

LOW SODIUM DIET

FOOD GROUP

Beverages

Breads

Cereals

Cheese

Desserts

Eggs

Fat

Fruit Juices

Meat, Fish and Poultry

Potatoes and Substitutes

Soups

Vegetables

Miscellaneous

FOOD TO AVOID

Buttermilk

Salted crackers (low sodium bread recommended)

Instant cooked cereal

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

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

No restrictions

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

Tomato juice

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

Potatoes and Substitutes

Canned soups and bouillon cubes

Sauerkraut

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