# Low Sodium Diet
1500mg Sodium Restriction

<table>
<thead>
<tr>
<th>Type of Food &amp; Selected Good Choices</th>
<th>Foods to Avoid</th>
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</thead>
<tbody>
<tr>
<td><strong>Unseasoned Meat, Poultry, Fish</strong></td>
<td>Salted, smoked, cured, &amp; most canned meats. Luncheon meats. (Bologna, bacon, Canadian bacon, chipped beef, corned beef, kosher meat, sausage, ham, turkey or chicken franks) Most frozen precooked meals. Some shellfish. Most precooked meats. Most cheeses are quite salty.</td>
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<td>Use lean meats without added salt which you cook yourself. Frozen, if unsalted. Low salt cheeses. Some Swiss cheese. Breads Look for breads ≤ 150 mg/ slice. Unsalted crackers and chips.</td>
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<td>Starches &amp; Cereals Uncooked noodles &amp; rice. Potatoes-plain (Shredded wheat ≤ 5mg) (Regular oatmeal, or “lightly cooked”)</td>
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<td><strong>Fruits &amp; Vegetables</strong> (All fresh fruit and vegetables. All frozen vegetables unless salty sauce) For salad dressing: olive oil &amp; vinegar.</td>
<td>Fats Oils including: olive oil, canola oil; unsalted nuts. Soups homemade low salt soups.</td>
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<td><strong>Spices</strong> Black pepper Herbs- basil, oregano, cilantro, etc. Mrs. Dash- multiple flavors &amp; marinades Dried chili peppers. Cosalt, Lite salt –dangerous if started without physician giving specific OK. Remind physician if new med started. (These are potassium salts. Can be a problem with certain blood pressure meds or medical conditions in some pts.)</td>
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**Foods to Avoid**
- Salted, smoked, cured, & most canned meats.
- Luncheon meats. (Bologna, bacon, Canadian bacon, chipped beef, corned beef, kosher meat, sausage, ham, turkey or chicken franks)
- Most frozen precooked meals. Some shellfish.
- Most precooked meats.
- Most cheeses are quite salty.

**Breads** Look for breads ≤ 150 mg/ slice. Unsalted crackers and chips.

**Starches & Cereals** Uncooked noodles & rice. Potatoes-plain (Shredded wheat ≤ 5mg) (Regular oatmeal, or “lightly cooked”)

**Fruits & Vegetables** (All fresh fruit and vegetables. All frozen vegetables unless salty sauce) For salad dressing: olive oil & vinegar.

**Fats** Oils including: olive oil, canola oil; unsalted nuts.

**Soups** homemade low salt soups.

**Spices** Black pepper Herbs- basil, oregano, cilantro, etc. Mrs. Dash- multiple flavors & marinades Dried chili peppers. Cosalt, Lite salt –dangerous if started without physician giving specific OK. Remind physician if new med started. (These are potassium salts. Can be a problem with certain blood pressure meds or medical conditions in some pts.)

**Foods to Avoid**
- Salted crackers, chips (look at serving size & sodium content)
- Canned vegetables and beans (except those labeled “no added salt”), pickled vegetables, sauerkraut, tomato & V8 juice, many types of salad dressings.
- Bacon fat, salt pork, gravy (including prepackaged and prepared with bouillon)
- Bouillon cubes, Most canned soups/ broths.
- Salt, sea salt, seasoning salts “Lite Salt”, onion salt, garlic salt, lemon pepper, BBQ sauce, soy sauce, mustard, ketchup, meat tenderizers, olives, pickles, salted nuts.