

DIETARY INFORMATION
ON
SODIUM RESTRICTED
DIET

3-4 GRAM SODIUM OR “NO ADDED SALT” DIET

DEFINITION: A diet restricting sodium intake to 3-4 grams a day is a mild sodium restriction.

DIETARY

PRINCIPLES:

1. Salt is used in moderate amounts for cooking.
2. Salt should not be added at the table at home.
3. Foods high in sodium are omitted.

FOOD GROUP: **FOODS TO AVOID**

MILK GROUP: Cultivated buttermilk, (limited to 1 cup a day).

MEAT GROUP: Canned, cured, dried, salted, or smoked meats such as bacon, chipped or corned beef, franks, ham, luncheon meats (bologna), salt pork, sausage, kosher meat and salt cod fish.

MEAT Substitutes: Peanut butter (containing salt)
Roquefort or Camembert cheese; processed cheese or cheese spreads

VEGETABLE

GROUP: Pickles and relish. Sauerkraut and vegetables prepared in brine.

FRUIT GROUP: None

BREAD/CEREAL GROUP: (limit those with baking powder or soda to 1 a day).
Frozen or instant potatoes
Potatoes or snack chips
Highly seasoned rice and pasta
Salted popcorn

FAT GROUP: Bacon and bacon fat, salt pork, salted nuts and party dips

MISCELLANEOUS

FOOD GROUP: pickles, relish, catsup, chili sauce, seasoning salts, canned or frozen soups or stews, soup mixes, commercial bouillon, celery seed and monosodium glutamate.
Limit desserts with baking soda or powder to 1 a day.
Salt with meats.
Soy sauce, Worcestershire and meat tenderizers.

COMMON FOODS HIGH IN SODIUM

	mg. sodium		mg. sodium
MILK. MILK PRODUCTS		VEGETABLES (continued)	
Buttermilk. Cultured skim, 1 cup	317	Spinach, 1 cup cooked	90
Chocolate milk, 1 cup	115	Tomato ju ¹ / ₂ cup canned	240
Cheeses:		Tomato catsup, 1 tablespoon	177
Cheddar. Natural. 1 ounce	196	ice, Vegetable juice cocktail,	
Cheddar. Processed. 1 ounce	318	½ cup canned	240
Bacon, 2 strips, broiled or fried	163		
Bacon, Canadian, 1 ounce cooked	715	GRAIN PRODUCTS	
Cottage. Creamed. 1/2 cup	256	Biscuits, baking powder 1	
Swiss. Domestic. 1 ounce	199	Average	304
Cheese spread, 1 ounce	455	Cookies:	
		Oreos, 2	97
MEATS. SEAFOOD		Chocolate chip, commercially	
Beef, corned, 1 ounce cooked	487	prepared, 2	88
Beef, dried, chipped, 1 ounce		Butter thin, 2	92
Uncooked	1204	Cornbread, 2" cube	270
Crab, 3 ounces canned	850	Crackers:	
Ham, cured, 1 ounce lean cooked	260	Graham, 2	94
Salmon, pink, 3 ounces drained		Sandwich, peanut butter, 1	
Canned	387	Package	347
Sardines, 3 ounces undrained		Ry-Krisp, 2	111
Canned	510	Saltines, 4	130
Sausage:		Cup cake, iced, 1 average	168
Bologna, 1 slice	364	Farina, ½ cup cooked	170
Frankfurter, 1	550	Muffin, 1 average	176
Pork links, 2 cooked	383	Oatmeal, ½ cup cooked	257
Scallops, 3 ounces cooked	265	Pies, 1/6 of 9" pie:	
Shrimp, 3 ounces raw	140	Apple	482
Tuna, ¾ cup undrained canned	800	Custard	430
		Lemon meringue	395
LEGUMES, NUTS		Mince	672
Beans, common white dry:		Pretzels, 5 small sticks	437
½ cup canned	423	Ready-to-eat cereals:	
½ cup canned with pork and		All Bran, ½ cup (1 ounce)	297
sweet sauce	475	Bran flakes, ¾ cup (1 ounce)	259
Beans, lima, ½ cup drained canned	271	Cherios, 1 cup (25 grams)	317
Peanuts, roasted, 2 tablespoons,		Rice Krispies, 1 cup (1 ounce)	280
Salted	125	Wheaties, 1 cup (1 ounce)	289
		Waffle, 1 average	356
VEGETABLES		FATS	
Beet greens, 1 cup cooked	152	Salad dressings:	
Canned vegetables, ½ cup	236	Bleu cheese, 1 tablespoon	155
Celery, raw 1 cup diced	126	French, 1 tablespoon	195
Chard, 1 cup cooked	172	French, low calorie, 1 table-	
Mushrooms, ½ cup undrained canned	400	Spoon	110
Peas, frozen, ½ cup cooked	115	Mayonnaise, 1 tablespoon	85
Potatoes:		Salt pork, no lean, ¾ " cube	121
Country fried, ½ cup	190		
Chips, 10 pieces	up to 200		

SEASONINGS CHART

SEASONINGS ALLOWED

All spice	Mustard, dry, or mustard seed
Almond extract	Nutmeg
Anise seed	Onion, onion juice, or onion powder
Basil	Orange extract
Bay leaf	Oregano
Bouillon cube, low sodium dietetic	Paprika
Capers, unsalted	Parsley or parsley flakes
Caraway seed	Pepper, fresh green or red
Cardamon seeds	Pepper, black, red, or white
Catsup, dietetic	Peppermint extract
Cayenne pepper	Pimiento peppers
Celery leaves, dried or fresh	Poppy seed
Celery seed	Poultry seasoning
Chili powder	Purslane
Chives	Rosemary
Cinnamon	Saffron
Cloves	Sage
Cocoa, dry (not dutch process or instant)	Salt substitutes, if recommended by your physician. Must contain no sodium compound
Coconut	Savory
Coriander	Sesame seeds
Cumin	Sorrel
Curry powder	Sugar
Dill	Sugar substitute
Fennel	Table wine, if allowed
Garlic, garlic juice, or garlic powder	Tarragon
Ginger	Thyme
Horseradish root or horseradish Prepared without salt	Turmeric
Juniper	Vanilla extract
Leeks	Vinegar
Lemon juice or extract	Walnut extract
Mace	
Maple extract	
Marjoram	
Meat extract, low sodium dietetic	
Meat tenderizers, low sodium dietetic mint	

SEASONINGS CHART

SEASONINGS NOT ALLOWED

Accent
Barbeque sauces
Broth, canned
Catsup
Celery salt, seed, or leaves
Chili sauce
Cooking wine
Dried seasonings and gravy mixes
Garlic salt
Horseradish, prepared with salt
Meat extracts
Meat sauces
Meat tenderizers
Monosodium glutamate
Mustard, prepared
Olives
Onion salt
Pickles and relishes
Lite salt
Co-salt
Salt substitute unless recommended by physician
Salt at the table
Soy sauce
Worcestershire sauce