

Courtesy of Genesys Health System

This diet advice is helpful if you have blood pressure or a problem with retaining fluid.

- DO NOT SHAKE SALT ONTO YOUR FOOD.
- AVOID HIGH SALT FOODS.
- EAT MORE LOW SALT FOODS.

High Salt Foods

Regular canned soup
Lunch meat
Frozen dinners
Sausages
Pizza
Bacon and ham
Nuts
Regular crackers (except graham)
Sauerkraut
Tomato juice
Potato chips
Snack chips
Pretzels
Olives
Soy sauce
Salad dressing
Garlic "salt"
Celery "salt"
Onion "salt"
Salted Sauces

Low Salt Foods

Fruit – fresh & canned
Fruit juice
Vegetables
Bread
Noodles
Rice
Cereal
Milk
Fresh & frozen
meats & fishes
Canned foods that say
"sodium free"
"salt free"
"low sodium"
Herbs & spices
Sugar & syrup
Vinegar & oils

Sample Menu

Breakfast

Hot Oatmeal with Raisins
Brown Sugar
Coffee, cream & sugar
Milk
Orange Juice

Lunch

Turkey Sandwich
Sweet 'n Sour Cole Slaw
Oatmeal Cookies
Fresh Peach
Milk

Supper

Italian Spaghetti
& Meatballs
Salt-free Tomato Sauce
Green Beans
Tossed Salad
Salad Dressing
(small Amount)

Snack

Low Salt Popcorn
Fruit Juice
or
Milk
Frosted Corn Flakes
or
Peanut Butter &