

# Low Sodium Diet

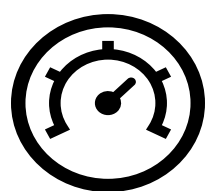


## What is it?

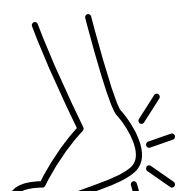
A low sodium diet is generally considered less than or equal to 2 grams (or 2,000 mg) of sodium intake per day. A low sodium diet limits high sodium foods.

## Effects of high sodium diets

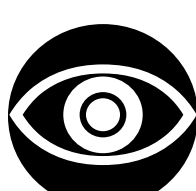
When your kidneys aren't functioning properly, they don't filter out sodium, potentially leading to a number of additional health issues including:



Increased blood pressure



Swollen ankles (edema)



Puffiness around the eyes



Shortness of breath



Weight gain from "water" weight

## Do's and Don'ts of a low sodium diet



- Read all food labels carefully for sodium content
- Avoid foods with 500+mg of sodium per serving
- Start slowly with your changes, decreasing sodium intake as your body adjusts
- Limit processed (lunchmeat) and canned foods (soups/vegetables)
- Be mindful of the "salty six" from the American Heart Association: (1) breads/rolls/bagels/flour tortilla/wraps, (2) cold cuts & cured meats, (3) pizza, (4) poultry or meats that are injected with sodium, (5) soup, (6) sandwiches

- Have a salt shaker available while you are cooking or at the dinner table
- Use salt-added substitutes for flavoring meals (Mrs. Dash)
- Take medications with a high sodium content (i.e. Alka Seltzer or Sodium Bicarbonate)
- Substitute low sodium salt with regular salt

## Low Sodium Diet Details

### Eat This

- Fresh/frozen meats (beef, poultry, fish, lamb)
- Eggs or egg substitute
- Low sodium peanut butter
- Unsalted nuts
- Low sodium canned fish (tuna, salmon, etc.)
- Low sodium frozen dinners (<600mg of sodium)



Meat & Protein  
2-3 servings

### Limit/Avoid This

- Limit to no more than 2-3 servings per week
- Smoked, cured, salted or canned meats including but not limited to:
  - Bacon
  - Lunchmeats
  - Ham
  - Hot dogs
  - Sausages
  - Sardines
  - Anchovies
  - Salted nuts
  - Spam

- Milk (1% or skim)
- Ice cream / frozen yogurt (light or skim)
- Yogurt (light or skim)
- Sour cream (light or skim)
- Low sodium cheeses (swiss, goat, ricotta, etc.)
- Light cream cheese



Milk & Dairy  
2-3 servings

- Buttermilk
- Processed and hard cheeses (American, Cheddar, Blue Cheese, etc.)
- Regular cottage cheese

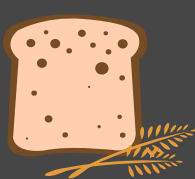
- Fresh/frozen/canned/dried fruits
- Fresh/frozen vegetables without sauces
- Low sodium tomato/V-8 juice
- Low sodium tomato sauce
- Fresh potatoes, no salt
- Canned vegetables
- Canned beans
- Marinated vegetables (sauerkraut, pickles, etc.)
- Packaged mixes (scaloped potatoes, etc.)
- Vegetables made with ham, bacon, salted pork



Fruits & Vegetables  
5+ servings



- Unsalted nuts
- Low sodium potato chips, pretzels, popcorn
- Sherbet, sorbet, Italian ice
- Fig bars
- Gingersnaps



Breads & Grains  
6+ servings

- Regular potato chips
- Pretzels
- Popcorn
- Salted nuts
- Pork rinds
- Angel food cake
- Cookies/pies/brownies

For information on beverages, soups, fats, oils and condiments, please consult your physician.

#### References

- Dietary Guidelines for Americans Accessed 5/3/2017 <https://health.gov/dietaryguidelines/2015/guidelines/>
- American Heart Association. Sodium blog Accessed 5/3/2017 <https://sodiumbreakup.heart.org/blog>

