

NO ADDED SALT DIET

INSTRUCTIONS FOR PATIENTS & FAMILIES

FRUITS AND FRUIT JUICES:

Allowed: All fresh, frozen, or canned fruits and fruit juices.

Avoid: Dried fruit made with sodium sulfate.

VEGETABLES AND VEGETABLE JUICES:

Allowed: All fresh, frozen, or low salt canned, vegetables (if using regular canned vegetables, rinse before beating). Low salt tomato and vegetable juices (V8). Canned or jarred tomato sauce (limit to once per week).

Avoid: Sauerkraut and salted pickled vegetables and others prepared in brine. Vegetables cooked with salted meats. Salted vegetable juices. Regular canned or jarred tomato sauce more than once per week.

POTATOES AND POTATO SUBSTITUTES:

Allowed: White or sweet potatoes, macaroni, rice, noodles, spaghetti, and unsalted potato chips. Homemade bread stuffing.

Avoid: Packaged mixes for potatoes, rice, or pasta unless packaged without salt. All snack chips, unless unsalted. Commercially prepared bread stuffing.

BREAD AND GRAIN PRODUCTS:

Allowed: All bread, muffins, biscuits, corn bread, pancakes, French toast, waffles, except those listed below. Crackers with unsalted tops. Snack foods such as unsalted pretzels, unsalted chips, and unsalted popcorn.

Avoid: Breads, rolls, and crackers with visible salt toppings, salted chips, salted pretzels, salted bread sticks, and other salty snacks.

CEREALS:

Allowed: Most hot or dry cereals.

Avoid: Instant hot cereals.

SOUPS:

Allowed: Lightly salted homemade soups made with allowed ingredients. Reduced sodium canned soups and broths.

Avoid: Regular commercial canned or dehydrated soups and bouillon.

FATS:

Allowed: Butter, margarine---use in moderation. Cooking oils and fats. Mayonnaise. Salad dressing in moderation. Low sodium salad dressing as desired.

Avoid: Excess amounts of butter, margarine, or salad dressings. Bacon fat, fat back, and salt pork. Snack dips made with instant soup mixes or processed cheese.

DESSERTS:

Allowed: Puddings, custards, cakes, pies, cookies, ice cream, sherbet, jello, and fruit.

Avoid: None

MISCELLANEOUS:

Allowed: Salt in cooking- limit to ¼ teaspoon per day. Herbs, spices, seasonings, and flavourings that do not contain salt or sodium (dry mustard, onion and garlic powder, fresh onions, and garlic, tabasco sauce, horseradish, etc.). White or brown sugar, honey, jelly, jam, preserves, syrup, and molasses. Peanut butter. Ketchup to 1 tablespoon and mustard up to 1 teaspoon. Salt substitute with your doctor's permission. Unsalted nuts and seeds.

Avoid: Additional salt added at the table. Herbs, spices, seasonings and flavourings containing salt, such as garlic salt, celery salt, seasoning salt, Accent, meat extracts, meat tenderisers. And monosodium glutamate (MSG). Condiments such as olives, pickles, relish, steak sauce. Worcestershire sauce, soy sauce, and barbeque sauce. Commercial gravies and sauces. Shake and Bake, party dips and deli salads.

NOTES: