



LOW SALT DIET (2 GRAM or 2000 MG SODIUM)

Purpose of the diet: to help lower blood pressure and to help your body from “holding on” to extra fluid. Even if you are taking a pill for your blood pressure, it is important to have less salt in your diet.

Description of the diet: a low salt or two gram sodium diet excludes the use of the salt shaker at the table or when cooking. The diet also excludes foods high in sodium like cured meats, canned meats, vegetables or soups, and pickles.

Guidelines:

- Take away the salt shaker...do not use before, during or after cooking. Also, avoid garlic salt, celery salt, lemon pepper and seasoned salt.
 - To season your foods, it is best to use onions, garlic, herbs and salt free seasonings like Mrs. Dash®.
- Read the ingredient list on foods. Watch for words like salt and sodium. You want this to be one of the last words on the ingredient list.
- Avoid lunch meat, canned meats, ham, hot dogs, pizza, pepperoni, bacon and bologna.
 - Buy, cook, and eat fresh meats like chicken, beef, pork, and fish.
- Limit milk to two cups or 16 ounces daily.
 - Only use low sodium version of cheeses like ricotta, cream cheese, and cottage cheese.
- Avoid rice, potato or pasta mixes, instant hot cereals, and canned soups and vegetables.
 - Cook fresh or frozen foods from scratch instead of using foods from boxes or cans.
 - If you buy canned foods, buy the “no salt added” versions.
- Avoid potato chips, pretzels, salted nuts, and dill pickles.
 - Buy the unsalted versions of chips and pretzels or other low salt snack foods.
- Be careful of bread products. They may contain a lot of salt.
 - Buy crackers with unsalted tops.
- Frozen dinners should have less than 500 milligrams of sodium per serving.
- Fresh, frozen and canned fruits are good to eat.
 - Avoid dried and candied fruits.
- Avoid pudding and cake mixes.
 - Marshmallows, gelatin, hard candy, jelly beans, gum drops, and lollipops are the best sweets to choose.
- Avoid ketchup, mustard, soy sauce, Worcestershire sauce, barbecue sauce, baking soda, baking powder, meat tenderizers or sauces, olives, canned gravies and mixes and chili sauce.