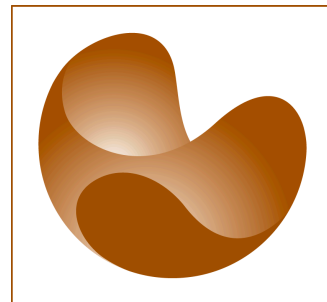


Low Sodium Diet



FOOD GROUP

FOODS TO AVOID

Beverages

Buttermilk

Breads

Salted crackers (low sodium bread recommended)

Cereals

Instant cooked cereal

Cheese

All cheese except cottage, hoop, cream and low sodium cheddar

Desserts

Desserts made with salt, baking powder, soda or cake mixes

Eggs

No restrictions

Fat

Bacon fat, salted butter and margarine, regular salad dressing and mayonnaise

Fruit Juices

Tomato juice

Meat, Fish and Poultry

Salted, smoked or canned meat such as ham, bacon, cold cuts, wieners

Potatoes and Substitutes

Potato chips, corn chips

Soups

Canned soups and bouillon cubes

Vegetables

Sauerkraut

Miscellaneous

Salt, onion or garlic salt, monosodium glutamate, ketchup, chilli sauce, olives, pickles, relish, seasoned salts, lemon pepper, soy sauce, meat tenderisers, Worcestershire sauce