



DARTMOUTH-HITCHCOCK
MEDICAL CENTER

Two Gram Sodium Diet

Table of Contents

General Comments	1
Tips to Eating Less Salt and Sodium.....	2
Shopping Hints	6
Eating Out.....	7
Snacking	7
Sample Menu	8
Food Preparation	14
Cookbooks	15
Recipes	16
Shopping List	20
Menu Ideas / Notes	21

Although your diet is to be restricted in sodium, it should be adequate in all nutrients (except iron for pre-menopausal women). Choose a variety of foods from each of the following food groups:

- ◆ milk and dairy products
- ◆ meat and protein-rich foods
- ◆ fruits and vegetables
- ◆ breads and cereals

General Comments

1. Sodium is an element found in most foods. Salt is 40% sodium. Salt, both in cooking and at the table, should be omitted from a sodium-restricted diet.
2. Some over the counter medications such as pain relievers, laxatives and cough medicines contain sodium. Check with your doctor or pharmacist before using them.
3. Should you use salt substitutes? Check with your doctor. Do not use “lite salt” or “sea salt” because these products contain sodium.
4. If you have a water softener in your home, have the water checked for sodium content.
5. Read Labels to find information on sodium content per serving. The government has adopted the following definitions:

“Sodium free”	Less than 5 mg of sodium per serving
“Very low sodium”	35 mg or less of sodium per serving
“Low sodium”	100 mg or less of sodium per serving
“Reduced sodium”	Processed to reduce the usual amount of sodium by 75%
“Unsalted”	Processed without salt when the food normally is processed with salts

Tips to Eating Less Salt and Sodium¹

✓ *Be a smart shopper.*

- **Read the food label** to find out more about what is in the foods you eat. This will help you choose foods to limit the amount of sodium you eat to 2,000 mg each day.
- **Size up your food.** Compare the amounts you will eat to the serving size given. If you eat 2 cups and the serving size is 1 cup, you have to double the amounts of nutrients, sodium, and calories listed.
- **Read the nutrition information.** Use the Percent Daily Value to compare the amount of sodium among brands. Choose those foods that have lower values. One serving of this product contains 28 percent, or about 1/4 of the amount of sodium you should have for the entire day.

✓ *Choose More Often:*

- Chicken and turkey (take off skin)
- Lean cuts of meat
- Fish: Fresh or frozen
- Skim or 1% milk, evaporated skim milk
- Cheese: lower or reduced in sodium
- Loaf breads, dinner rolls, bagels, and salt-free chips
- Cereals: some hot cereals and some ready-to-eat cold cereals lowest in sodium*
- Plain rice and noodles
- Fresh, frozen, or no salt added canned vegetables
- Fruits
- Soups: lower or reduced in sodium
- Margarine, vegetable oils
- Spices, herbs, and flavorings like oregano, garlic powder, onion powder, salt free seasoning blends, vinegar, and fruit juices

✓ **Avoid:**

- Smoked or cured meats like bacon, bologna, hot dogs, ham, corned beef, luncheon meats, and sausage
- Canned fish like tuna, salmon, sardines, and mackerel**
- Buttermilk +
- Most cheese spreads and cheeses
- Salty chips, nuts, pretzels, or pork rinds
- Some cold (ready to eat) cereals highest in sodium, instant hot cereals
- Quick cooking rice and instant noodles, boxed mixes like rice, scalloped potatoes, macaroni and cheese, ++ and some frozen dinners, pot pies and pizza*
- Regular canned vegetables**
- Pickled foods like herring, pickles, relish, olives, or sauerkraut
- Regular canned soups, instant soups
- Butter, fatback, and salt pork
- Soy sauce, steak sauce, salad dressing, ketchup, barbecue sauce, garlic salt, onion salt, seasoned salts like lemon pepper, bouillon cubes, meat tenderizer, and monosodium glutamate (MSG)*

***Read the food label to choose those lower in sodium.**

**Rinse canned fish or vegetables before using.

+Although buttermilk is high in sodium, 1 percent or skim buttermilk can be used in cooking to replace whole milk or fat.

++Modify cooking directions and prepare with less salt, if possible.

✓ ***Go easy in the kitchen.***

Do not use salt or seasoned salt when you cook.

- Use spices and herbs or low sodium seasonings like sodium free bouillon or onion powder, garlic powder, and sodium free seasoning blends.

