

Sodium Restricted Diet Guidelines

This guide has been prepared for your use by registered dietitians. If you have questions or concerns, please call the nearest Aurora facility to contact a dietitian. Diet counseling is available to address your specific needs.

Why should I limit sodium?

Reducing salt intake may help control high blood pressure and reduce water retention. If you are taking medication for these conditions, it is important to reduce your salt intake.

How much sodium should I have?

- 2300 milligrams of sodium is recommended as part of an overall healthy diet
- The average adult consumes 4000 to 6000 mg per day
- Persons with high blood pressure, heart failure, or other medical conditions may have to lower sodium to 2000 mg or less per day or 600 to 800 mg per meal

How can I reduce my sodium intake?

- Limit use of the salt shaker
- Use processed foods less often
- Choose fresh, unprocessed foods more often

Use the food label as a guide to select lower sodium foods

- Choose foods that have less than 300 mg per serving or less than 800 mg per frozen meal
- The best foods contain less than 140 mg sodium per serving
- Remember to compare the serving size to the amount you normally consume

FOOD GROUPS	CHOOSE MOST OFTEN	FOODS TO AVOID	TIPS
• Breads, Cereals, and Starches			
5–8 ounce equivalents per day 1 ounce equivalent = 1 slice of bread 1/2 bagel, bun, English muffin 1 cup ready-to-eat cereal 1/2 cup cooked cereal 1/2 cup cooked rice or pasta	Bread, rolls, breadsticks or crackers without salted tops Bagels, English muffins Most ready-to-eat cereals and cooked cereals without salt added Rice, noodles and pasta	Bread, rolls, crackers and breadsticks with salt on top Box mixes of quick breads and biscuits Instant hot cereals Seasoned box mixes of pasta, rice or stuffing Commercial bread crumbs and cracker crumbs	Cook cereals, rice and pasta without adding any salt Salt can be omitted or decreased in most recipes for baked goods Limit ready-to-eat cereals to one serving Look for foods with less than 140 mg sodium per serving Limit/avoid foods with greater than 300 mg per serving

FOOD GROUPS	CHOOSE MOST OFTEN	FOODS TO AVOID	TIPS
• Vegetables			
2–3 cups per day	Most fresh, frozen and low sodium canned vegetables Low sodium vegetable juices Low sodium tomato and pasta sauces White or sweet potatoes	Frozen vegetables with sauces Vegetables canned with added sodium Regular tomato or vegetable juices Regular tomato and pasta sauces Sauerkraut, pickled vegetables and olives Processed potato and vegetable mixes	Season vegetables with herbs, spices or lemon juice Choose fresh or frozen vegetables most often Rinse canned vegetables under water to reduce sodium content Look for canned vegetables packed without salt
• Fruits			
1½–2 cups per day	Most fresh, frozen and canned fruits All fruit juices	Fruits processed with salt or sodium (i.e., some dried fruits)	
• Milk, Yogurt, and Cheese			
3 cups per day 1 cup = 1 cup milk or yogurt 1½ oz. cheese	Milk Yogurt Reduced or low-sodium cheese Low sodium cottage cheese	Buttermilk Processed cheese, cheese spread, cheese sauces Regular cottage cheese	Dairy products contain sodium Milk and yogurt are lower in sodium than most cheeses Natural cheeses are usually lower in sodium than processed cheeses Limit natural cheese to 1 oz. per day
• Meat, Poultry, Fish, Dry Beans & Peas, Eggs and Nuts			
5–7 ounce equivalents per day 1 ounce = 1 oz. cooked meat, poultry or fish 1 egg 1/4 cup cooked dried beans 1 Tbsp. peanut butter 1/2 oz. nuts	Any fresh or frozen meat, poultry or fish Eggs and egg substitute Low-sodium peanut butter Dry beans and peas Unsalted nuts Reduced sodium frozen dinners (less than 800 mg) Low-sodium canned tuna or canned tuna, rinsed Tofu Edamame	Smoked, cured, salted, pickled or canned meat, poultry, fish or seafood, including ham, bacon, sausage, cold cuts, sardines and imitation seafood Breaded frozen meat, fish or poultry items Pizza Salted nuts Frozen chicken breast with more than 300 mg sodium	Choose low-sodium, reduced-sodium, or salt-free convenience foods and processed meats Prepare additional fresh meats to use in sandwiches Use herbs or spices to season foods Choose foods with less than 140 mg sodium per serving most often Limit/avoid foods with greater than 300 mg per serving or greater than 800 mg per frozen dinner

FOOD GROUPS	CHOOSE MOST OFTEN	FOODS TO AVOID	TIPS
• Fats, Snacks, Condiments and Beverages			
Use sparingly	Snack foods with less than 300 mg sodium per serving Low-sodium or unsalted salad dressings Low-sodium bouillon and soups Pepper, herbs, vinegar, cooking wine, lemon or lime juice Fresh garlic Garlic, onion or celery powder Fresh deli salsa Low sodium ketchup, chili sauce or mustard Low sodium soy sauce (limit to 1 tsp) Coffee, tea, fruit drinks, powdered drink mixes and low-sodium carbonated beverages	Salted snack foods with more than 300 mg per serving Salad dressings containing more than 200 mg sodium per serving Regular soups, broth, soup bases or bouillon cubes Gravies, sauces and seasonings made from mixes or high sodium ingredients Sea salt Regular ketchup, chili sauce or mustard Softened water	Try air-popped popcorn with salt-free seasoning Make your own soup using low sodium or salt-free broth Sea salt contains the same amount of sodium as table salt Limit foods that contain these high sodium ingredients: <ul style="list-style-type: none"> • Salt • Brine • Broth • Pickled • Smoked • Soy sauce • Teriyaki sauce • Barbecue sauce • Monosodium glutamate (MSG)

A registered dietitian can help

If you have concerns or difficulty following this diet, ask your doctor to refer you to a registered dietitian. The dietitian will talk to you about:

- Label reading, shopping, food preparation, dining out
- Combining other diet restrictions if necessary
- Attention to personal preferences and ethnic or religious choices
- Additional resources regarding your personal needs

For a list of Aurora facilities with a dietitian, please call Aurora Health Care toll free at 888-863-5502.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem. Aurora Health Care is a not-for-profit health care provider and a national leader in efforts to improve the quality of health care.