

GUIDELINES FOR LOW SODIUM (2 Gm Na)

1. Avoid table salt, garlic salt, onion salt and bouillon cubes.
 2. Avoid convenience foods such as canned soups, TV dinners, cold cuts and Sausage, bacon, ham, hot dogs, pickles and fast foods. (Choose Low Sodium)
 3. Avoid “salty” snacks such as potato chips, corn chips, nuts and popcorn.
 4. Use Mrs. Dash, “Lawry’s herb seasonings or onions, garlic, lemon or vinegar. You can also use onion or garlic powder and other spices without sodium.
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- 1) FOLLOW PORTION SIZES AS INDICATED ON THE MENU.
 - 2) COOK WITHOUT SALT.
 - 3) USE EGG BEATERS OR EGG WHITES (REGULAR EGGS 3 TIMES PER WEEK AND LEAN LOWER SODIUM TURKEY SAUSAGE)
 - 4) INCLUDE WHOLE GRAIN BREADS AND CEREALS, LOW SALTED PANCAKES, WAFFLES AND FRENCH TOAST
 - 5) USE LEAN CUTS OF MEATS THAT ARE BAKED, BROILED GRILLED OR STEWED IN LOW FAT SAUCES . CHICKEN AND TURKEY WITHOUT THE SKIN

(NO ORGAN MEATS) **(NO FRIED FOODS)** (NO HIGH FAT PIZZAS)

USE LEAN COLD CUTS, TURKEY HOT DOGS AND LEAN HAMBURGER MEAT
 - 6) USE LIGHT MARGARINE, LIGHT MAYONNAISE FOR SANDWICHES AND IN TUNA / SEAFOOD , EGG, HAM AND CHICKEN SALADS

USE LIGHT SALAD DRESSINGS AND SMALL AMOUNTS OF OILS LIKE:

OLIVE AND CANOLA OILS FOR COOKING MEALS.
 - 7) SUBSTITUTE REGULAR DESSERTS WITH:

FRESH FRUITS, CANNED FRUITS . GELATIN OR SUGARFREE GELATIN ,

SUGARFREE OR NO SUGAR ADDED LOW FAT PUDDINGS. LOW FAT ICE

CREAMS AND SHERBERTS, LOWER FAT CAKES
(FOR EXAMPLE ANGEL FOOD CAKE AND COOKIES
 - 8) INCLUDE PLENTY OF NON-STARCHY VEGETABLES AND MIXED SALADS

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