



# Ear, Nose and Throat Associates of Northern Colorado The Hearing and Balance Clinic

Affiliated with Ear, Nose and Throat  
Associates of Northern Colorado

## **SODIUM-CONTROLLED DIET**

1,000 milligrams (45 mEq)

### **SPECIAL NOTES**

Sodium, a mineral, is abundant in many foods. Sodium may be found naturally, or it may be added during the processing of a food. The most common form is salt, which is composed of sodium and chloride. Reducing your sodium intake involves changing your eating behavior.

The following guidelines will help you reduce the sodium in your diet:

1. Stop using the salt shaker.
2. Omit salt in cooking and in baking.
3. Substitute sodium-free seasonings and spices.
4. Use a salt substitute (potassium chloride) - only with a doctor's permission.
5. Include a variety of fresh, unprocessed foods in your diet.
6. Use low-sodium commercial products - check the sodium content on the food label.
7. Use the general guidelines listed below or monitor your sodium intake using the milligram (mg) or the point system listed in the Sodium Counter (available from your dietician).

### **FOOD GROUP SPARINGLY**

### **ALLOWED/RECOMMENDED**

### **AVOID/USE**

#### **BREAD/STARCHES**

*6 servings or more\**

Up to three slices of regular bread or equivalent per day.  
Salt-free breads, rolls, and crackers.  
Biscuits, pancakes, waffles, and cornbread made with low sodium baking powder.

More than three slices per day of sodium-containing breads, rolls or crackers. Self-rising flours; mixes containing salt or sodium. Regular bread and cracker crumbs. Commercial bread stuffing mixes. Products made with regular baking powder.

#### **CEREALS:**

Any cooked cereal prepared without salt. Dry cereals: Puffed Wheat<sup>®</sup>, Puffed Rice<sup>®</sup>, Shredded Wheat<sup>®</sup>, Sugar Smacks<sup>®</sup>

Any cereal containing salt or sodium or any cereal prepared with the addition of salt, instant hot cereal packets.

#### **POTATOES/ PASTA/RICE:**

Fresh, frozen, or canned without salt or sodium; white or sweet potatoes, rice, spaghetti, macaroni, or other pastas, barley, lentils (that are fresh, frozen, or canned without salt).  
Salt-free potato chips or other snacks.  
Unsalted popcorn.

Prepared potato products or substitutes containing salt or sodium, or any prepared with the addition of salt.

Salted snack foods.  
Salted popcorn.

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**VEGETABLES***3 servings or more*

cream

Fresh, frozen, or canned without salt or sodium. Peas or lima beans must be fresh or canned without salt (not

frozen). Not more than 1 /2 cup per day of: beets, beet greens, carrots, celery, dandelion greens, kale, mustard greens, kale, mustard greens, spinach, Swiss chard, white turnips, frozen peas, or frozen lima beans. Tomato (or vegetable) juices, sauce, paste, or puree without salt or sodium.

Any vegetables or vegetable juices containing salt or sodium, including those prepared in

or cheese sauces. Sauerkraut.

**FOOD GROUP SPARINGLY****ALLOWED/RECOMMENDED****AVOID/USE****FRUIT***2 servings or more\**

All fruits and juices except dried fruits processed with sodium.

Dried fruits processed with sodium.

**MEAT AND MEAT SUBSTITUTES***Up to 6 oz. total beef,*

6 oz. (cooked weight) per day of any meat, poultry, fish, or shellfish prepared without salt or sodium.

Salted, smoked, cured, pickled, or canned meats, poultry, or fish (such as bacon, ham, corned

Koshered

One egg may be used for 1 oz. of meat.

chipped beef, frankfurters, luncheon meats, meats

Dried peas or beans, processed and prepared without salt or sodium.

by salting, salt pork, sausage, anchovies, herring, caviar, sardines, canned tuna, canned salmon). Other shellfish.

Low-sodium tuna and salmon.  
Low-sodium cheese.  
Low-sodium peanut butter or

All other cheeses.  
Regular (salted) peanut butter

or

unsalted nuts.

salted nuts.

