

The goal of this diet is to reduce the level of sodium in the body to help prevent retention of fluid.

The most common source of sodium is table salt. You may use very small amounts of salt in the cooking of your foods, but avoid adding salt at the table. Processed foods can contain large amounts of sodium. It is important to restrict these as well as added salt. In general, avoid foods containing more than 400 mg. sodium per serving.

AVOID THE FOLLOWING HIGH SODIUM FOODS	
<i>Cured Meats & Lunch Meats</i>	All salted, smoked and pickled products Bacon Ham Corned beef Dried chipped beef Pastrami Bologna Salami Salt pork Sausage Frankfurters/hot dogs Canned meats Canned dinners Most frozen dinners Sardines, anchovies, marinated herring
<i>Soups</i>	Broth/Bouillon Bouillon Cubes Canned or dehydrated soups
<i>Vegetables</i>	Sauerkraut Pickles Olives Pickle relish
<i>Snack Foods</i>	Salted crackers Salted snacks such as potato chips, pretzels, corn chips, tortilla chips, nuts. Snack dips made with instant soup or salad dressing mixes

AVOID THE FOLLOWING HIGH SODIUM FOODS	
<i>Seasonings & Condiments</i>	Soy sauce or light soy sauce. Light salt, sea salt, celery salt (other than small amounts used in cooking). Tomato juice (unless low sodium) Vegetable juice (unless low sodium) Steak sauce Worcestershire sauce Chili or cocktail sauce (unless low sodium) Catsup (unless in small amounts) Meat tenderizers Monosodium glutamate (MSG) (example: Accent) Softened water Commercial salad dressings (including diet dressings) Commercial spaghetti sauce
<i>Other</i>	Fast food sandwiches with sauces / pickles. Commercial sauces and gravies. Tomato sauce and other tomato products with added salt. Commercial rice, potato, pasta, and stuffing mixes.
<i>Medications</i>	Alka-Seltzer Check with your physician for other medications that are high in sodium

AVAILABLE SUBSTITUTES FOR SALT (Sodium Chloride)		
Substance	Brand	Details
<i>Potassium Chloride Substitutes</i>	“K” Salt Substitutes (Featherweight)	No Salt No Salt
<i>Other Substitutes</i>	*Accent: Sodium Free	Herbal All Purpose Seasoning *contains bone meal
	Bernard Jensens	Natural Vegetable Seasoning and Instant Gravy
	Chef’s Seasoning	Not available in all markets. To order: Diamond Crystal Salt Co. Packet Products Division Wilmington MA 01887
	Flavor Magic	All Purpose Seasoning
	Lawry’s	Seasoned Salt Free Salt Free 17
	Mrs. Dash	Extra Spicy Garlic & Herb Lemon & Herb Low Pepper / No Garlic Original Blend Table Blend
	Parsley Patch	All Purpose Blend Garlic Saltless Italian Blend It’s a Dilly Lemon Pepper Oriental Blend Popcorn Blend Seafood Saltless Sesame All Purpose
Vegit	A Vegetable Seasoning	

Items not readily available may be found at Green Tree Grocers.

- * Caution should be taken when consuming bone meal because of possible contamination with heavy metals such as lead and mercury.
- * Accent (sodium free) should not be confused with accent (low sodium) which is monosodium glutamate and not recommended for low sodium diets.