

## 2000 mg (2gm) SODIUM RESTRICTION

Sodium in the diet may increase the work of the heart and cause high blood pressure. Controlling your blood pressure is the #1 most important thing you can do to help reduce your risk of a stroke. The 2000 mg sodium restricted diet is recommended when a moderate to severe restriction is needed to prevent fluid accumulation and/or to promote the loss of excess body water. It is also used in the management of hypertension (high blood pressure), congestive heart failure, acute and chronic renal disease, and liver disease. *As with any diet changes, consult with your physician or a registered dietitian before beginning a new program.*

Sodium is found in most foods. The average American intake is 8,000 mg/day. Sodium recommendations for healthy adults are 3,000 mg/day or less. Sodium recommendations for a “Low Sodium” diet are 2,000 mg/day or less.

Many foods in their natural state contain sodium. Often sodium is added to food while it is being commercially processed or prepared at home. That is why it is important to be aware of both natural and added sodium content when you choose foods.

### GENERAL GUIDELINES

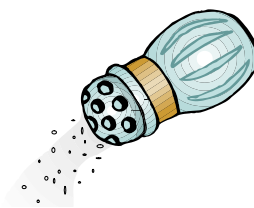
#### Tips

- Eliminate the salt shaker.
- Read prepared and packaged food labels.
- Cook cereals, rice, and pasta without adding any salt.
- Salt can be omitted or decreased in most recipes for baked goods.
- Season vegetables with herbs, spices, or lemon juice.
- Eliminate the use of ham, bacon, or salt pork to flavor foods.
- Dairy foods have moderate amounts of sodium. Keep in mind that milk and yogurt are lower in sodium than most cheeses.
- Buy low-sodium, reduced sodium, or salt-free varieties of convenience foods and processed meats.
- Choose frozen dinners with less than 600 mg sodium per serving (Limit one per day).

Read food labels carefully searching for high-sodium ingredients such as: salt, sodium chloride, monosodium glutamate, brine, or broth.

#### **How Much Sodium is in Salt?**

- ¼ teaspoon = 500 mg sodium
- ½ teaspoon = 1,000 mg sodium
- ¾ teaspoon = 1,500 mg sodium
- 1 teaspoon = 2,000 mg sodium



#### **Where the Sodium Is!**

Processed foods	50%
Salt Shaker	25%
Naturally occurring in foods	24%
Non-food (e.g. medications)	1%

### SODIUM CONTENT OF FOODS

Use this as a guideline for foods without labels.  
Whenever possible, use the label on packaged foods to more accurately count sodium content.

<b>FOOD GROUP</b>	<b>SERVING SIZES</b>	<b>SODIUM CONTENT</b>
Beverages	1 cup carbonated and fruit flavored drinks, wine	<b>15 mg</b>
Breads and Cereals	1 slice bread, ½ hamburger bun, ½ English muffin, ½ cup cooked cereal, ¾ cup cold cereal	<b>80 mg</b>
Fats	1 teaspoon margarine, butter, oil, mayonnaise or shortening	<b>55 mg</b>
Fruits	All fruits	<b>0 mg</b>
Meats and Meat Substitutes	1 oz beef, pork, poultry or fish, 1 egg	<b>25 mg</b>
Milk	½ cup milk, yogurt, ice cream or half and half	<b>80 mg</b>
Vegetables	1 cup raw	<b>15 mg</b>



## Cooking with Herbs & Spices

Spices should simmer in soups or stews for about 45 minutes in order to obtain a maximum flavor. Add a small amount and taste towards end of cooking. Seasoning will intensify as cooking progresses. Add more seasonings, if needed, to taste. For cold dishes adding spices several hours before serving, or overnight if able, allows for rehydration and results in the best flavor. Also, add lemon juice or vinegar after vegetables have been cooked – otherwise cooking time will be lengthened. The seasoning should not overpower the dish.



