

# SODIUM-CONTROLLED DIET - 2.0 to 2.5 GRAMS

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## PURPOSE:

Sodium-controlled diets are used to reduce blood pressure in hypertension and to promote the loss of excess fluids in edema due to cardiovascular or renal disease and in ascites due to hepatic disease. Sodium-controlled diets may also enhance the action of some medications.

## DESCRIPTION: 2.0-2.5 gram Sodium (86-109 mEq Na)

This level of sodium is used for low salt, low sodium, salt-free, and no salt diet prescriptions. Foods high in sodium content are omitted. One-fourth teaspoon of salt per day is allowed in the preparation of food or may be used at the table. Since sodium is widely distributed in foods, portions and number of servings are restricted according to the sodium content.

## BASIC INFORMATION:

Salt substitutes should be approved by the physician. Salt-free herbs and spices may be used freely. Carefully reading labels is important as some salt-replacement seasonings contain sodium chloride. "Light" salts which are a mixture of potassium chloride and sodium chloride are also limited on sodium-controlled diets.

Approximately 75% of the sodium Americans consume is added to foods during processing. The following list will help you interpret sodium information on food labels:

- Sodium Free - 5 mg or less of sodium per serving
- Very Low Sodium - 35 mg or less of sodium per serving
- Low Sodium - 140 mg or less of sodium per serving
- Reduced Sodium - 75% less sodium than the original version of the product
- No Added Salt or Unsalted - no salt is added during processing (but this does not guarantee the food product is naturally low in sodium)

## Water Supply

Water supplies vary in natural sodium content. For the sodium content in your water supply, call your city's Water Department. Water softeners may add large amounts of sodium to the water. The sodium content of softened water ranges between 7 and 220 milligrams per quart. The company that installed your softener can tell you how much sodium is in your system. Distilled drinking water may be used for cooking and drinking when water supplies contain more than 120 mg sodium per liter and the diet is below 2.5 grams.

## Recommended Intake

The estimated average daily intake of sodium in the American diet ranges from 4 to 5.8 grams per day. The American Heart Association recommends that sodium intake should not exceed 3 grams per day. The National Heart, Lung and Blood Institute recommends a maximum of 3.3 grams of sodium for healthy adults.

## Hypertension (High Blood Pressure)

Treatment for hypertension is not limited to taking medicines and the control of sodium intake. Lifestyle and dietary treatments also play a role:

- Cigarette smoking cessation
- Weight reduction (if overweight)
- Excessive alcohol intake reduction
- Stress reduction
- Increased aerobic exercise
- Generous intakes of potassium and calcium
- Correction of magnesium deficiency

While the medical management of high blood pressure has greatly improved, not all clients are benefitted by and/or can tolerate antihypertensive drugs. Changing lifestyle or diet will often result in a reduction in drug requirements and thereby decrease costs and adverse reactions.

Approximately 10% of the population has elevated blood pressure that is markedly affected by salt. Scientific debate continues about recommendations for everyone to cut back on salt. There still is a great deal to be learned about how salt impacts on blood pressure. There is no simple inexpensive test to learn who is salt sensitive. Most experts believe it would be prudent to limit sodium intake. It is especially important for many elderly Americans, black Americans, and those already afflicted with hypertension. Native Americans, especially those who develop the nephropathy of diabetes mellitus, are also at particular risk of hypertension.

# SODIUM-CONTROLLED DIET

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## FOOD LIST

### Milk and Dairy Products (1 to 4 servings/day)

- **Foods Allowed:** Any milk—white, low-fat, skim, chocolate and cocoa; yogurt; eggnog, ice cream, sherbet, natural cheese (limit 1 oz per day). Substitute for 8 oz of milk: 4 oz evaporated milk, 4 oz condensed milk, or 1/3 cup dry milk powder.
- **Foods to Avoid:** Buttermilk, malted milk

### Meats and Meat Substitutes (6 ounces/day)

- **Foods Allowed:** Fresh or fresh frozen: beef, lamb, pork, veal and game; chicken, turkey, cornish hen or other poultry; any fresh-water or fresh-frozen unbreaded fish and shellfish; low-sodium canned tuna or salmon; low sodium peanut butter; eggs, dried beans and peas.
- **Foods to Avoid:** Any meat, fish or poultry that is smoked, cured, salted or canned such as bacon, dried beef, corned beef, cold cuts, ham, turkey ham, hot dogs, sausages, sardines, anchovies, pickled herring or pickled meats; pickled eggs.

### Breads and Grains (6 or more servings/day)

- **Foods Allowed:** Enriched white, wheat, rye and pumpernickel bread; hard rolls, bagels, English muffins, cooked cereal without salt; dry low-sodium cereals; unsalted crackers and breadsticks; corn or flour tortillas; biscuits, muffins, cornbread, pancakes, and waffles all made with low-sodium baking powder; low-sodium or homemade bread crumbs; rice, noodles, barley, spaghetti, macaroni and other pastas; homemade bread stuffing.
- **Foods to Avoid:** Breads and rolls with salted tops; quick breads; instant hot cereals; dry cereals with added salt; crackers with salted tops; pancakes, waffles, muffins, biscuits, and cornbread with salt, baking powder, self-rising flour or instant mixes; regular bread crumbs or cracker crumbs; instant rice and pasta mixes; commercial stuffing; commercial casserole mixes.

