

# Low sodium diet

## Information for patients and families

### Why should I use less salt?

Salt is made up of sodium and chloride. Your body needs only a small amount of sodium each day. Sodium causes your body to retain extra water. You must be careful about how much sodium you eat.

Eat no more than \_\_\_\_\_ **mg sodium** per day.

Try to eat less than this.

### How do I eat less salt?

Most of the sodium in our diet comes from processed, packaged, prepared, and restaurant foods. If you eat these foods, you are probably eating too much sodium.

Even if you do not add salt at the table or during cooking, you could be eating too much sodium.

You can eat less sodium by making changes to the foods you eat, and reading nutrition labels. Here is how:

- Eat fresh and home-prepared foods more often
- Try to avoid processed, packaged, and prepared foods
- Beware of hidden sodium. Read nutrition labels when you are shopping
- Choose foods that say **low sodium** or **no added salt** on the labels
- Do not add salt to your food when cooking or at the table
- Try **low sodium** or **salt-free** seasonings to add flavour to food
- Limit restaurant foods

## What foods have less sodium?

	Limit or avoid these foods	Foods you can enjoy often
<b>Fruits and vegetables</b>	<ul style="list-style-type: none"> <li>• Canned vegetables</li> <li>• Frozen vegetables in a sauce</li> <li>• Pickled vegetables or prepared in brine, such as pickles and olives</li> <li>• Vegetable juices</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh or frozen vegetables</li> <li>• Fresh, frozen, or canned fruit</li> </ul>
<b>Starchy foods</b>	<ul style="list-style-type: none"> <li>• Instant oatmeal</li> <li>• Regular dry cereals</li> <li>• Store-bought muffins</li> <li>• Commercial pancake mix</li> <li>• Instant potato mix</li> <li>• Packaged noodle, rice or casserole mix</li> <li>• Salted crackers</li> <li>• Canned beans or lentils</li> </ul>	<ul style="list-style-type: none"> <li>• Rolled oats</li> <li>• Dry cereals with <b>no added salt</b></li> <li>• Home-made muffins</li> <li>• Bread, bagels, rolls</li> <li>• Rice, pasta, couscous, potatoes</li> <li>• Unsalted crackers</li> <li>• Dried beans or lentils</li> </ul>
<b>Milk and milk products</b>	<ul style="list-style-type: none"> <li>• Milkshakes, buttermilk</li> <li>• Canned milk</li> <li>• Processed cheese slices</li> <li>• Cream cheese</li> <li>• Regular cottage cheese</li> <li>• Cheese spreads</li> </ul>	<ul style="list-style-type: none"> <li>• Milk and yogurt</li> <li>• Fortified soy milk</li> <li>• <b>Low sodium</b> hard cheese</li> <li>• <b>Low sodium</b> cottage cheese</li> </ul>
<b>Meat and alternatives</b>	<ul style="list-style-type: none"> <li>• Sausages, hot dogs, bacon</li> <li>• Deli meats, cold cuts, ham</li> <li>• Regular canned fish</li> <li>• Regular peanut butter</li> <li>• Pickled eggs</li> <li>• Veggie burgers</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh meat, poultry, fish</li> <li>• Slices of roast chicken, turkey or beef</li> <li>• <b>Low sodium</b> canned fish</li> <li>• Natural peanut butter</li> <li>• Eggs and egg substitutes</li> </ul>

	<b>Limit or avoid these foods</b>	<b>Foods you can enjoy often</b>
<b>Fats</b>	<ul style="list-style-type: none"> <li>• Commercial salad dressing</li> <li>• Canned or dried gravy mix</li> </ul>	<ul style="list-style-type: none"> <li>• Home-made salad dressing</li> <li>• Vegetable oils</li> <li>• <b>Salt-free</b> soft margarine</li> </ul>
<b>Snacks and sweets</b>	<ul style="list-style-type: none"> <li>• Instant pudding</li> <li>• Commercial cake mix</li> <li>• Store-bought dips</li> <li>• Salted nuts, chips, popcorn, pretzels</li> </ul>	<ul style="list-style-type: none"> <li>• Home-made pudding</li> <li>• Home-made cake or muffins</li> <li>• Plain cookies</li> <li>• Unsalted nuts, popcorn, pretzels</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>• Frozen entrees</li> <li>• Canned or dried soups</li> <li>• Bouillon cube</li> <li>• Table salt, kosher salt, sea salt</li> <li>• Celery salt, onion salt, garlic salt</li> <li>• Monosodium Glutamate (MSG)</li> <li>• Regular soy sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Home-made soups</li> <li>• <b>Low sodium</b> broth</li> <li>• Spices, herbs</li> </ul>

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This information does not replace the advice you receive from your health care provider. If you have questions, ask your health care team.

