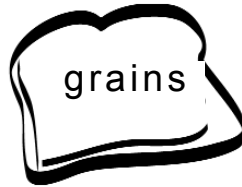


Nutrition Guidelines for Good Health

GENERAL PRINCIPLES

- Don't add salt at the table and try eliminating salt in cooking.
- Read food labels for sodium content and serving size.
- Buy foods fresh and prepare them from scratch whenever possible. Processed, convenience foods, and fast foods are high in salt.
- Choose frozen dinners with less than 500-mg. sodium per serving.
- Use condiments sparingly such as catsup, barbecue sauce, and soy sauce. Buy low-sodium varieties or limit to 1 tablespoon per day.
- Season foods with herbs, spices, or salt-free seasonings.
- Do not use a salt substitute which contains potassium unless approved by your physician.
- When dining out, ask how dishes are prepared or if they can be prepared without salt.

**2 gram sodium
(2000 mg)**



Foods Recommended

All breads
Unsalted crackers, unsalted pretzels
Macaroni, spaghetti, noodles, rice
White or sweet potatoes

Foods to Limit

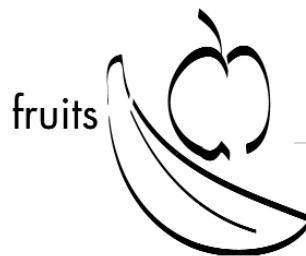
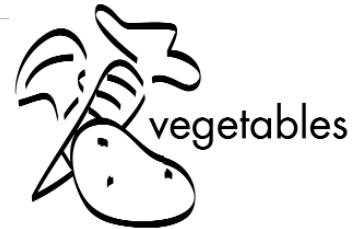
Breads and crackers with salted tops
Pretzels
Instant mixes such as convenience rice, noodles, or potato dishes

Foods Recommended

Fresh or frozen vegetables
Low-sodium canned vegetables

Foods to Limit

Canned vegetables
Regular tomato or vegetable juice
Sauerkraut, pickled vegetables



Foods Recommended

All fruit and juices

Foods to Limit

Fruits processed with salt or sodium (some dried fruits)

Foods Recommended

Limit to 2 cups per day of whole, low-fat, or skim milk
Low-sodium cheese

Foods to Limit

Buttermilk, malted milk, chocolate milk
Regular or processed cheese, cheese spreads, or sauces
Cottage cheese



sample menu
for 2 gram sodium

BREAKFAST

orange juice (1/2 cup)
crispy rice cereal (3/4 cup)
applesauce (1/2 cup)
wheat toast (1 slice)
margarine (1 tsp.)
jelly (1 tbsp.)
2% milk (1 cup)
coffee/tea

LUNCH

vegetable soup,
low-sodium (1 cup)
saltine crackers, unsalted tops
(4)
ground beef patty (2 oz.)
cheddar cheese (1 oz.)
hamburger bun (1)
catsup, low-sodium (1 tbsp.)
tomato, sliced (1 medium)
pear (1 medium)
coffee/tea

DINNER

broiled skinless chicken breast (3 oz.)
baked potato (1 medium)
cooked carrots(1/2 cup)
wheat roll (1)
margarine (3 tsp.)
angel food cake (1 slice)
canned peaches (1/2 cup)
2% milk (1 cup)
coffee/tea

SNACK

graham crackers (3 individual)
fruit juice (1/2 cup)

Calories for Menu

1850 cal

Sodium

2050 mg.



Foods Recommended

Fresh or frozen meat, poultry, fish, or shellfish prepared without salt, sodium or commercial breading
Canned tuna and salmon, rinsed
Low-sodium peanut butter, unsalted nuts
Dry peas and beans or low-sodium canned beans and peas

Foods to Limit

Salted, smoked, cured, pickled, or canned meats, poultry, or fish (such as bacon, ham, corned or chipped beef, frankfurters, luncheon meats, meats koshered by salting, salt pork, sausage)
Commercially breaded meats

Foods Recommended

Low-sodium broth or bouillon
Low-sodium soup
Homemade soup without added salt and made with allowed ingredients

soups



Foods to Limit

Regular canned or dehydrated soup, broth, bouillon

Foods Recommended

Fresh, dried spices and herbs
Garlic or onion powder
Limit to 1 serving per day -
1 Tbsp. piccante sauce, taco sauce, sweet 'n sour sauce, Bar-B-Que sauce or 1 tsp. mustard or 1/4 cup salsa
Low-sodium catsup
Unsalted potato chips, pretzels, or other snacks
Unsalted popcorn



miscellaneous

Foods to Limit

Salt, seasoned salt, sea salt, lite salt, monosodium glutamate (MSG), chili sauce, regular soy sauce, steak sauce, Worcestershire sauce, teriyaki
Spices combines with salt such as garlic salt, celery salt, etc.
Pickles, olives, and relish