VEGETABLES:	HERBS & SPICES:
<b>Asparagus, Broccoli, Cabbage, Onions, Cauliflower, &amp; Spinach</b>	Caraway seed, mustard seed, sesame seed, tarragon, dill seed, dill weed, oregano, garlic, mint, dry mustard, nutmeg, savory, thyme, vinegar, chives, lemon juice, mace, parsley, rosemary, basil & marjoram
<b>Green Beans, Corn, &amp; Peas</b>	Green or red pepper, basil, dill seed, lemon juice, marjoram, mint, mustard seed, nutmeg, oregano, sage, savory, tarragon, thyme, curry, parsley, onion & rosemary
<b>Beets &amp; Carrots</b>	Allspice, bay leaves, caraway seeds, cloves, dill seed, dill weed, mustard seed, tarragon, chives, fennel, ginger, green pepper, mace, marjoram, mint, nutmeg, thyme & onion
<b>Cucumber</b>	Basil, dill weed, lemon juice, mint, nutmeg, tarragon, vinegar, & onion
<b>Eggplant</b>	Chives, onion, garlic, marjoram, oregano, parsley & tarragon
<b>Lettuce Salad</b>	Basil, caraway seeds, chives, dill, garlic, lemon, onion, tarragon, thyme & vinegar
<b>Potatoes</b>	Basil, bay leaves, caraway seeds, chives, dill weed, mace, mustard seed, onion, oregano, paprika, parsley, pepper, rosemary & thyme
<b>Squash &amp; Sweet Potatoes</b>	Allspice, basil, cardamom, cinnamon, chives, cloves, nutmeg, fennel, ginger, mace, mustard seed, onion & rosemary
<b>Tomatoes</b>	Allspice, basil, bayleaf, curry, dill weed, marjoram, onion, oregano, sage & thyme
MEAT:	HERBS & SPICES:
<b>Beef</b>	All Spice, bay leaf, caraway seed, garlic, marjoram, dry mustard, nutmeg, onion, pepper, green pepper, thyme & tomatoes
<b>Eggs</b>	Curry, dry mustard, onion, paprika, parsley, peppers, thyme, tomatoes & mushrooms
<b>Fish</b>	Bay leaf, curry, marjoram, dill weed, dry mustard, lemon juice, lime, parsley, green pepper & tomatoes
<b>Lamb</b>	Basil, curry, garlic, mint or currant jelly, mint, pineapple, rosemary & thyme
<b>Pork</b>	Apples, applesauce, cloves, garlic, onion, oregano, safe, savory, thyme, apricot, cranberries, raspberries & dried cherries
<b>Poultry</b>	Cranberries, parsley, paprika, poultry seasoning, rosemary, sage, thyme, tomatoes, onion, apple juice, & apples
<b>Veal</b>	Bay leaf, curry, currant jelly, ginger, marjoram, oregano, rosemary & thyme

**FOODS ALLOWED/ TO AVOID****BY FOOD GROUP**

<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS TO AVOID</b>
<b>Breads and Cereals</b>	Breads and rolls without salted tops Most ready-to-eat and cooked cereals Unsalted crackers and breadsticks Low-sodium or homemade breadcrumbs or stuffing	Breads, rolls, and crackers with salted tops Quick breads, self-rising flour, and biscuit mixes Regular bread crumbs Instant, individually packaged, hot cereal
<b>Potato and Potato Substitutes</b>	White or sweet potatoes; squash; enriched rice, barley, noodles, spaghetti, macaroni, and other pastas cooked without salt; homemade bread stuffing	Commercially prepared rice, pasta, or stuffing mixes Commercially prepared potato mixes
<b>Soups</b>	Low-sodium canned and dehydrated soups, broth, and bouillon; homemade broth soups without added salt and made with allowed vegetables; cream soups within milk allowance	Regular canned or dehydrated soups, broth, or bouillon
<b>Fruits</b>	Most fresh, frozen, and canned fruits All fruit juices	Fruits processed with salt or sodium
<b>Vegetables</b>	Most fresh, frozen, and low-sodium canned vegetables Low-sodium and salt-free vegetable juices	Regular canned vegetables and juices including sauerkraut and pickled vegetables Frozen vegetables with sauces Commercially prepared potato and vegetable mixes
<b>Meats and Meat Substitutes</b>	Any fresh or frozen beef, lamb, pork, poultry, fish, and some shellfish Eggs and egg substitutes Low-sodium peanut butter Dry peas and beans Unsalted nuts	Any smoked, cured, salted, or canned meat, fish, or poultry (including bacon), chipped beef, cold cuts, ham, frankfurters, sausage, sardines, and anchovies Frozen breaded meats Salted nuts
<b>Dairy</b>	All milk (limit to 2 cups daily) All yogurt Most low-sodium cheeses including ricotta, cream cheese, and cottage cheese Buttermilk (limit to 1 cup weekly)	Malted and chocolate milk Regular and processed cheese, cheese spreads and sauces
<b>Fats</b>	Low-sodium or unsalted versions of butter, margarine, salad dressings, soups, soy sauce, condiments, and snack foods	Salad dressings, soups, gravies, and sauces made from instant mixes or other high-sodium ingredients Salted snack foods, olives
<b>Miscellaneous</b>	Salt substitute contains potassium and must be approved by your physician; pepper, herbs, spices; vinegar, lemon, or lime juice; low-sodium soy sauce; hot pepper sauce; low-sodium condiments (ketchup, chili sauce, mustard); fresh ground horseradish; unsalted snack chips, unsalted pretzels, and unsalted popcorn	Any seasoning made with salt including garlic salt, celery salt, onion salt, and seasoned salt; sea salt, rock salt, kosher salt; meat tenderizers; monosodium glutamate (MSG); regular soy sauces, barbecue sauce, teriyaki sauce, commercial marinades, steak sauce, Worcestershire sauce, and most flavored vinegar; canned gravy and mixes; regular condiments; salted snack foods; pickles and olives