Try these:

- Sprinkle lemon juice over vegetables.
- Season or marinate meat, poultry, and fish ahead of time with onion, garlic, and your favorite herbs before cooking to bring out the flavor.

Take steps to make meals lower in salt and sodium.

- Use smoked or salt-cured meat products only in small amounts for flavoring.
- Prepare fresh lean pork roast instead of country ham.
- Rinse canned vegetables and fish such as tuna to remove some sodium.

✓ ***Take the lead at the table.***

- Remove the salt shaker. Keep the pepper shaker.
- Taste the food first. If you must add salt, use one “shake” instead of two or more.
- Cut down on the amount of salty prepared sauces or condiments you use.

✓ ***Be in control at the restaurant.***

- Choose foods without sauces. If you prefer, ask for sauce and salad dressing to be served “on the side.”
- Ask for your meal to be prepared without salt or monosodium glutamate (MSG). Then if you must, you can add a small amount of salt.

Check the things you will do to eat less salt and sodium.

- Read food labels. Choose foods that have the lowest Percent Daily Value for sodium. Also buy foods that are labeled “reduced sodium,” “low sodium,” “sodium free,” or “no salt added.”
- Buy fruits and vegetables for snacks. Choose chips, crackers, or nuts that are lower in sodium.
- Take the salt shaker off the table.
- Choose no salt added regular canned vegetables, low sodium vegetable juices, soups, sauces, and gravies. Most frozen vegetables without sauces are low in sodium.
- Choose fresh or frozen lean cuts of meat, fish, and poultry.
- Season your food with herbs and spices instead of salt.

¹The information in this section was adapted from:
“Spice Up Your Life! Eat Less Salt and Sodium”
U.S. Department of Health and Human Services,
Public Health Service, National Institutes of Health,
National Heart, Lung, and Blood Institute.

For more information, visit their website:
www.nhlbi.nih.gov/health/public/heart/index.htm

Shopping Hints

Most grocery stores stock low sodium or “dietetic” products. **Read the labels!** “Dietetic” does not necessarily mean low sodium. If a food claims to be low sodium, the label will state the number of milligrams of sodium per serving.

Salt and other sodium compounds are often added to foods during processing and will be listed on the label. Some common sodium compounds are:

- ◆ Salt
- ◆ Brine
- ◆ Monosodium glutamate (MSG)
- ◆ Sodium saccharin
- ◆ Sodium nitrate
- ◆ Sodium propionate
- ◆ Any item that contains “sodium” in its name

Selecting meat, fish and poultry:

Regular canned meat, fish and poultry are high in sodium. Therefore, select low sodium varieties. If the label reads less than 75 milligrams sodium per portion, the product is acceptable. Packaged frozen fish fillets and some frozen pre-portioned meat and poultry items are also high in sodium. Avoid these products.

Selecting vegetables and vegetable juices:

Regular canned vegetables and vegetable juices, including tomato juice, are high in sodium. Therefore, select fresh, frozen or no salt added varieties.

Selecting soups:

Buy only “low sodium” varieties. Regular canned, frozen or dehydrated soups are very high in sodium.

Eating Out

Generally, foods served in restaurants are seasoned with salt and / or MSG. Order items prepared without these seasonings or request to have an item prepared without them. Good choices are broiled or roasted meats, fish or poultry without sauces or gravies, baked potato and salad with allowed dressings on the side. Fruits and sherbet or ice cream are lower in sodium than rich pastries and desserts.

“Fast foods” are generally high in sodium. Careful selection is required. For example, choose a hamburger, roast beef or sliced chicken sandwich without condiments. Lettuce, tomato and mayonnaise are good accompaniments. Avoid the cheese.

