

2000mg Sodium Diet

Food Item	Choose More Often	Choose Less Often
Bread/Cereal/ Grains/Pasta (6 oz per day)	100% whole grain versions of: breads, English muffins, bagels, dinner rolls, tortillas, pita bread, pasta, frozen waffles, low-sodium crackers, rice, oatmeal, any whole grain low-sugar cereal that provides 5gm fiber per serving, brown or wild rice, low-sodium or homemade bread crumbs	Breads, rolls, and crackers with salted tops, instant hot cereals, pancake mix, stuffing mix, biscuit mix, regular bread crumbs or cracker crumbs, potato, rice or pasta box mixes
Fruits (2 cups per day)	All fruits: fresh, canned, frozen, dried or juice	Fruits processed with salt or sodium
Vegetables (3 cups per day)	Fresh or frozen vegetables, low-sodium canned vegetables, low-sodium tomato juice/V-8	Regular canned vegetables, tomato juice/V-8, pickles, olives, any pickled vegetable, sauerkraut
Dairy Products (3 cups per day)	Skim, 1%, 2% milk, low-sodium cheeses, low-sodium ricotta and cottage cheese, low-fat yogurt, Swiss cheese	Buttermilk (1cup/wk), chocolate milk, milkshake, regular cheeses, regular cottage cheese, processed American cheese, Cheese Whiz, cheese sauce, Velveeta
Meats/Meat Alternatives, Fish, Poultry, Dried Beans, Eggs (up to 6 oz per day)	Any lean fresh or frozen beef, lamb, pork, chicken, turkey, fish and shrimp, low-sodium canned tuna, canned salmon (rinsed), eggs and egg substitutes, unsalted nuts and seeds, low-sodium peanut butter, beans and legumes, low-sodium soy products	Any smoked, cured, salted, koshered or canned meat, fish or poultry including: bacon, ham, sausage, lunch meats, hot dogs, chipped beef, sardines, anchovies, pickled meats or fish, pickled eggs, salted nuts or seeds
Snacks	Popcorn with out butter or salt, low-fat, low-sodium microwave popcorn, unsalted tortilla chips, animal crackers, fig newtons	Regular potato chips, tortilla chips, baked potato chips, popcorn, pretzels, cheese puffs, cheese crackers
Condiments	Salt free spices, fresh herbs, pepper, low-fat salad dressings, vinegar, flavored vinegars, lemon or lime juice, hot pepper sauce, low-sodium soy sauce, low-sodium ketchup, mustard	Table salt, any seasoning made with salt including garlic salt, celery salt, onion salt, seasoned salt, sea salt, rock salt and kosher salt, Worcestershire sauce, regular soy sauce, meat tenderizers, teriyaki sauce, steak sauce, barbecue sauce, bouillon, MSG, bacon bits, salad dressings, bottled marinades, seasoned rice vinegar
Prepared Foods	Frozen dinners (<500 mg sodium per serving), low-sodium canned soups, homemade soup without added salt	Frozen dinners, regular canned soups, fast food, pizza, packaged foods, Ramen noodles, instant soup mixes, sauce or gravy mixes