

LOW SODIUM DIET

Typically, a diet with less than 2 grams of salt daily is optimal. This is very difficult to maintain, but with practice can be done.

HELPFUL HINTS

- Do not add salt to food during cooking or at the table. Replace salt seasonings with salt-free herb mixes, spices, and salt substitutes
- Check labels on all packaged foods for sodium content.
- Look for packaged foods labeled low-sodium, including frozen and canned goods as well as cheese, soup, crackers, bread, salad dressing, and snack chips.
- Avoid prepared frozen meals with more than 400 milligrams of sodium per serving.
- Try to eat more fresh foods (rather than pre-made, frozen, processed foods)

FOODS TO AVOID

Food group	Specific foods
Beverages	Buttermilk
Bread	Salted crackers Pancake and waffle mixes Biscuits English muffins Doughnuts Low sodium bread recommended
Cereals	Instant cooked cereal Prepared commercial cereals such as corn flakes and bran flakes
Cheese	all except those labeled low-sodium including cottage cheese
Desserts	Desserts made with salt, baking powder, soda or cake mixes including pies, cakes, and cookies Chocolate pudding
Eggs	No restrictions
Fat	Bacon fat, salted butter, margarine, regular salad dressing and mayonnaise
Fruit and Vegetables	Tomato juice Sauerkraut Canned vegetables

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Meat, Fish and Poultry	Ham Bacon Cold cuts, bologna, ect Hot dogs Salted, smoked or canned meat or fish
Potatoes and Snacks	Potato chips and corn chips Pretzels
Soups	Canned soups and bouillon cubes
Miscellaneous	Microwave popcorn, Olives Salted nuts Pickles and relish Gravy Salsa
Seasonings	Salt, onion or garlic salt, monosodium glutamate, ketchup, chili sauce, mustard, seasoned salts, lemon pepper, soy sauce, meat tenderizers and Worcestershire sauce,