Snacking

Some good suggestions:

- ◆ Unsalted popcorn
- ◆ Unsalted nuts
- ◆ Crackers with unsalted tops with jelly, low sodium peanut butter
- ◆ Fruit with low sodium cheese
- ◆ Herbed nuts and bolts (see recipe)
- ◆ Fresh vegetables and low sodium dip (see recipe)

Meat, Fish, Poultry

(Less than 150 mg of sodium per 3 ounce portion)

Suggested Maximum Daily Amount: 6 Ounces

- Food Allowed:
- Fresh, frozen or canned low sodium beef, chicken, turkey, duck, lamb, liver, pork, quail, rabbit, veal
 - Fresh or canned low sodium fish such as sole, haddock, halibut, snapper, tuna, salmon, oysters, soft shelled clams
 - Low sodium peanut butter (substitute 2 tablespoons for 1 ounce meat)
 - Dried peas, lentils, or beans
 - Convenience meals with 500 mg sodium or less

- Foods Excluded:
- Salted or smoked meat, fish, fowl such as: ham, deli-type meats, sausage, frankfurters, corned beef, tongue, caviar, anchovies, sardines, pilchard, frozen fish fillets, turkey roll, crab, lobster, shrimp, scallops, tuna packing in oil
 - “TV dinners”, pot pies, frozen meats in sauce or gravy
 - Salted nuts
-

Eggs

Suggested Maximum Daily Amount: One (1)

- Food Allowed:
- Any style cooked without added salt

- Foods Excluded:
- Limit frozen egg substitutes (3-4 per wk)
 - Pickled eggs

Cheese

Suggested Maximum Daily Amount: See below.

Food Allowed: • Low sodium cheeses including cottage cheese (substitute 1 oz. low sodium cheese, or 1/4 cup cottage cheese for 1 oz. meat)

Foods Excluded: • All others

Fruits

Suggested Maximum Daily Amount: Unlimited

Food Allowed: • All fruit juices, all fresh, canned, dried or frozen fruits without added salt or sodium

Foods Excluded: • None

Vegetables

Suggested Maximum Daily Amount: 3 (½ cup servings). Include a dark green or yellow choice

Food Allowed: • All fresh, frozen, dried or canned vegetables without added salt, and vegetable juices; tomato paste (without added salt - check label)

Foods Excluded: • Sauerkraut; regular canned vegetables and vegetable juice, including tomato juice
• Frozen vegetables with sauces
• Frozen peas, lima beans, mixed vegetables

Bread and Cereal

(200 mg sodium per serving, or less)

Suggested Maximum Daily Amount: See below

- Food Allowed:
- As desired - Salt Free bread or rolls; crackers with unsalted tops, matzoh, rusk, melba toast, low sodium crackers
 - As desired - Hot cereals (not instant) cooked without added salt, shredded wheat, puffed wheat, puffed rice, low sodium cereals
 - 6 servings - Regular white and whole grain enriched bread or rolls, all other cold cereals (count an average serving of 3/4 cup as 2 bread servings)

- Foods Excluded:
- Crackers with salted tops, saltines, salt sticks, pretzels, pita, soda crackers, chips, other snack foods
 - Instant hot cereals, 100% bran cereal
 - Frozen pancakes and waffles
-

Potato or Substitute

Suggested Maximum Daily Amount: 2 (1/2 cup servings)

- Food Allowed:
- All fresh, white or yellow potatoes cooked without added salt; unsalted potato chips
 - Plain rice or pasta products cooked without salt

- Foods Excluded:
- Commercial potato (including instant mashed), rice or pasta mixes with added salt or sodium, or flavor packets
 - Salted potato chips

Fats

Suggested Maximum Daily Amount: See below

- Food Allowed:
- 1 Tablespoon - Regular butter or margarine
 - 3 Tablespoons - Sour cream or cream cheese
 - 1 Tablespoon - Regular salad dressing, or mayonnaise
 - As desired - Unsalted butter or margarine, low sodium mayonnaise and salad dressings, salad oils, shortenings, oil and vinegar dressing, unsalted nuts
- Foods Excluded:
- Bacon, bacon fat, olives, salt pork, salted nuts, party spreads and dips
-

Desserts

(less than 100 mg sodium per serving)

Suggested Maximum Daily Amount: Gelatin, pudding, custard = ½ cup servings; all other desserts should be moderate portions

- Food Allowed:
- 2 servings The following baked desserts: plain cake, flavored gelatin, plain cookies, custard, puddings and chiffons made with milk allowance, homemade fruit pies made without added salt
 - Ice cream or sherbet (Substitute ½ cup serving for ½ cup milk allowance)
 - As desired - Plain gelatin desserts, fruit tapioca, fruit ices, low sodium baked desserts

Foods Excluded:

- Pudding mixes, pies, all other desserts

Milk

Suggested Maximum Daily Amount: 2 Cups

Food Allowed:

