

Sodium Restricted Diet

Sodium is a mineral that is found in salt and in many foods. It has an effect like a sponge by drawing fluid to it. If you eat more sodium than your body needs, the sodium will build up in your body. This will cause fluid retention, edema (swollen feet, hands, and/or abdomen), hypertension (high blood pressure), shortness of breath, and possible heart failure. Your daily dietary intake of sodium should be no more than 2000 milligrams (mg) unless otherwise specified by your doctor or dietitian.

Beware; almost all foods contain some sodium. Always read the food label!

The following is a list of some common high sodium foods that should be LIMITED:

Bacon	Pork and beans
Fast foods	Processed cheeses
Frozen dinners	Ready-made gravies/sauces
Ham	Sausage
Hot dogs	Snack foods such as: potato chips, peanuts, popcorn, pretzels, and crackers
Luncheon meats	Soups
Olives	Tomato or vegetable juice
Pickled foods	

Condiments, sauces, and seasonings:

Barbecue sauce	Mustard Onion salt
Bouillon cubes	Relish
Catsup	Salad dressings
Garlic salt	Soy sauce
Glutamate	Steak sauce
Meat tenderizer	Worcestershire sauce
Monosodium	

Tips to help you reduce the salt in your diet:

- Read food labels. When reading food labels, the item should not exceed 200 mg per serving.
- Stop adding salt to foods.
- Look for low, reduced, or no-salt products.
- Replace salt in recipes with other salt-free seasonings (i.e. Mrs. Dash).
- Try herbs, spices, and lemon juice as alternative seasonings
- Avoid processed foods.
- Use fresh food options.