

No Added Salt Diet

Salt (sodium) is a mineral which occurs naturally in some foods. It is also added to many other foods. Sodium is used as a flavor enhancer and as a preservative.

The minimum amount of sodium needed to stay healthy is 200-300 mg (milligrams) per day. A typical American diet can contain more than 8,000 mg per day. The U.S. Dietary Guidelines recommend limiting your intake of sodium to 3,000 - 4,000 mg per day.

The following is a list of guidelines to help you stay within the recommended limit.

- Do not use salt at the table or in cooking.
- Avoid products canned in brine such as pickles, olives, relish, sauerkraut.
- Avoid Processed meats including:
 ham salami bologna pepperoni hot dogs
 bacon sausage pastrami chipped beef corned beef
- Avoid processed cheeses such as American. Select naturally aged cheeses which contain less than 200 mg of sodium per ounce.
- Avoid canned or dried soups and bouillon unless sodium free.
- Use fresh, frozen or low sodium canned vegetables.
- Avoid cooking wines in recipes; use regular wine instead.
- Avoid salted snack foods such as potato chips, pretzels, crackers, nuts.
- Avoid or limit convenience foods such as instant mashed potato, instant oatmeal in packets, etc.
- Avoid or limit pre-packaged mixes for casseroles and side dishes such as rice and stuffing mix.

- Avoid or limit frozen convenience meals (TV dinners).
- Rinse canned fish (e.g. tuna) thoroughly even if packed in fresh spring water.
- Choose “no salt added” canned tomato products such as tomato paste, sauce or juice.
- Avoid seasoned salts such as:
 - garlic salt
 - celery salt
 - onion salt
- Use the following salty condiments sparingly:
 - soy sauce
 - mustard
 - ketchup
 - barbecue sauce
 - marinade
 - salad dressing
 - meat tenderizers
 - steak sauce
 - Worcestershire sauce

If you would like to speak to a Nutrition Education Specialist please call the Reliant Medical Group Nutrition Department at (508) 852-6175 or 1-888-392-0183.