

**B**reakfast:     **L**unch:     **S**upper:     **S**nack:

**Beverages:** as desired-Tea, Coffee, Instant Coffee, Decaffeinated Coffee or Tea, Drink Mixes, Regular/Diet Carbonated Beverages < 24 oz./day, fruit juices, Cocoa Powder **Avoid:** Beverage Mixes, Instant Cocoa, Fruit Flavored Powders, commercially softened water, Dutch Process Cocoa

**Miscellaneous Soups:** 1/2 c. serving per day- Low Sodium canned soups & bouillon, unsalted homemade vegetable soup made with ingredients allowed

**B**reakfast:     **L**unch:     **S**upper:     **S**nack:

**Low Sodium Desserts & Sweets:** as desired Desserts made with plain or dietetic gelatin, fruit ices/whips, popsicles, homemade ice cream, pudding & custard made with milk & egg allowance without salt, homemade items made with low sodium baking powder, soda, flours & without salt, sugar, syrup, jelly, jam, honey, hard candies, sugar candies, molasses, marshmallows, semi-sweet/baking chocolate, gum drops, jelly beans, marshmallows.

**MD:** \_\_\_\_\_  
**RD:** \_\_\_\_\_  
 \_\_\_\_\_

**Seasonings:** as desired-Unsalted cream sauce made with allowed milk, unsalted meat base gravy, pepper, unsalted spices, flavorings, vinegar, lemon juice, lime juice, *low-sodium catsup, mustard, chili sauce, tomato sauce*, fresh ground horseradish, , Tabasco Sauce, Unsalted nuts and popcorn, yeast, cream of tartar, potassium bicarbonate, sodium free baking powder, garlic powder, onion powder, dry mustard, parsley, chives, curry powder, bay leaf, sage, allspice, cinnamon, nutmeg, ginger, chili powder **Avoid:** Salt, regular catsup, mustard, pickles, horseradish, celery salt, spices with salt, lemon pepper, MSG, Lite Salt, Meat Sauces, BBQ/Soy Sauce, Worcestershire Sauce, baking soda, baking powder, all commercially prepared foods, sea salt, rock salt, Kosher salt, Accent

**Sample Menu -LS = Low Sodium**

<b>Breakfast:</b>	<b>Lunch &amp; Supper:</b>
1/2 c. Fresh Fruit/1 Egg	2 oz. Baked Chicken
1/2 c. unsalted Oatmeal	1/2 c. Rice or Potatoes
2 slices Bread/1t.Marg	1 c. Broccoli or Beans
1 c. Skim Milk/Coffee	2 Roll/Bread/1t.Marg.
1 T. Jelly/1/2 oz. Cream	1 c.Fruit/1/2 c. Sk. Milk
	1 c. Ice Tea

**Bedtime Snack:**

Fruited Congeal Salad or 1 Bread or Starch

**Avoid:** sweet chocolate, nuts, coconut, sherbet, commercial desserts/soups, ice cream, brown sugar, molasses, maple syrup dried mixes, bouillon/soups

# Low Sodium 2 Gram

**Patient:** \_\_\_\_\_

## Healthy Meal Plan:

**1-Eat 3 Meals and a Bedtime Snack daily!**

**2-Do Not Skip Meals!**

**3-Limit Sodium**

**4-Exercise 15 minutes daily**

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**B**reakfast:  **L**unch:  **S**upper:  **S**nack:

**Fruit Group: Fresh Fruit is Best**

**1/2 c.** Apples, Applesauce, Apricots, Apricot Nectar, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Cranberries, Figs, Fruit Cocktail, Gooseberries, Grapefruit, Grapefruit Juice, Grape Juice, Kiwi, Lemon Juice, Mango, Melons, Nectarines, Oranges, Papaya, Papaya Nectar, Peach Nectar, Peaches, Pears, Pear Nectar, Pineapple, Plums, Prunes, Raspberries, Rhubarb, Strawberries, **1 c.** Watermelon or Cranberry Juice, **1 Apple, Peach, Pear, Tangerine or Fresh Fruit-15 Grapes 1/2 small Grapefruit, Lemon** **Avoid: ALL Dried Fruits with sodium compounds. All crystallized or glazed fruits, maraschino cherries**

**RD Suggestions:**

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**B**reakfast:  **L**unch:  **S**upper:  **S**nack:

**Milk Group; 1 c.** Whole, Low Fat, Skim, Dry, Evaporated, Condensed, Low Sodium Milk, Yogurt **Avoid: Butter, chocolate, malted, & instant milk**

**B**reakfast:  **L**unch:  **S**upper:  **S**nack:

**Bread or Starch Group; 4 Regular Breads/Day**  
**1 sl.** Bread, 6 Crackers, Matzo, Melba Toast, Puffed Wheat/Rice, Shredded Wheat, Cooked Cereals prepared without salt, Dry Cereals (Containing < 6 mg. sodium per 100 gm.) Biscuits, Cornbread, Pancakes, Waffles made with Low Sodium baking powder, meal, flour, & no salt. Rice, Noodles, Spaghetti, Pasta. Whole grains or enriched breads, salt-free potato chips, barley, macaroni **Avoid: Commercial breads or rolls, sweet rolls, salted crackers, instant hot cereals, commercial mixes, self-rising flour, cornmeal, salt, baking powder/soda, instant potatoes/chips**

**B**reakfast:  **L**unch:  **S**upper:  **S**nack:

**Fat Group; Unsaturated-Good Saturated-Bad**  
**Unsaturated- 1t.-**Unsalted Margarine, Mayonnaise, Oil- (canola, corn, olive, peanut, safflower, soybean, sunflower), **1T.-**Reduced-Fat or Low-Fat Salad Dressing or Mayonnaise **Saturated- 1t.-**Unsalted Butter, Solid Shortening, 2T.Coconut, 2 T. Sour Cream, 3 T. Reduced Fat, **1T.** Powdered Coffee Creamer, 2 T. Cream **Avoid: Bacon Fat, Salted Butter, Margarine, Salt Pork, Regular Salad Dressing, Non-Dairy Creamer, olives, salted nuts, gravies, dips, chitterlings**

**B**reakfast:  **L**unch:  **S**upper:  **S**nack:

**Vegetable Group; 1/2c.** fresh, unsalted frozen, low sodium-tomato juice, artichokes, asparagus, beans, bean sprouts, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, greens, onions, kale, mustard greens, Kohlrabi, leeks, mushrooms, okra, pea pods, peppers, radishes, lettuce/salad greens, spinach, summer squash, tomato (fresh), turnips, watercress, water chestnuts, zucchini **Avoid: pickles, sauerkraut, (V-8 Juice-1/2/Day) vegetables in brine, Regular canned vegetables, vegetable juices, tomato products**

**B**reakfast:  **L**unch:  **S**upper:  **S**nack:

**Meat Group; limit 4-6 oz./Day-** all fresh or frozen poultry or freshwater fish, low sodium canned tuna, meats, fish, peanut butter, cottage cheese, cheese, cream cheese, dried peas and beans, unsalted salmon, soybeans and textured vegetable protein **Avoid: cured, salted, canned, smoked foods as ham, bacon, sausage, ham, salt pork, luncheon meats, frankfurters, scallops, canned tuna-fish, salmon, sardines, potted meat, vienna sausage, use fresh chicken, fish, beef, white pork, and try to avoid the above as listed. Eggs without salt, regular peanut butter, cheese, anchovies, marinated herring, corned beef, pimento cheese**