## What can I use to add flavour when I cook?

	Seasoning ideas	
<b>Beef</b>	<ul style="list-style-type: none"> <li>• Bay leaf</li> <li>• Dry mustard powder</li> <li>• Green pepper</li> <li>• Marjoram</li> <li>• Nutmeg</li> <li>• Onion</li> </ul>	<ul style="list-style-type: none"> <li>• Pepper</li> <li>• Sage</li> <li>• Thyme</li> <li>• Rosemary</li> <li>• Garlic</li> </ul>
<b>Pork</b>	<ul style="list-style-type: none"> <li>• Applesauce</li> <li>• Onion</li> <li>• Garlic</li> <li>• Sage</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Thyme</li> <li>• Basil</li> <li>• Oregano</li> <li>• Marjoram</li> <li>• Black pepper</li> </ul>
<b>Chicken</b>	<ul style="list-style-type: none"> <li>• Green pepper</li> <li>• Lemon juice</li> <li>• Marjoram</li> <li>• Paprika</li> <li>• Parsley</li> <li>• Sage</li> </ul>	<ul style="list-style-type: none"> <li>• Thyme</li> <li>• Savoury</li> <li>• Rosemary</li> <li>• Garlic</li> <li>• Ginger</li> <li>• Cranberry</li> </ul>
<b>Fish</b>	<ul style="list-style-type: none"> <li>• Bay leaf</li> <li>• Curry powder</li> <li>• Dry mustard powder</li> <li>• Green pepper</li> <li>• Lemon juice</li> </ul>	<ul style="list-style-type: none"> <li>• Marjoram</li> <li>• Paprika</li> <li>• Dill</li> <li>• Parsley</li> </ul>
<b>Potato</b>	<ul style="list-style-type: none"> <li>• Onion</li> <li>• Parsley</li> <li>• Garlic</li> </ul>	<ul style="list-style-type: none"> <li>• Dill</li> <li>• Chives</li> </ul>
<b>Rice</b>	<ul style="list-style-type: none"> <li>• Chives</li> <li>• Green pepper</li> <li>• Onion</li> <li>• Paprika</li> </ul>	<ul style="list-style-type: none"> <li>• Parsley</li> <li>• Saffron</li> <li>• Cinnamon</li> <li>• Whole Cloves</li> </ul>

## How do I season my food without salt?

The seasonings listed below are a mixture of dried herbs and spices.

They do not contain sodium. Enjoy them often.

Brand name	Flavours	Where to buy it
<b>Mrs. Dash</b> Seasoning Blends	<ul style="list-style-type: none"> <li>• Original</li> <li>• Table Blend</li> <li>• Lemon Herb</li> <li>• Garlic and Herb</li> <li>• Tomato Basil</li> <li>• Fire Roasted Tomato</li> <li>• Southwest Chipotle</li> <li>• Chicken Grilling</li> <li>• Italian</li> <li>• Mexican</li> </ul>	Sobeys Metro No Frills Loblaws Longo's Fortino's Walmart Costco Zehrs
<b>President's Choice</b> Salt-Free Seasoning	<ul style="list-style-type: none"> <li>• Lemon Herb</li> </ul>	Loblaws No Frills Real Canadian Superstore Zehrs
<b>David's</b> <b>Condiments</b>	<ul style="list-style-type: none"> <li>• Veggie Rub</li> <li>• Chicken Rub</li> <li>• Spicy Rub</li> <li>• Smoked Paprika</li> <li>• Caesar Paste</li> </ul>	Sobeys Metro Loblaws Longo's Fortino's Whole Foods
<b>Club House</b> <b>Salt-Free</b> <b>Seasoning</b>	<ul style="list-style-type: none"> <li>• La Grille Salmon</li> <li>• La Grille Chicken</li> <li>• La Grille Vegetable</li> <li>• La Grille Steak Spice</li> </ul>	Real Canadian Superstore Walmart Zehrs
<b>Bragg Organic</b> <b>Sprinkle Seasoning</b>		Walmart Whole Foods

Talk to your doctor or health care team about products called **No-Salt<sup>®</sup>** or **Half-Salt<sup>®</sup>**. These are not always a healthy choice. They can increase the potassium level in your blood.