



2 Gram Sodium Diet

	Foods Allowed	Foods Excluded
Beverages & Soups	Milk products (<i>limit to 16 oz</i>) any milk – whole, low-fat, skim, chocolate, cocoa yogurt or eggnog <i>The following may be substituted for 8 oz of milk: 4 oz evaporated milk; 4 oz condensed milk or 1/3 cup dry milk powder</i> Coffee and tea Carbonated beverages Unsalted homemade soups with allowed milk and/or vegetables Low sodium commercial soup, low sodium bouillon or broth	Buttermilk Malted milk Gatorade and other similar sports drinks Softened tap water Regular bouillon and broth Regular commercial soups
Breads & Cereals <i>(4 or more servings per day)</i>	Enriched white, wheat, rye or pumpernickel bread (<i>limit to 4 slices/day</i>) Low sodium bread as desired 1 serving of another baked good or dessert per day Crackers with unsalted tops 1 serving of dry cereal per day (<i>only cereal with 250 mg Na or less</i>) Puffed rice, puffed wheat or shredded wheat as desired Unsalted regular cooked cereal	Crackers with salted tops Bran cereals Pancakes and waffles Instant hot cereals Commercial stuffing mixes
Desserts & Sweets	Fruit ice, gelatin or sherbet Desserts prepared without salt, baking powder or baking soda 1 serving of desserts from commercial mixes per day Ice cream or ice milk (<i>homemade pudding or homemade custard may be used in place of allowed milk</i>) Sugar or sugar substitutes Syrup, honey, jelly, marmalade, jam or molasses Marshmallows or hard candies Semi-sweet and baking chocolate	Candy containing salted nuts or salted popcorn Salt water taffy Commercial chocolate candy bars
Fats	Regular margarine or butter (up to 4 servings/day) Unsalted butter or margarine as desired Oil, shortening, unsalted salad dressing Cream, sour cream or mayonnaise	Regular salad dressing
Fruits & Juices	As desired	No exclusions
Miscellaneous	¼ tsp table salt or ½ tsp Morton Lite salt Salt substitute (<i>unless contraindicated</i>) Flavorings, herbs, spices, pepper or salt-free seasonings Vinegar, lemon juice or lime juice Baking chocolate or cocoa Unsalted snacks (<i>chips, nuts, seeds, popcorn or pretzels</i>) Fresh-ground horseradish Tabasco sauce	Garlic salt, celery salt, onion salt and seasoned salt, sea salt, rock salt, kosher salt or monosodium glutamate Ketchup, chili sauce or mustard Pickles, relishes or olives Barbecue sauce, soy sauce, teriyaki sauce Worcestershire sauce or steak sauce Salted gravy or gravy mixes Salted snacks (<i>nuts, seeds, pretzels or popcorn</i>)

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Potatoes & Substitutes	Unsalted potato, rice, barley or pasta Unsalted dehydrated potatoes	Commercial French fries, hash browns, potatoes, pasta or rice mixes
Protein Foods & Meats <i>(6 oz or more per day)</i>	Any fresh or fresh-frozen meats or poultry Any freshwater or fresh-frozen unbreaded fish and shellfish <i>(limit fresh meat, poultry and fish to 7 oz/day)</i> Unsalted vegetarian protein <i>(limit to 8 oz/day)</i> Low sodium canned tuna, salmon or sardines Eggs <i>(1 egg or ¼ cup egg substitute = 1 oz protein)</i> Low sodium cheese <i>(limit natural cheese to 1 oz per day or ¼ cup cottage cheese per day)</i> Low sodium peanut butter	Smoked, canned or salted meats, fish or poultry Cured ham, sausage, bacon, hot dogs, luncheon meats, corned beef or jerky Salted vegetarian proteins Processed cheeses Picked eggs Regular frozen dinner entrees
Vegetables & Juices	Fresh, frozen or unsalted canned vegetables as desired Low sodium V-8 Juice or low sodium tomato juice	Sauerkraut or regular canned vegetables Frozen vegetables in sauce Regular V-8 juice or regular tomato juice