### Vegetables (3 or more servings/day)

- **Foods Allowed:** Fresh, frozen and low-sodium canned vegetables; regular canned, drained vegetables (limit to 1/2 cup serving per day); low-sodium vegetable juice; regular vegetable juice (limit 1/2 cup per day); white or sweet potatoes; salt free potato chips.
- **Foods to Avoid:** Regular canned vegetables (over 1/2 cup per day); vegetable juices; sauerkraut; pickled vegetables and others prepared in brine; potato casserole mixes; potato chips; frozen vegetables in sauce.

### Fruits (3 to 4 or more servings a day)

- **Foods Allowed:** All fruits and juices
- **Foods to Avoid:** None except salted prunes (saladitos)

### Desserts/Sweets

- **Foods Allowed:** Any sweets like sugar, honey, jam, jelly, syrup, marmalade, hard candy; limit regular baked products (cake, pie, cookies) to 1 serving per day.
- **Foods to Avoid:** None

### Beverages

- **Foods Allowed:** Coffee, tea, soft drinks, Postum, alcoholic beverages (with physician's approval).
- **Foods to Avoid:** Commercially softened water as beverage or in food preparation.

### Miscellaneous

- **Foods Allowed:** Limit added salt to 1/4 teaspoon per day, may be used in cooking or at the table; limit to 3 tsp salted butter or margarine per day; salt-free butter or margarine; vegetable oils, shortening and mayonnaise; salt-free salad dressings; salt substitute with physician's approval; pepper, herbs and spices; flavorings; vinegar and lemon or lime juice; salt-free seasonings; low-sodium condiments: catsup, chili sauce, mustard, and pickles; fresh-ground horseradish; Tabasco sauce; homemade or salt-free soups; low-sodium baking powder; unsalted snacks: nuts, seeds, pretzels and popcorn.
- **Foods to Avoid:** Added salt in excess of 1/4 tsp per day; light-salt; garlic salt, celery salt, onion salt and seasoned salt; sea salt, rock salt and kosher salt; seasonings containing salt and sodium compounds; monosodium glutamate (MSG, Accent); regular catsup, chili sauce, mustard, pickles, relishes, olives and horseradish; Kitchen Bouquet; gravy and sauce mixes; barbecue sauce, soy and teriyaki sauce; Worcestershire and steak sauce; salted snack foods: nuts, seeds, pretzels and popcorn; commercially prepared convenience foods; regular canned or dried soups.

# SODIUM-CONTROLLED DIET

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<b>SAMPLE MENU</b>	
<b>Suggested Meal Plan</b>	<b>Menu (May use 1/4 teaspoon added salt)</b>
<b>BREAKFAST</b> Fruit Juice Cereal Meat/Meat Substitute Bread/Margarine Milk/Beverage	1/2 grapefruit 1 oz Cornflakes 1 Egg (optional) 2 slices Whole Wheat Toast, with 1 tsp Margarine* 1 cup 2% Milk*/Coffee or Tea
<b>DINNER - NOON OR EVENING MEAL</b> Meat/Meat Substitute Potato/Potato Substitute Vegetable, Salad or Soup  Bread/Margarine Dessert Beverage	3 oz Salt-Free Hamburger Patty Salt-Free Oven Fries Tomato Slices & 1/4 cup Lettuce 1 cup Salt-Free Vegetable Beef Soup Hamburger Bun 2 Oatmeal Raisin Cookies, 1/2 cup Fresh Fruit Coffee or Tea
<b>SUPPER - EVENING OR NOON MEAL</b> Soup or Juice Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Bread/Margarine Dessert Milk/Beverage	1/2 cup Salt-Free Tomato Juice 3 oz Salt-Free Herbed Baked Chicken 1/2 cup Salt-Free Brown Rice 1/2 cup Carrot-Raisin Salad/1 tsp dressing 1 slice Whole Wheat Bread/1 tsp Margarine* 4 oz Strawberry Frozen Yogurt 1 cup 2% Milk*/Coffee or Tea
<b>SNACK</b>	1/2 cup Apple Juice 2 Squares Graham Cracker 1/2 cup 2% Milk

\*To reduce fat in your diet, omit margarine and use 1% or skim milk.

## Nutrient Analysis

Calories	2344 Kcal	Riboflavin	2.6 mg
Protein	108 gm	Thiamin	1.7 mg
Carbohydrate	330 gm	Folate	239 mcg
Fat	70 gm	Calcium	1257 mg
Cholesterol	201 mg	Phosphorus	1702 mg
Dietary Fiber	29 gm	Zinc	14 mg
Vitamin A	1812 IU	Iron	15 mg
Vitamin C	248 mg	Sodium	2383 mg
Niacin	32 mg	Potassium	3675 mg

Adapted from the Arizona Diet Manual (revised 1992)