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Sodium Controlled Diet

Sodium Content of Foods

Food	Amount	Sodium Content (mg)
Medium Whole Egg	1	70
Medium Egg White	1	50
Meat (prepared without added salt)	1 oz	25
Lean Cured Ham	1 oz	295
Bacon	One 10 inch slice	135
Frankfurter	1	640
Bologna	1 oz slice	220
Shrimp	1 oz	40
Canned Salmon		450-470
Regular Tuna Canned in Water		200-330
Fresh Fish	1 oz	25-90
Whole, Skim, or Low Fat Milk	1 cup	120
Buttermilk	1 cup	257
Natural Cheddar Cheese	1 oz	176
Natural Swiss Cheese	1 oz	74
Natural Mozzarella Cheese (low moisture, part skim)	1 oz	150
Natural Bleu Cheese	1 oz	396
Ricotta Cheese	1/4 cup	77
Creamed Cottage Cheese	1/4 cup	140
Dry Curd Cottage Cheese	1/4 cup	5
Processed American Cheese	1 oz	405
Ice Cream	1/2 cup	55
Sherbet	1/2 cup	45
Regular Butter & Margarine	1 tsp	30-50
Salt Free Butter & Margarine	1 tsp	Trace
Cooking Oil	1 tbsp	0
Mayonnaise	1 tbsp	80
Italian Salad Dressing	1 tbsp	115
Tomato Catsup	1 tbsp	150-177
Mustard	1 tbsp	200
Worcestershire Sauce	1 tbsp	234
Salt	1 tsp	2300
Salsa	3 tbsp	300
Regular Bread	1 slice	100-200
Salt Free Bread	1 slice	2-5
Regular Cornbread	1 muffin	200-500
Regular Biscuit	1	170-300
Flour Tortilla	1-4 inches	175
Corn Tortilla	1-4 inches	50
Pancake or Waffle	1-4 inches	220-350
Most Cooked Cereal (prepared without salt)	1/2 cup	Trace
Instant Cooked Cereals	1/2 cup	5-240
Hominy Grits (prepared without salt)	1/2 cup	Trace
Most Ready-To-Eat Cereals (cornflakes, wheat flakes, etc.)	1 oz (cup)	220-330
Salt Free Ready-To-Eat Cereals (puffed rice & wheat, shredded wheat)	1 oz (cup)	1-5
Pasta & Rice (prepared without salt)	1/2 cup	1-4
Most Fresh & Canned Fruits	1/2 cup	1-15
Most Fruit Juices & Nectars	1/2 cup	1-15
Orange Flavored Tang (prepared)	6 oz prepared	2
Most Dried Fruits	average serving	4-10
Most Fresh or Salt Free Canned Vegetables	1/2 cup	1-45
Most Frozen Vegetables	1/2 cup	1-50
Green Peas (frozen)	1/2 cup	70
Green Lima Beans (frozen)	1/2 cup	26
Chopped Spinach (frozen)	1/2 cup	82

Most Regular Canned Vegetables	1/2 cup	185-350
Cream Style Corn	1/2 cup	370
Pork-N-Beans	1/2 cup	550
Sauerkraut	1/2 cup	780
Fresh Sweet Potato	1 small	12-20
Instant Mashed Potatoes	1/2 cup	270-380
Regular Tomato Juice	6 oz	580-658
V-8 Juice	6 oz	553
Most Frozen Dinners	1 full meal	1000-1200
Frozen Entrees	1	750-1300
Pot Pies	1	800-1000
Regular Gelatin	1/2 cup	46
Pudding & Pie Filling	1/2 cup	230
Instant Pudding & Pie Filling	1/2 cup	400-480
Sugar Free Gelatin	1/2 cup	6
Sugar Free Pudding	1/2 cup	142
Cookies	3	75-100
Potato Chips	1 oz (14)	230
Monosodium Glutamate	1 tsp	750
Baking Powder	1 tsp	775
Baking Soda	1 tsp	1000
Most Canned Soups	1/2 cup	400-524
Unsalted Popcorn	1 cup	1

Seasonings Allowed

Prepared Low Sodium Mustard	Turmeric	Cloves
Nutmeg	Vanilla Extract	Cocoa
Onion, Onion Juice, Onion Powder	Vinegar	Coconut
Orange Juice or Extract	Unsalted Wine (if allowed by physician)	Cumin
Oregano	Walnut Extract	Curry
Paprika	Allspice	Dill
Fresh Parsley	Almond Extract	Salt Free Fajita Seasoning
Fresh Green, Red or Hot Peppers (Jalapeno or Serrano)	Anise Seed	Fennel
Black, Red, or White Pepper	Basil	Garlic, Garlic Juice, Garlic Powder
Pepper Sauces (Tabasco)	Bay leaf	Ginger
Peppermint Extract	Low Sodium Bouillon Cubes (less than 5 mg sodium/cube)	Horseradish Root
Pimento	Caraway Seed	No Salt Italian Herb Blend
Poppy Seed	Cardamom	Juniper
Salt Free Poultry Seasoning	Low Sodium Catsup	Lemon Juice or Extract
Purslane	Cayenne Pepper	Mace
Saccharine	Salt Free Chili Powder	Maple Extract
Saffron	Chives	Marjoram
Sage	Cinnamon	Low Sodium Mean Extract
Savory	Tarragon	Low Sodium Meat Tenderizers
Sesame Seeds	Thyme	Mint
Sorrel	Sugar	Dry or Seed Mustard

