



NO ADDED SALT DIET (4 GRAM SODIUM)

Purpose of the diet: to help lower blood pressure and to help your body from "holding on" to extra fluid.

Description of the diet: a no added salt or 4 gram sodium diet excludes the use of the salt shaker at the table or once foods are cooked. The diet also excludes foods high in sodium like cured meats, canned meats, vegetables or soups and pickles.

Guidelines:

- Do not use the salt shaker at meal times on any foods.
- Read food labels and choose foods that are low in sodium, that is, less than 250 to 300 milligrams per serving.
- Buy the unsalted version of snack foods like crackers, potato chips, pretzels and popcorn.
- Limit milk to no more than three cups daily.
- A little bit of salt may be used in cooking; however, it is better to cook with herbs and spices.
- If you cook your vegetables with bacon or salt pork, do not eat the pork. Also, try to decrease the amount used by half.
- A good rule of thumb is to limit the following foods:
 - sports drinks that contain added sodium;
 - lunch meat, ham, hot dogs, pizza, pepperoni, bacon and bologna;
 - canned meats, soups and vegetables;
 - frozen dinners with more than 700mg sodium per serving;

- pickles, relish, olives, soy sauce, sauerkraut, Worcestershire sauce, garlic salt, celery salt and onion salt;
 - nuts;
 - cheese especially American and cheese spreads;
 - commercially packaged salad dressings, potato, rice and noodle dinners.
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- All fruits and desserts/sweets are allowed.

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Food and Nutrition, The University of Mississippi Medical Center
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