

Sodium-Controlled Diet

Why follow a sodium-controlled diet?

A sodium-controlled diet may help you manage your high blood pressure (hypertension). This diet will also help prevent water retention. Even if you are taking medication, it's still important to follow a sodium-controlled diet to help the medication work more effectively.

Dietitian name
Phone number



AMERICAN DIETETIC ASSOCIATION

IMPORTANT POINTS TO KEEP IN MIND

- Shake the sodium from your diet. Stop adding salt to your food while it's cooking or at the table.
- Many nonprescription medications contain sodium. Make sure you read the label or ask your doctor or pharmacist.
- When dining out, ask that your order be prepared without salt. Most airlines offer low-sodium meals with 24-hour notice.
- Other actions you can take to help control your blood pressure: Maintain a healthy body weight, limit alcohol, and exercise regularly.
- Scan food labels for sodium claims. If a product states it's sodium-free, it has less than 5 mg per serving.

NOTES:

SAMPLE MENU FOR A SODIUM-CONTROLLED DIET

BREAKFAST

Orange juice (¼ cup)
Shredded wheat cereal
(¾ cup)
Banana (1)
Whole-wheat toast (2 slices)
with margarine (2 tsp)
and jam (1 tbsp)
Milk (1 cup)
Coffee or tea

LUNCH

Low-sodium vegetable soup
(1 cup)
Unsalted crackers (4)
Hamburger (3 oz) on a bun
(1) with sliced tomato
(2 oz) and lettuce
Mustard and low-sodium
mayonnaise (1 tsp each)
Fresh fruit salad (½ cup)
Iced tea with lemon

SNACK

Graham crackers (2)
Fresh apple (1)
Milk (1 cup)

DINNER

Tossed salad (3½ oz) with
salt-free vinegar-and-oil
dressing (1 tbsp)
Broiled skinless chicken
breast (3 oz)
Herbed brown rice (½ cup)
Steamed broccoli (½ cup)
Whole-grain roll (1) with
margarine (2 tsp)
Italian fruit ice (½ cup)
Coffee or tea

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Food Categories	Foods Recommended	Foods to Omit	Tips
BREADS, CEREALS, RICE, AND PASTA 6–11 servings each day			
Serving size = 1 slice bread, 1 cup ready-to-eat cereal, ½ cup cooked cereal, rice, or pasta; ½ bun, bagel, or English muffin	Breads and rolls without salted tops; muffins Most ready-to-eat and cooked cereals Unsalted crackers and breadsticks Low-sodium or homemade breadcrumbs or stuffing All rice and pastas	Breads, rolls, and crackers with salted tops Quick breads, self-rising flour, and biscuit mixes Regular bread crumbs Instant hot cereals Commercially prepared rice, pasta, or stuffing mixes	Cook cereals, rice, and pasta without adding any salt. Salt can be omitted or decreased in most recipes for baked goods.
VEGETABLES 3–5 servings each day			
Serving size = 1 cup raw leafy, ½ cup cooked, ¼ cup juice	Most fresh, frozen, and low-sodium canned vegetables Low-sodium and salt-free vegetable juices	Regular canned vegetables and juices, including sauerkraut and pickled vegetables Frozen vegetables with sauces Commercially prepared potato and vegetable mixes	Season vegetables with herbs, spices, or lemon juice instead of ham, bacon, or salt pork.
FRUITS 2–4 servings each day			
Serving size = 1 medium, ½ cup canned, ¼ cup juice, ¼ cup dried	Most fresh, frozen, and canned fruits All fruit juices	Fruits processed with salt or sodium	
MILK, YOGURT, AND CHEESE 2–3 servings each day			
Serving size = 1 cup milk or yogurt, 1½ oz natural cheese, 2 oz processed cheese	All milk, but limit to a total of 2 cups daily All yogurt Most low-sodium cheeses, including ricotta, cream cheese, and cottage cheese	Malted and chocolate milk Regular and processed cheese, cheese spreads and sauces Limit buttermilk to 1 cup per week.	Dairy foods have moderate amounts of sodium. Keep in mind that milk and yogurt are lower in sodium than most cheeses.
MEATS, POULTRY, FISH, DRIED BEANS AND PEAS, EGGS, AND NUTS 2–3 servings or total of 6 oz daily			
Serving size = 2–3 oz cooked; count 1 egg, ½ cup cooked beans, 2 tbsp peanut butter, or ¼ cup nuts as 1 oz of meat	Any fresh or frozen beef, lamb, pork, poultry, fish, and some shellfish Eggs and egg substitutes Low-sodium peanut butter Dried peas and beans	Any smoked, cured, salted, or canned meat, fish, or poultry, including bacon, chipped beef, cold cuts, ham, frankfurters, sausage, sardines, and anchovies Frozen breaded meats Salted nuts	Use convenience foods and processed meats sparingly or buy low-sodium, reduced-sodium, or salt-free varieties. Choose frozen dinners with less than 500 mg sodium per serving.
FATS, SNACKS, SWEETS, CONDIMENTS, AND BEVERAGES			
	Low-sodium or unsalted versions of butter, margarine, salad dressings, soups, soy sauce, condiments, and snack foods Pepper, herbs, and spices; vinegar, lemon, or lime juice Low-sodium carbonated beverages	Salad dressings, soups, gravies, and sauces made from instant mixes or other high-sodium ingredients Salted snack foods, olives Meat tenderizers, seasoning salt, and most flavored vinegars Commercially softened water	Read food labels carefully searching for high-sodium ingredients, such as salt, sodium chloride, monosodium glutamate, brine, or broth.