

2000 MG SODIUM DIET

Food Item	Choose More Often	Choose Less Often
Bread/Cereal/ Grains/Pasta 6-11 servings	Whole wheat bread, dinner rolls, cooked cereal without added salt, most dry cereals, muffins, cornbread, waffles, unsalted crackers, graham crackers, rice, pasta, tortillas, 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 2-4 servings	All fruits Fresh, canned, frozen, dried or juice	Fruits processed with salt or sodium
Vegetables 3-5 servings	Fresh or frozen vegetables, and low-sodium canned vegetables	Regular canned vegetables, tomato juice/V-8, pickles, olives, vegetables seasoned with ham, bacon or pork
Dairy Products 2 servings	Skim, 1%, 2% milk, (limit to 16 oz. daily), low-sodium cheeses, low-sodium ricotta and cottage cheese, low-fat yogurt, frozen yogurt, vanilla ice cream	Buttermilk (1 cup/wk), chocolate milk, milkshake, regular cheeses, regular cottage cheese, processed American cheese, cheese whiz, cheese sauce, Velveeta, pudding mixes
Meats/Meat Alternatives 2-3 servings	Any lean fresh or frozen beef, lamb, pork, chicken, turkey, fish and shrimp, canned tuna or 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	Sherbet, animal crackers, unsalted popcorn, pretzels, potato chips, and tortilla chips, rice cakes	Regular potato chips, tortilla chips, popcorn and pretzels, pie and pastry, cake, cheese puffs, cheese crackers

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2000 MG SODIUM DIET CONTINUED

Food Item	Recommended	Excluded
Condiments	Salt free spices, fresh herbs, pepper, regular salad dressings, Italian dressing, mayonnaise, margarine, oil, vinegar, lemon or lime juice, hot pepper sauce, tartar sauce, low-sodium soy sauce, ketchup, mustard, sour cream	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
Prepared Foods	Frozen dinners (< 500 mg sodium), 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