Seasonings and Condiments Not Allowed

Monosodium Glutamate (MSG)	Salt	Catsup
Prepared Mustard	Seasoned Salts	Celery Salt
Olives	Soy Sauce	Cheese Sauce
Onion Salt	Taco Sauce	Chili Sauce
Picante Sauce	Tartar Sauce	Cocktail Sauce
Pickles	Worcestershire Sauce	Fajita Seasoning
Relishes	Regular Bouillon Cubes	Garlic Salt
Meat Tenderizers	Barbecue Sauce	Horseradish (prepared with salt)
Meat & Steak Sauces	Teriyaki Sauce	Meat Extracts
Creole Seasoning	Steak Seasoning	

Guidelines for 4000 mg Sodium Diet/No Added Salt Diet

- Omit the following high sodium foods:
 - Any herb or spice mixed with salt.
 - Canned Broths and soups
 - Avoid salted snack foods such as potato chips, corn chips, tortilla chips, microwave popcorn, cheese crackers, sour or dill pickles, olives or salted nuts.
 - Meat pies, pizza, TV or microwave dinners and fast foods such as hamburgers.
 - Cured, salty, salted, smoked or barbecued meats and fish such as corned beef, ham, sausage, dried chipped beef, anchovies, herring, sardines, frankfurters, luncheon meats, salt pork, bacon and ham hocks.

- Cheese spreads, processed cheese and cheese.
- Breads, crackers and rolls with salt topping such as pretzels.
- Do not add salt in the preparation of foods to which salt is added in processing (example: canned vegetables). Many canned foods/processed foods are available without added sodium/salt.
- Use no salt or seasoned salt at the table.
- When preparing food from a recipe, use half the amount of salt specified.

2000 mg Sodium/No Added Salt Menu Plan

Suggested Meal Plan	Sample Menu Plan	Sodium (mg)	Your Menu
Breakfast			
Fruit or Juice	1/2 cup Orange Juice	3	
Cereal	1 cup Shredded Wheat	5	
Bread	1 slice Toast	150	
Margarine/Jelly	1 tsp Margarine/Jelly	51	
Milk	1/2 cup Low Fat Milk	60	
Beverage	Coffee	Varies	
Noon Meal			
Fruit or Juice	1/2 cup Salt Free Vegetable Soup	35	
Meat/Meat Substitute	3 oz Salt Free Chicken	75	
Bread	2 slices Regular Bread	300	
Vegetables	Lettuce, Tomato, Carrot Sticks	35	
Dessert	1/2 cup Strawberry Ice Cream	30	
Milk	1 cup Low Fat Milk	130	
Fat	2 tsp Mayonnaise	56	
Beverage	Iced Tea	Varies	
Evening Meal			
Meat/Meat Substitute	3 oz Salt Free Baked Fish	90	
Starch	1/2 cup Buttered Rice	55	
Vegetables	1/2 cup Frozen Green Peas	152	
	Tossed Salad with 1 tsp French Dressing	180	
Bread	1 Hot Biscuit	200	
Margarine	1 tsp Margarine	50	
Fruit or Juice	1/2 cup Peaches	5	
Milk	1/2 cup Low Fat Milk	60	
Beverage	Iced Tea	Varies	
Total mg of Sodium		1722 mg	

4000 mg Sodium/No Added Salt Menu Plan

Suggested Meal Plan	Sample Menu Plan	Sodium (mg)	Your Menu
Breakfast			
Fruit or Juice	1/2 cup Orange Juice	3	
Cereal	1 cup Wheat Flakes	300	
Bread	1 slice Toast	150	
Margarine/Jelly	1 tsp Margarine/Jelly	51	
Milk	1 cup Low Fat Milk	120	
Beverage	Coffee	Varies	
Noon Meal			
Fruit or Juice	1/2 cup Vegetable Soup	338	
Meat/Meat Substitute	3 oz Chicken	252	
Bread	2 slices Regular Bread	300	
Vegetables	Lettuce, Tomato, Carrot Sticks	35	
Dessert	1/2 cup Strawberry Ice Cream	30	
Milk	1 cup Low Fat Milk	130	
Fat	2 tsp Mayonnaise	56	
Beverage	Iced Tea	Varies	
Evening Meal			
Meat/Meat Substitute	3 oz Baked Fish	90	
Starch	1/2 cup Buttered Rice	55	
Vegetables	1/2 cup Frozen Green Peas	152	
	Tossed Salad with 1 tbsp French Dressing	180	
Bread	1 Hot Biscuit	200	
Margarine	1 tsp Margarine	50	
Fruit or Juice	1/8 Peach Pie	435	
Milk	1/2 cup Low Fat Milk	60	
Beverage	Iced Tea	Varies	
Total mg of Sodium		3319 mg	