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Two Gram Sodium Diet

Your doctor has ordered a diet that limits the amount of sodium you consume to 2000 mg (2 grn) of sodium per day.

In addition to salt, sodium is found in almost all foods, except fruit. Eliminate processed and prepared foods and beverages high in sodium such as fast foods, salad dressings, smoked, salted and koshered meats, crackers, pretzels, potato chips, salted nuts and salted popcorn. Avoid spices and condiments such as bouillon cubes, ketchup, chili sauce, celery salt, garlic salt, monosodium glutamate (MSG), meat sauces, meat tenderizers, pickles, prepared mustards, relishes, worcestershire sauce, soy sauce. Do not allow any salt in the preparation of foods or at the table. Instead, season foods with herbs and spices. Limit milk and milk products to 16 oz (2 cups) daily. Check labels of canned and instant products for sodium content and replace with low-sodium versions when available.

2000 MILLIGRAM SODIUM DIET

The food for the day you will use is listed in the column at the far left. Notice that milk, meat, eggs and regular bread is limited. A well-balanced diet needs to include food from all the food groups as one food group alone does not provide all the necessary nutrients your body needs. Your diet should include the amount of food listed for the 5 food groups: milk, meat, bread/starches, fruits and vegetables.

FOOD FOR THE DAY

MILKGROUP
 Limit to 2 8-ounce cups.
 When you use milk in cooking, be sure to subtract it from your day's allowance.

MEATGROUP
 Limit to 6 ounces of cooked meat, poultry, fish or substitute.

INCLUDED

Milk -whole, low-fat, skim, yogurt; coffee milk Substitutes for 1 cup milk: 1/3 cup dry milk, 1/2 cup evaporated or condensed milk 1/2 cup pudding, ice cream, custard, sherbet, Chocolate milk, malted milk, 1/4 cup regular and low fat cottage cheese
 Fresh, frozen or low sodium canned meats and poultry: beef, chicken, duck, lamb, liver, pork, turkey, veal.
 Eggs (limit 1/day)
 Fish (fresh only): bass, cod, bluefish, catfish, eels, flounder, haddock, halibut, salmon, sole, trout, swordfish; low-sodium canned tuna and salmon, fresh shellfish.
 Substitutes for 1 ounce meat, fish or poultry: 1/4 cup unsalted cottage cheese; 2 tablespoons lowsodium peanut butter; 1 ounce low-sodium cheese.

EXCLUDED

Any kind of milk not listed, buttermilk.
 Brains or kidney; canned, salted or smoked meat: bacon, bologna, chipped or corned beef, frankfurters, chourico, ham, kosher meats, sausage, luncheon meats, turkey roll, salt pork.
 Frozen fish fillets, canned, salted or smoked fish: anchovies, caviar, salted and dried cod, sardines, herring, canned salmon and tuna (unless low-sodium)
 Other cheeses
 Regular peanut butter
 Canned, boxed, frozen or convenience centres, i.e., ravioli, spaghetti, pot pies, pizza or frozen dinners



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2000 Milligram Sodium Diet

FOOD ABLE DAY

VEGETABLE GROUP 2 servings Use fresh, canned or frozen vegetables if processed without salt.

1 serving

FRUIT GROUP

Use fresh, frozen canned or dried fruit.

2 servings or more

BREAD-CEREAL GROUP

6 or more servings

INCLUDED

All fresh canned or frozen without added salt; low sodium vegetable juices; tomato paste, salt-free, spaghetti sauce.

Limited: artichokes, beets, celery, frozen mixed vegetables, white turnip, greens such as spinach, chart, dandelion, kale.

All. Use dried fruit in moderation

*Regular bread or rolls (limit to 6 slices or 6 rolls a day) Low-sodium bread and rolls made without salt. Unsalted melba toast.

Quickbreads made from low sodium dietetic mix: biscuits, com bread, muffins, griddle cakes.

Unsalted, cooked cereals: farina, grits, oatmeal, rolled wheat, wheat meal.

Dry cereals without added salt such as shredded wheat, puffed cereal.

Substitute for 2 regular breads: 1 average pancake, waffle, muffin, 3/4 cup regular ready to eat or instant cereal.

Barley, cornmeal, cornstarch, low-sodium crackers, flour, plain unsalted matzo, unsalted pretzels, unsalted popcorn, unsalted chips, brown or white rice, pasta and potatoes cooked without added salt.

EXCLUDED

Sauerkraut

Baked beans (canned)

Regular canned or frozen vegetables with sauces or added salt.

Regular spaghetti sauce

Frozen peas, lima beans

None

More than 6 slices of regular bread or 6 rolls a day.

Quickbreads made with salt, baking powder, baking soda or made from commercial mix.

100% Bran Cereal.

Self-rising cornmeal, salted pretzels, regular crackers, selfrising flour, salted popcorn, potato chips, pretzels, commercial potato, pasta or rice products with added salt.