain the proper amount of fluid in the body. All foods naturally contain some sodium. However, most sodium in the diet comes from salt and other seasonings that are used for flavoring, preserving, and processing food.

Most Canadians eat more sodium than they need. Limiting sodium intake is healthy for everyone. It is even more important for people who have conditions such as high blood pressure, congestive heart failure, and liver or kidney disease.

The following tips will help to limit your sodium intake to 2 to 3 g (2000 to 3000 mg) per day.

1. Eat a balanced diet by following Canada's Food Guide to Healthy Eating.
2. Enjoy fresh foods since they are naturally low in sodium. Examples are fresh fish, meats, poultry, fruits and vegetables. When you prepare your own food, you can reduce the amount of sodium that the recipe contains.
3. Do not add salt at the table or in cooking. Instead, use other flavorings such as herbs and spices. Be aware that sea salt has the same amount of sodium as table salt.
4. Use a herb and spice mixture such as Mrs. Dash's seasoning instead of salt. There are salt substitutes such as No Salt which use potassium in place of sodium. However, the extra potassium may not be suitable for your medical condition. **Check with your doctor before using them.** Half-Salt contains sodium as well as potassium, so it is not recommended.
5. Limit foods that have large amounts of sodium or salt added during processing such as canned or prepackaged foods and fast foods.
6. Check with a pharmacist before taking over the counter medications. Eno, Alka-Seltzer, and some laxatives contain large amounts of sodium.

### Label Reading

Most canned and processed foods are high in salt and other sodium compounds such as monosodium glutamate (MSG), sodium nitrite, sea salt or sodium bicarbonate.

Ingredients are listed on packages in order by weight from the most to the least. Try to choose products where salt or sodium appears near the end of the list.

Choose products that are labeled:

- Sodium free - less than 5 mg of sodium per stated serving size
- Low sodium - 140 mg or less of sodium per stated serving size

Products advertised as sodium reduced, no added salt or unsalted still may still contain large amounts of sodium. Check the Nutrition Information or Nutrition Facts on the label to see how much sodium is in a serving of that product, and whether it can be included in the 2000 to 3000 mg sodium diet.

## Low Sodium Diet

<i>Type of Food</i>	<i>Foods Recommended</i>	<i>Foods Not Recommended</i>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>Breads, buns, and bagels.</li> <li>Homemade baked goods (omit salt when baking powder or baking soda is used)</li> <li>Unsalted crackers</li> <li>Rice cakes</li> <li>Unsalted popcorn</li> <li>Unsalted pretzels</li> <li>Most hot and cold cereals</li> <li>Rice and pasta cooked without salt</li> <li>Homemade bread stuffing made with foods allowed</li> </ul>	<ul style="list-style-type: none"> <li>Commercial waffles, pancakes or biscuits or those made from mixes.</li> <li>Muffins or cakes from mixes.</li> <li>Salted crackers, salted snack foods such as popcorn, pretzels, potato chips</li> <li>Instant hot cereal (add hot water and stir)</li> <li>Rice and pasta convenience products (Kraft Dinner, Rice a Roni)</li> <li>Commercial bread stuffing (Stove Top Stuffing)</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>Fresh, frozen, canned and dried fruit</li> <li>Fruit juices</li> </ul>	<ul style="list-style-type: none"> <li>Oriental dried, salted fruit</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Fresh or frozen vegetables</li> <li>Low sodium canned vegetables</li> <li>Low sodium tomato juice</li> <li>Canned tomatoes with 300 mg sodium or less per 125 mL (1/2 cup serving) (check label)</li> <li>Tomato paste with no salt added (check ingredients)</li> </ul>	<ul style="list-style-type: none"> <li>Vegetables canned with salt</li> <li>Frozen vegetables in sauce</li> <li>Instant potatoes (scaloped potatoes)</li> <li>Commercial spaghetti mixes</li> <li>Sauerkraut, pickled vegetables &amp; others prepared in a brine</li> <li>Tomato sauce</li> <li>Stewed tomatoes</li> <li>Salted vegetable juices including tomato, Clamato, and V8</li> </ul>
<b>Milk Products</b>	<ul style="list-style-type: none"> <li>Milk</li> <li>Ice cream</li> <li>Home made or cooked pudding</li> </ul> <p><b>Limit to one cup per day from the following list:</b></p> <ul style="list-style-type: none"> <li>Buttermilk</li> <li>Hot chocolate made from mix</li> <li>Commercial milkshakes</li> <li>Malted milk</li> </ul>	<ul style="list-style-type: none"> <li>Instant pudding</li> </ul>

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<b>Milk Products</b>	<ul style="list-style-type: none"> <li>Cottage cheese (dry curd or salt free)</li> </ul> <p><b>Limit to 1 oz. or 30 g or 1 inch cube per day:</b></p> <ul style="list-style-type: none"> <li>Block type cheese (Cheddar, mozzarella or marble)</li> </ul>	<ul style="list-style-type: none"> <li>Cottage cheese (regular, 2% or 1%)</li> <li>Processed cheeses or cheese slices (Cheez Whiz or Velveeta)</li> <li>Parmesan or feta cheese</li> </ul>
<b>Meats and Alternatives</b>	<ul style="list-style-type: none"> <li>Fresh meats, fish, poultry and seafood</li> <li>Canned tuna, salmon and shellfish - salt-free or drained and rinsed under running water</li> <li>Eggs and egg substitutes</li> <li>Peanut and other nut butters</li> <li>unsalted nuts</li> <li>Dried cooked beans, peas and lentils (homemade)</li> <li>Dried canned beans, drained and rinsed (Kidney beans)</li> </ul>	<ul style="list-style-type: none"> <li>Smoked, cured, salted, koshered or canned meat, fish or poultry including ham, wieners, luncheon meats, sausages, bacon, sardines, anchovies, salt cod</li> <li>Convenience foods such as canned stews, canned chili, fish sticks, pot pies or casserole mixes (Hamburger Helper)</li> <li>Salted nuts</li> <li>Canned baked beans (Beans with pork)</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>Homemade soups made with allowed ingredients</li> <li>Salt-free canned soups</li> <li>Low sodium vegetable broth</li> </ul>	<ul style="list-style-type: none"> <li>Commercial soups (canned soups or dry soup mixes)</li> <li>Meat extracts</li> <li>Yeast extracts (Marmite and Vegemite)</li> </ul>