- Whole, low fat, and skim milk, evaporated milk, reconstituted dry milk powders, yogurt
- Milk drinks with ice cream may be used if made with allowed ingredients and within the total 2 cups milk per day

Foods Excluded:

- All others including buttermilk

Beverage

(50 mg sodium per serving)

Suggested Maximum Daily Amount: As desired

Food Allowed:

- Coffee, tea, carob, decaffeinated coffee, cocoa powder, ®Kool-Aid, ®Tang

Foods Excluded:

- Instant cocoa mix, fruit flavored powders, ®Gatorade and similar sports drinks

Condiments

Suggested Maximum Daily Amount: As desired

- Food Allowed:
- All herbs and spices not containing sodium including dry mustard and tabasco
 - Unsalted condiments and gravy, jams, jellies, hard candy, chocolate, honey, syrups, sugar, unsalted popcorn
 - Cider vinegar

- Foods Excluded:
- Salt including celery, onion and garlic salts, kosher salt and sea salt
 - Prepared mustard, catsup, chili sauce, pickles, relish
 - Commercially prepared gravy
 - Worcestershire and other meat sauces
 - Salted meat tenderizers, monosodium glutamate, soy sauce
 - Salted popcorn, accent, chili powder, barbecue sauce, prepared horseradish
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Soups

Suggested Maximum Daily Amount: 1 Cup

- Food Allowed:
- Unsalted pack or homemade soups made with allowed ingredients; unsalted cream soups made with milk allowance

- Foods Excluded:
- All commercial canned, frozen and dehydrated soups and bouillon, except low sodium pack

Food Preparation - Try these seasonings:

Meats:

- Pork:** sage, onion- serve with applesauce
- Chicken:** poultry seasoning, thyme, and parsley - serve with cranberry sauce
- Lamb:** curry powder, rosemary, garlic, thyme - serve with mint sauce, mint jelly
- Veal:** marjoram, basil - serve with currant jelly, cranberry sauce
- Beef:** pepper, bay leaf - serve with dry mustard, unsalted chive butter, horseradish sauce
- Fish:** bay leaf, dill - serve with unsalted lemon butter, unsalted parsley butter

Vegetables:

- Asparagus:** lemon juice
- Broccoli:** lemon juice
- Carrots:** mustard dressing, parsley, mint, nutmeg, glazed with unsalted butter and sugar
- Green Beans:** marjoram, lemon juice, nutmeg, dillseed
- Tomatoes:** basil, marjoram, onion

Convenience foods such as TV dinners, dry packaged meals, coating mixes for meats, or foods containing a flavor packet are high in sodium and should be avoided. Be sure to check the labels for sodium content.

Cookbooks



American Heart Association Low-Salt Cookbook
Second Edition: A Complete Guide to Reducing Sodium
and Fat in Your Diet (by American Heart Association)

New Hampshire Chapter
2 Wall Street
Manchester, NH 03101
603-669-5833

Vermont Chapter
434 Hurricane Lane
Williston, VT 05495
802-878-7700



Cooking Without a Grain of Salt (by Susan Bagg Todd)



Craig Claiborne's Gourmet Diet (by Craig Claiborne)

For more information on the internet go to:

www.americanheart.org

www.deliciousdecisions.org



Recipes

Spaghetti with Meat Sauce

6 servings - 65 mg. Sodium/serving

1 lb. ground lean beef	1 tsp. sugar
4 tbsp. olive oil	1/2 tsp. oregano
1 chopped onion	1/4 tsp. allspice
2 tsp. minced parsley	pepper to taste
6 chopped mushrooms	2 cups tomatoes, canned
1/2 tsp. basil	low-sodium or fresh
1 bay leaf	1 lb. spaghetti

Fry beef in hot oil until slightly brown. Add onion, parsley, mushrooms, garlic, basil, bay leaf, sugar, oregano, allspice, and pepper. Sauté for 10 minutes. Add tomatoes and simmer 1 hour.

Herb Chicken

4 servings - 75 mg. Sodium/serving

1 chicken 2½ - 3 lbs. cut in pieces	Fresh ground black pepper
1 tsp. marjoram	4 tbsp. unsalted butter or margarine
1 tsp. thyme	1 can pineapple chunks
1 tbsp. chopped parsley	

Wash and dry chicken. Place in greased low baking dish and sprinkle with marjoram and thyme. Let stand 1 hour under refrigeration. Dot with margarine or butter. Bake in 400 degree oven for 35-45 minutes. Serve over hot pineapple chunks.

