

SODIUM RESTRICTED DIET
(2000 mg sodium)

Why a Sodium-Restricted Diet?

Sodium is a mineral, essential to the life of man. This "water-holding" mineral is found abundantly in the blood and in fluid spaces between cells. An abundant intake of sodium is no problem when a person is well. However, in certain illnesses where the body retains water, the extra sodium stays in the body. To prevent accumulation, sodium in the diet is limited to the needs of the body. The purpose of a sodium-restricted diet is to prevent fluid accumulation, and thus maintain a "balance" in the amount of blood circulating in the body.

GENERAL RULES

1. Do not add any salt to food in preparation.
2. Do not use salt at the table.
3. Read labels; avoid foods that have salt or sodium listed as ingredients unless permitted by a physician or a dietitian.
4. A salt substitute may be used unless otherwise ordered by a physician.
5. For special occasion substitute small serving of regular dessert for a slice of regular bread.

6. OMIT THESE FOODS

Meat

Anchovies	Cured tongue	Kosher meats
Bacon	Fish paste	Luncheon meats
Canned meats	Frankfurters	Salted or dried fish
Chitlins	Ham	Salt pork
Chipped or corned beef	Herring	Sausage

Vegetables

Pickles	Pickle relish	Sauerkraut
Pickled beets	Potato chips	Tomato juice
V-8 juice		

Soups

Bouillon	Canned soups	Instant packaged soups
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Breads

Salted crackers		Bread and rolls with salt toppings
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OMIT THESE FOODS cont.

Milk and Milk Products

Buttermilk
Bleu cheese
Cheese spreads

Cottage Cheese
Processed cheeses
Roquefort cheese

Others

BBQ sauce
Bouillon cubes
Bottled dressings
Catsup
Celery salt
Chili Con Carne
Chili sauces
Chip dip
Chow Mein (canned
or frozen)
Chop suey (canned
or frozen)
Corn chips

Frozen dinners
Garlic salt
Gatorade
Instant gravy mixes
Kitchen Bouquet
Meat tenderizers
Monosodium glutamate
Mustard
Olives
Onion salt
Party dips and spreads

Pepperoni, sausage and/or
anchovie pizza
Pretzels
Salted nuts
Salted popcorn
Seasoned salt
Soy sauce
Steak sauce
Tabasco sauce
Table salt
Worchestershire sauce

7. If there are questions, call Medina General Hospital - Nutrition Service's
office 723-3231 ext. 2610.

RESTRICTED SODIUM EXCHANGE LISTS

FOOD GROUPS	AMOUNT ALLOWED/DAY
<p>1. <u>MILK GROUP</u></p> <p>whole, skim, 2% milk yonart, tapioca, vanilla ice cream, custard, vanilla pudding.</p>	2 cups
2. <u>FRUIT GROUP</u>	as desired
<p>3. <u>VEGETABLE GROUP</u> - (salt free)</p> <p>½ cup = serving</p>	2-4 servings
<p>These vegetables are very high. Please limit to ½ cup per day.</p> <p>carrots beets dark greens celery</p>	
4. <u>EGG</u>	one
<p>5. <u>MEAT GROUP</u> - (salt free)</p> <p>beef, turkey, veal, chicken, fish, lamb, pork, liver organ meats, low sodium cheese, unsalted cottage cheese, low sodium peanut butter (2TBSP./serving)</p>	8 oz.
6. <u>BUTTER/MARGARINE</u> - (regular)	6 teaspoons
<p>7. <u>BREAD/STARCH GROUP</u></p> <p>regular bread</p> <p>salt free bread, crackers, unsalted farina, cream of wheat, cream of rice, oatmeal, puffed wheat, puffed rice, shredded wheat, salt free cornflakes.</p> <p>potato, rice, noodles, macaroni, spaghetti (unsalted)</p>	5 slices
<p>8. <u>UNSALTED SOUP</u></p> <p>(low sodium soups)</p>	one cup
<p>9. <u>MISCELLANEOUS</u></p> <p>tea, coffee, sanka, sugar, jam, jellies, honey, herbs, spices, unsalted popcorn, unsalted catsup, D-zerta.</p>	as desired