

Patient Education

Food and Nutrition



Low-Sodium Diet

The basics

Your healthcare provider has suggested that you follow a low-sodium diet.

- Start by not adding salt to your foods at the table or during cooking.
- Season foods with herbs and spices.
- Limit your intake of condiments.

This handout provides basic diet information about a low-sodium diet.

Here are some guidelines for choosing low-sodium foods and avoiding foods high in sodium. **This is basic information.** At your next clinic visit, schedule an appointment with a dietitian who will give you more detailed information.

Breads	
<i>Choose:</i> <ul style="list-style-type: none">• English muffin• White or wheat bread• Pumpernickel bread• Other types of regular or unsalted bread and rolls	<i>Do Not Eat:</i> <ul style="list-style-type: none">• Sweet rolls• Bread or rolls with salted tops• Packaged cracker or bread crumb coatings• Packaged stuffing mixes• Biscuits• Corn bread
Cereals	
<i>Choose:</i> <ul style="list-style-type: none">• Regular cooked cereals• Puffed wheat• Puffed rice• Shredded wheat	<i>Do Not Eat:</i> <ul style="list-style-type: none">• Instant hot cereal• Any other regular ready-to-eat cereals
Snack Foods	
<i>Choose:</i> <ul style="list-style-type: none">• Unsalted crackers• Unsalted snack foods	<i>Do Not Eat:</i> <ul style="list-style-type: none">• Salted crackers• Party spreads and dips• Salted snack foods
Pasta, Rice, and Potatoes	
<i>Choose:</i> <ul style="list-style-type: none">• All types of pasta• Fresh potatoes• Rice	<i>Do Not Eat:</i> <ul style="list-style-type: none">• Macaroni and cheese mix• Seasoned rice, noodle, and spaghetti mixes• Frozen lasagna, macaroni and cheese, rice, and pasta dishes• Instant potatoes• Seasoned potato mixes

Dried Beans and Peas	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Pinto beans • White northern beans • Black-eyed peas • Lima beans • Lentils • Split peas 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Any bean or peas prepared with ham, bacon, salt pork, or bacon grease • All canned beans
Meats and Alternatives	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Fresh or frozen meat, poultry, and fish • Low sodium canned tuna and salmon • Eggs • Unsalted peanut butter 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Salted, smoked, canned, spiced and pickled meats, poultry, and fish • Bacon, ham, sausage • Scrapple • Regular canned tuna or salmon • Cold cuts and other luncheon meats • Hot dogs • Pre-breaded frozen meats, fish or poultry • TV dinners • Meat pies • Kosher meats • Regular peanut butter
Fruits and Vegetables	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Fresh, frozen, or low-sodium canned vegetables or vegetable juices • Fresh, canned, or frozen fruit and juices 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Regular canned vegetables and juices • Sauerkraut or vegetables packed in brine • Frozen vegetables in butter or sauces • Crystallized and glazed fruit • Maraschino cherries • Fruit dried with sodium sulfite
Sauces	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Low-sodium tomato paste and sauce • Salt-free gravies • Salt-free cream sauces 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Regular tomato sauce and paste • Commercially prepared sauces and gravies

Dairy Products	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Milk, cream • Sour cream • Non-dairy creamer • Yogurt • Low-sodium cottage cheese • Low-sodium cheese 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Buttermilk • Dutch processed chocolate milk • Processed cheese slices and spreads • Regular cheese • Cottage cheese
Fats and Oils	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Margarine, butter, and mayonnaise – limit to 4 tsp. per day • Unsalted butter, margarine • Cooking oils or shortenings • Salt-free salad dressings 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Bacon grease • Salt pork • Commercially prepared salad dressings
Soups	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Salt-free soups • Low-sodium bouillon cubes 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Regular commercially canned or prepared soups, stews, broths or bouillon • Packaged and frozen soups
Desserts and Sweets	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Gelatin • Sherbet • Fruit ices • Puddings and ice cream as part of milk allowance • Angel food cake • Salt-free baked goods • Sugar, honey • Jam, jellies, marmalade • Syrup 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Regular commercially prepared and packaged baked goods • Chocolate candy
Beverages	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Coffee • Tea • Soft drinks • Fruit-flavored drinks that do not contain sodium 	<p><i>Do Not Drink:</i></p> <ul style="list-style-type: none"> • Softened water • Carbonated beverages with sodium or salt added

Questions?

Call 206-598-6004

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

Roosevelt Clinic:
206-598-4005 or
206-598-8750

UWMC Pacific:
206-598-6004

Condiments, Herbs, and Spices

Choose:

- Fresh and dried herbs:
 - Rosemary, oregano
 - Basil, bay leaf
 - Marjoram
 - Brown sugar
 - Ginger, cinnamon
 - Mace, anise
 - Dry mustard, pepper
 - Curry, sage
 - Nutmeg, tarragon
- Lemon juice
- Low-sodium mustard
- Vinegar
- Tabasco sauce
- Low-sodium or no-salt-added ketchup
- Extracts (almond, lemon, vanilla)
- Baking chocolate and cocoa
- Seasoning blends that do not contain salt
- Onion, garlic, and celery powder

Do Not Eat:

- Olives
- Pickles
- Relishes
- Table salt
- "Lite" salt
- Bouillon cubes
- Meat extract
- Worcestershire sauce
- Tartar sauce
- Ketchup
- Chili sauce
- Cooking wines
- Onion salt
- Prepared mustard
- Garlic salt
- Meat flavorings
- Meat tenderizers
- Steak and barbecue sauce
- Seasoned salt
- Monosodium glutamate (MSG)
- Dutch processed cocoa

At your next clinic visit, please ask to see the dietitian to learn more about a low-sodium diet and how it can fit into your lifestyle.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Food and Nutrition
Box 356057

1959 N.E. Pacific St. Seattle, WA 98195
206-598-6004