Pork Chops with Apples and Oranges

4 servings - 54 mg. Sodium/serving

4 3-oz. pork chops	4 slices onion
1 tbsp. cornstarch	4 slices lemon
2 tbsp. orange juice	1/4 tsp. cinnamon
2 cups pineapple juice	1/4 tsp. cloves
4 slices apple	1 tbsp. brown sugar
4 slices orange	

Brown chops on both sides, pour off drippings. Cook covered over low heat 40 minutes. Stir cornstarch into orange juice until smooth; gradually blend into pineapple juice. Stir constantly until slightly thickened. Simmer a few minutes. Top each chop with slices of apple, orange, onion, and lemon. Sprinkle with cinnamon, cloves and brown sugar. Pour sauce over all. Bake uncovered at 350 degrees for 25-30 minutes.

Mashed Potatoes

4 servings - 11 mg. Sodium/serving

4 medium size potatoes	2 tsp. chopped parsley
1 small onion, minced	1 tbsp. unsalted butter or margarine
1/2 clove garlic	3 tbsp. hot milk
1 bay leaf	1/8 tsp. mace
1/4 tsp. rosemary	

Place first six ingredients in boiling water, cover and cook 20-40 minutes. Remove garlic and bay leaf. Drain, mash with fork, add butter or margarine, hot milk and mace. Beat until creamy. Garnish with parsley.

Sweet and Sour Green Beans

4 servings - 2 mg. Sodium / serving

- 1 pkg. frozen green beans or 1 lb. fresh, cooked & drained
- 2 tbsp. unsalted butter or margarine
- 2 tbsp. finely chopped onion
- 1 tbsp. vinegar
- 1/2 tsp. sugar
- 1/8 tsp. curry powder
- Pepper to taste

Cook beans according to directions without salt. Sauté onion in oil until tender but not brown. Stir in vinegar, margarine, sugar, curry and pepper. Pour mixture over hot beans. May be served hot or cold.

Spice Blend for “Salt Shaker”

- 4 tsp. ground thyme
 - 1 tsp. ground sage
 - 3 tsp. ground rosemary
 - 4 tsp. ground marjoram
-

Herb Marinade

- 1 cup wine or vinegar
- 1/2 cup vegetable oil
- 10 crushed peppercorns
- 1 clove garlic
- 2 tbsp. mixed fresh herbs, parley, basil, chives and tarragon

French Dressing - negligible sodium

1/3 cup salad oil
1/2 peeled, chopped fresh tomato or unsalted tomato juice
1 1/2 tbsp. mild vinegar
1 tsp. minced onion
1/2 tsp. sugar

Place all ingredients in a tightly covered jar and shake well.

Herbed Nuts and Bolts

9 (1/2 cup) servings - negligible sodium

1/4 cup unsalted butter or margarine	1/2 tsp. garlic powder
1 1/2 tsp. oregano	1/2 tsp. onion powder
1 1/2 tsp. dried basil	3 cups bite size shredded wheat
	1/8 (1/2 oz) jar unsalted peanuts

Melt unsalted butter or margarine in skillet over moderate heat. Stir in seasonings. Add peanuts and shredded wheat. Toss until evenly coated. Cook in skillet, stirring occasionally for 10-15 minutes. Cool and store in covered container over night to blend flavors.

Vegetable Dip

1 cup plain yogurt or sour cream
2 tsp. dried dill
1/2 tsp. garlic powder

Mix well and chill. Add other spices as desired.

Shopping List

When you go shopping, use this list as a reminder of how much sodium should be in the foods you eat. Remember to read the food labels to help you choose products that are low in sodium.

Meat, Fish, Poultry: Less than 150 mg sodium per 3 ounce portion

Cheese: Choose low sodium varieties

Fruits: Any kind of fruit is okay

Vegetables: Choose fresh, frozen, or canned without salt

Bread: 200 mg sodium per serving, or less

Desserts: Less than 100 mg sodium per serving

Milk, Yogurt, Ice Cream: 2 cups per day

Beverages: Limit to 50 mg sodium per serving

Dartmouth-Hitchcock Medical Center is a charitable organization and has a financial assistance policy.



DARTMOUTH-HITCHCOCK

MEDICAL CENTER

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