



2 Gram Sodium Diet

Sodium is a mineral that is needed by our bodies. It is found naturally in many foods and is added to many processed foods. Sodium is part of table salt.

Your child may need to be on this diet to help prevent build up of extra water in the body. This may be because of high blood pressure, heart disease, kidney disease, or fluid retention.

Sources of Sodium

- Table Salt
 - Most common source of sodium
 - 1 teaspoon of salt= 2000 milligrams (mg) or 2 grams of sodium
- Processed Foods
 - Have large amounts of sodium
 - Examples: frozen dinners, luncheon meats, canned soups, easy to prepare box mixes
- Naturally Occurring
 - Unsalted, unprocessed foods usually have a low sodium content

Meal Planning Tips

- Do not add salt or soy sauce when cooking or at the table.
- Avoid seasoned salts such as onion salt, garlic salt and celery salt.
- Use seasonings without salt such as onion powder or garlic powder.
- Encourage your child to eat foods in their natural state. For example, serve fresh or frozen vegetables instead of canned vegetables.
- Read food labels. Avoid processed foods that have more than 140 mg sodium per serving.

- Avoid fast foods.
- Avoid salted snack foods.
- Many fat-reduced or calorie reduced products are not lower in sodium than the regular product.
- Rinsing or boiling meats and other foods, like sauerkraut or canned vegetables, does not significantly decrease the sodium content.
- Ingredients in a food that contain the word sodium, will have sodium. Examples include “aluminum sodium sulfate” and “sodium bicarbonate”.
- Talk with your child’s school to make sure they can provide low sodium alternatives.

What can you use to season the food?

All Purpose Spice Blend

5 teaspoons onion powder
 2 ½ teaspoons garlic powder
 2 ½ teaspoons paprika
 2 ½ teaspoons powdered mustard
 1 ¼ teaspoons thyme
 ½ teaspoon ground white powder
 ¼ teaspoon celery seed
 Combine ingredients and mix well.

Herbed Seasoning Blend

1 Tablespoon onion powder
 1 teaspoon garlic powder
 1 teaspoon basil
 1 Tablespoon paprika
 1 Tablespoon parsley
 Combine ingredients and mix well.

There are seasoning blends available in the grocery store. Make sure that they do not contain sodium. Mrs. Dash is a product that has a wide variety of seasoning blends available. For more information, refer to www.mrsdash.com.

FOOD GROUP	FOODS RECOMMENDED	FOODS NOT RECOMMENDED
Grains	Shredded wheat, "Puffed" cereals, Tortillas, Pita bread, Rice, Quinoa, Pasta, Regular bread	Bran cereal Noodle mixes (macaroni and cheese, ramen soups) Rice mixes (Rice-a-Roni) Instant hot cereals Ready to eat cereals with more than 140 mg sodium per serving
Vegetables	Fresh vegetables Frozen vegetables Canned vegetables with no added salt	Canned vegetables Frozen vegetables with sauces Sauerkraut V-8 or tomato juice
Fruits	All fresh, canned and frozen fruits	
Milk and Milk Foods	Milk Natural Cheeses (Swiss, Cheddar, Monterey) Yogurt	Buttermilk Processed cheese (American, Velveeta, etc.) Cheese spread Cottage cheese
Meat and Other Protein Foods	Fresh fish Water-packed tuna (rinse well with cold water) Fresh poultry Eggs Fresh beef Canned or dried beans with no added salt	Canned meats- Spam, Vienna sausage Smoked meats Bacon Hot dogs Corned beef Deli meats- bologna, turkey, etc. Sausage- Kielbasa, Italian, etc. Canned baked beans

FOOD GROUP	FOODS RECOMMENDED	FOODS NOT RECOMMENDED
Spices and Seasonings	Herbs Mrs. Dash Garlic Onion Garlic powder Onion powder	Salt Miso Soy sauce Garlic , Onion, Celery salts Seasoning mixes (taco seasoning, spaghetti sauce seasoning)
Main Dishes	Homemade casseroles made without added salt Low-salt soups Homemade soups with very low salt broth and no added salt Homemade stews or chili without added salt	TV dinners Frozen entrees with more than 250 mg per serving Packaged lunches (Lunchables) Canned soups Canned stews Canned chili
Snacks Foods/Desserts	Fruit Fresh vegetables Unsalted nuts Low salt crackers Unsalted popcorn	Salted chips Salted pretzels Salted crackers Salted nuts Instant pudding Commercial dessert mixes

Additional Information:

If you have questions, call: _____, *Registered Dietitian*

Phone: (717) 531- _____ or (717) 531-8406