



2000 mg Sodium restrictive diet

Divide the number of meals eaten into 2000 to get a rough estimate of mg of sodium allowed at each meal. Example: You eat 3 meals and 1 snack = you are allowed 500 mg at each meal. One snack may be a small meal; therefore some of the 500 mg of sodium can be used at another meal.

Tips:

- Watch portion sizes
- Processed foods are high in sodium
- Do not salt food at table or while cooking, instead use herbs and seasonings
- Read food labels, concentrate on mg of sodium not %DV.

Low sodium foods:

- Fresh and frozen fruits and vegetables
- Dried, unsalted beans, peas, rice, lentils or pasta-dried, fresh and cooked without salt
- Hot cereals-regular cooking
- Club Soda, seltzer water, soda pop
- Coffee and iced tea
- Fruit drinks and lemonade
- Non salt herbs and spices
- Fresh meat, fish and poultry
- Milk-chocolate skim, evaporated, nonfat dry, skim and low fat, soy
- Yogurt, plain and fruit

High sodium foods:

- Meats-
Anchovies, bacon, hot dog, pepperoni, ham, canned meats, sausage
Corned beef, cured meats, smoked meats, luncheon meats, frozen fried fish.
- Breads/starches-
Boxed rice, potato and noodle mixes, baked beans, Bisquick, canned legumes, pancake mix, commercial rolls, muffins and biscuits, boxed and
Homemade corn bread
- Vegetables-
Regular canned vegetables, pickled vegetables, frozen vegetables with sauce, tomato juice, V-8 juice, canned sauerkraut, regular canned soups and broths, spaghetti sauce.
- Dairy Products
American, blue, feta, and Roquefort cheeses, cheese spreads, cottage cheese, processed cheese, instant pudding mix with milk.
- Snacks
Better Cheddars, Wheatables, salted potato chips, pretzels, salted popcorn and many more!!
- Misc,
Salted nuts, green olives, commercial sauces and gravies, soy sauce, BBQ sauce, commercial salad dressing.

Look for the Hen House Low Sodium Foods listing at www.henhouse.com
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