

2 g Sodium Diet

(87 mEq Na)

Food Groups

Food Group	Daily Amounts	Food Allowed	Foods to Avoid
Milk	2-3 cups	All milk; low-sodium buttermilk. Plain yogurt and ice cream may be used in place of an equal amount of milk	Salted buttermilk; instant breakfast and cocoa mixes
Other beverages	As desired	All coffee and tea; carbonated beverages; fruit drinks	Activity drinks such as Gatorade
Meat, poultry, fish, and cheese	6-8 oz.	Fresh or frozen meat, fish, and poultry; low-sodium canned fish; low-sodium peanut butter; low-sodium cheese	All smoked, cured, or processed meats, fish, and poultry (ham, Canadian bacon, corned beef, bologna, sausage, frankfurters, luncheon meats, kosher meat); breaded frozen fish fillets; frozen dinner; salted canned meats, fish, and poultry; salted peanut butter
Eggs	Limit to 4 per week	Any fresh eggs	Commercial egg substitutes; frozen egg products
Breads and Cereals	6-9 servings	Regular bread, rolls, muffins, cornbread, and biscuits; crackers with unsalted tops; low-sodium cooked cereals; puffed wheat, puffed rice, shredded wheat, and other low-sodium dry cereals. Salted dry cereal allowed 3 times a week	Salted crackers; salted cooked cereals; salted dry cereal more than 3 times a week
Vegetables	2 - 4 ½ cup servings	Low-sodium fresh or frozen vegetables; low-sodium canned vegetables and juices	Frozen vegetables with salt, butter, or cream sauces; salted canned vegetables and juices; sauerkraut; hominy; pork and beans
Soups	1 - ½ cup	Low sodium homemade soup; low-sodium canned soup; low-sodium bouillon	Salted canned soups; salted bouillon; dry soup mixes
Fruit	Any amount	All fruits and juices	None
Desserts	1 per day	Gelatin; sherbet; ice cream; pudding; custard; one serving per day of regular, baked dessert; desserts made with allowed ingredients	More than one serving per day of regular baked desserts

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Fat	4 – 6 tsp.	Regular butter or margarine; cooking oil; shortening; cream; low-sodium mayonnaise and salad dressings; unsalted nuts; avocado; non-dairy creamer; low-sodium gravy; 1 slice of bacon per day	Bacon fat; salt pork; regular mayonnaise or salad dressing; olives; salted nuts; salted gravy; more than 2 slices of bacon per day
Sweets	Any amount	All candy; jam; jelly; honey; sugar; syrup	Items prepared with ingredients not allowed
Seasonings	Any amount	All spices and herbs; flavoring extracts; Tabasco sauce (limit to 1 Tbsp. per day); vinegar; lemon juice; fresh horseradish; low-sodium bouillon cubes; low-sodium ketchup; low-sodium meat tenderizers; low-sodium pickles	Salt, Lite Salt; celery salt; garlic salt; onion salt; meat tenderizer; all steak and meat sauces; soy sauce; Worcestershire sauce; monosodium glutamate; salted bouillon cubes; ketchup; chili sauce; prepared mustard; prepared horseradish; pickles; relish; cooking wines and sherry