

PROHEALTHY

Education for our patients and families

Food Choices

Heart Failure, Low Sodium Diet

How does having a low sodium diet help my heart?

Limiting your sodium to about 2,000 milligrams (mg) per day will help:

- Keep your body from retaining extra water
- Make your medicines work better
- Control your blood pressure

	Choose...	Avoid...
For Breakfast	<ul style="list-style-type: none">• Old fashioned rolled oats• Eggs and egg substitutes• Shredded Wheat	<ul style="list-style-type: none">• Donuts, pastries, croissants• Instant oatmeal• Sausage, bacon, ham• Egg and cheese sandwiches• Many cold cereals
Vegetables	<ul style="list-style-type: none">• Fresh vegetables• Frozen vegetables with no sauce or salt added• Canned with no salt added	<ul style="list-style-type: none">• Canned vegetables• Fried vegetables• Vegetables with sauces• Pickled vegetables – sauerkraut, pickles
Fruits	<ul style="list-style-type: none">• Fresh, frozen or canned fruit• Tomato or vegetable juice with no salt added	<ul style="list-style-type: none">• Canned fruit with salt or sodium added
Dairy Products	<ul style="list-style-type: none">• 1% or reduced fat milk (limit 2 cups/day)• Reduced fat, low sodium cheese• Low fat or 1% yogurt• 1% cottage cheese, no salt (Dean's brand)	<ul style="list-style-type: none">• Buttermilk• Chocolate milk• Most cheeses• Cottage cheese• Whole milk, 2% milk
Soups	<ul style="list-style-type: none">• Homemade with low sodium broth	<ul style="list-style-type: none">• Most canned soups
Fats	<ul style="list-style-type: none">• Canola and olive oil• Vinegar and oil• Low sodium salad dressing	<ul style="list-style-type: none">• Butter & margarine• Regular and fat-free salad dressing



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*The information in this handout is not meant to replace the advice from your own doctor. Please ask your doctor any questions you may have.
This educational material was developed by a team of experts from throughout ProHealth Care.*

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	Choose...	Avoid...
Spices, Seasonings & Condiments	<ul style="list-style-type: none"> • Fresh herbs • Pepper • No salt ketchup • East Shore mustard • Vinegar, lemon or lime juice • Salt-free seasoning mixes 	<ul style="list-style-type: none"> • Seasoning salt, sea salt, salt • “lite” salt, garlic salt • Worcestershire, soy, BBQ sauce • Meat tenderizers • Salsa, pickles, olives, relish • Bouillon cubes, seasoning mixes
Fish & Meat	<ul style="list-style-type: none"> • Fresh or frozen fish, turkey, chicken, pork, lamb, veal, beef, prepared without added salt or sauces • Dry peas and beans • Canned no salt legumes • Low sodium tuna • Egg whites 	<ul style="list-style-type: none"> • Smoked, cured, salted or canned meat, fish or chicken including bacon, chipped beef, cold cuts, ham, hot dogs, sausage, sardines and anchovies • Frozen breaded meats • Meats with gravy or sauce • “Tenderized” or tender pork • Rotisserie chicken
Nuts/Soy Nuts/Nut butters	<ul style="list-style-type: none"> • Dry roasted, unsalted or raw nuts • Natural peanut butter and other nut butters with no salt added 	<ul style="list-style-type: none"> • Any nuts with salt added • Cocktail nut mixes
Snacks	<ul style="list-style-type: none"> • Air popped popcorn • Popcorn popped in oil without salt 	<ul style="list-style-type: none"> • Microwave and movie popcorn • Most packaged snacks
Rice, Pasta, Grains	<ul style="list-style-type: none"> • Plain, brown rice • Pasta (whole wheat preferred) • Grains cooked without salt 	<ul style="list-style-type: none"> • Packaged prepared rice or pasta mixes • Boxed mac and cheese
Bread	<ul style="list-style-type: none"> • Unsalted breads such as Ezekiel Food for Life (frozen): Trader Joe 	<ul style="list-style-type: none"> • Quick breads, muffins or dinner rolls • Bread crumbs/stuffing mixes • Breads/crackers topped with salt

Please call your doctor for any questions or concerns you may have regarding this information.



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