**MILK***Limit to 2 cups per day*

Not more than two cups per day of regular milk (including reconstituted, dry, or evaporated). Low-sodium milk. Yogurt or cocoa used as part of the milk allowance.

Buttermilk, malted milk, and milkshake.

**SOUPS AND COMBINATION FOODS**

Low-sodium broth; low-sodium cream soups made from milk allowance and allowed foods.  
Commercial low-sodium soups.

Soups, broth, bouillon, or consomme containing salt or sodium. Prepared entrées containing salt or sodium.

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**DESSERTS AND SWEETS**

*in moderation*

Gelatin desserts using plain gelatin or gelatin made without sodium; tapioca, rice, or cornstarch pudding or custard made with allowed milk and egg. Ice cream, ice milk, or sherbet used as part of the milk allowance. Fruit ice, sherbet, popsicles. Baked goods made from allowed ingredients. Sugar, honey, molasses, syrup, jam, jelly, marmalade, candy without nuts, marshmallows.

Desserts containing salt, baking powder, baking soda, or any other sodium-containing ingredient.

All sweets containing salt or sodium. Artificial sweeteners containing salt or sodium. Desserts made with rennin and rennin tablets.

**FATS AND OILS**

*Up to 3 tsp. salted*

containing

or

Three teaspoons per day of salted butter, margarine, or mayonnaise. Salt-free butter or margarine. Vegetable shortening, oil, lard, low-sodium salad dressing, or mayonnaise. Not more than 1 /4 cup cream or sour cream daily. Unsalted gravy.

More than three teaspoons of salted butter, margarine, or mayonnaise. Sodium-salad dressing; bacon fat; tartar sauce. Chip dip. Liquid or dry cream substitutes. Gray mixes canned gray. Tofu.

**FOOD GROUP SPARINGLY**

**ALLOWED/RECOMMENDED**

**AVOID/USE**

**BEVERAGES**

Fruit drinks, cereal beverages, coffee (regular or decaffeinated), tea.

Water treated with a water softener.

**CONDIMENTS/ MISCELLANEOUS**

catsup,

Herbs, spices, flavoring extracts, cream of tartar, vinegar, and yeast. Semi-sweet and baking chocolate. Low-sodium baking powder; low-sodium baking soda (potassium carbonate). Low-sodium catsup, mustard, chili sauce or soy sauce. Sweet pickles. sauce,

Salt, flavored salts, glutamate, poultry seasoning. Prepared horseradish, meat tenderizers, dill pickles, relish, olives, soy sauce. Dutch-processed cocoa. Regular meat sauce, mustard, chili salsa. Baking powder or baking soda. Worcestershire sauce.

\* These amounts indicate the MINIMUM number of servings needed from the basic food groups to provide a variety of nutrients essential to good health. A maximum amount (limit) is indicated when amounts of certain foods must be controlled. Combination foods may count as full or partial servings from the food groups. Dark green, leafy, or orange vegetables are recommended 3 to 4 times weekly to provide Vitamin A. A good source of Vitamin C is recommended daily. Potatoes may be included as a serving of vegetables. The menu below is provided as a sample; your daily menus will vary.

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## **SAMPLE MEAL PLAN**

<b>BREAKFAST</b>	6 oz. fruit juice, 1/ 2 cup canned fruit, or 1 serving fresh fruit 1 cup low-sodium cereal or 1 egg 1 slice salt-free toast 1 tsp. salt-free margarine or butter 1 cup low-sodium milk Coffee, tea
<b>NOON MEAL</b>	2 oz. lean, unsalted ground beef Salt-free hamburger bun Low-sodium catsup and mustard 1 cup tossed salad 1 tbsp. low-sodium salad dressing 1 serving fresh fruit or 1/ 2 cup canned fruit Coffee, tea
<b>EVENING MEAL</b>	3 oz. unsalted baked chicken 1/ 2 cup unsalted potato, pasta, or grain 1 tsp. salt-free margarine or butter 1/ 2 cup allowed vegetables 1 cup low-sodium milk Coffee, tea

Sources included Sodium-Controlled Diet, COPYRIGHT © 1994 Twin Cities District Diuretic Association.  
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