

Sodium Precautions Educational Sheet

Some individuals that might have had a 2 Gram Sodium Diet or a Low Sodium Diet ordered are better served utilizing a **Regular Diet with Sodium Precautions**. This nutritional approach in the treatment of high blood pressure or heart disease allows individuals to select foods and portions more typical to their usual and preferential meal choices and thereby increases the overall nutritional intake. When **Sodium Precautions** are implemented, a Regular Diet with any consistency modification ordered is initiated and individuals are encouraged to follow the **Sodium Precautions** in meal selection.

The first step is to select **well balanced, nourishing meals** that include the following components daily:

- **6 Ounces of Protein** – one ounce is equivalent to one ounce cooked meat or fish, one ounce cheese, 1/4 cup cottage cheese, one egg or 1/2 cup cooked beans.
- **2 Servings of Fruit or More** – one serving is equivalent to 1/2 cup canned fruit, 3/4 cup fruit juice, one medium piece fruit (apple, orange, banana).
- **3 Servings of Vegetables or More** – one serving is equivalent to one cup raw leafy vegetables or 1/2 cup cooked vegetables. Potatoes, corn, green peas and beans are considered starchy vegetables.
- **6 Servings of Grains/Starches or More** – one serving is equivalent to one ounce sliced bread, 1/2 bagel, 1/2 English muffin, 1/2 hamburger bun, 1/2 hot dog bun, one biscuit, three graham crackers, six unsalted crackers, 3/4 cup dry cereal, 1/2 cup cooked cereal, 1/2 cup cooked rice or pasta, two cookies, one piece of cake.
- **2 Cups of Milk or More** – one serving is equivalent to one cup whole, 2% or skim milk.

The next step is to consider the following **Sodium Precautions** when making meal selections that will help to manage your sodium intake.

- Avoid use of a salt packet and do not add salt at the table
- Avoid salted crackers and salted chips
- Avoid bacon and sausage
- Avoid ham, hot dogs or cured lunchmeats
- Avoid canned, salted soups, tomato juice, V-8 juice
- Avoid pickled foods, olives, sauerkraut or other foods in a brine

You may obtain further information about limiting sodium in your diet from the Registered Dietitian and/or the following web sites:

1. Academy of Nutrition and Dietetics: www.eatright.org
2. American Heart Association: www.heart.org
3. Dash Diet: www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf