

Low Salt Diet

It is best not to use any sodium salt in cooking or at the table. Use no salt in cooking, or use Morton's Lite Salt in place of regular salt. Lite salt is half salt and half salt substitute. Or, you could use half as much onion salt or celery salt in cooking in place of salt. Better still, use onion powder, or other salt free spices. Avoid adding salt or any kind of sodium-containing condiments at the table.

AVOID

Salt nuts, salted popcorn, potato chips, pretzels and salted crackers (unsalted varieties are available). Learn to read ingredient labels and avoid a product if salt is included, or limit your use of that product.

Ham, corned beef, luncheon meats, salt pork, frankfurters, kosher meats (beef and poultry), anchovies, sardines, kipper snacks, sausage, bacon, or any preserved meats or pickled or smoked foods which are high in salt content.

Green olives, sauerkraut, salted tomato juice, bouillon, canned soups ("no salt added" canned soups are available), dried soup mixes, soy sauce, cheese spread, processed American or Swiss cheese.

LIMIT

Canned vegetables (except if marked "no salt added"), catsup or chili sauce, horseradish. Read labels carefully for salt content.

USE IN MODERATION

Cheeses: Cottage, Colby, Cheddar, Parmesan, Farmers', Mozzarella, Lorraine Swiss (Cottage cheese "no salt added" is available). Black olives- 2 large. Bread and butter pickles (or sweet)- 4 slices. Relishes- 1 Tbsps., Milk, Worcestershire sauce, mustard, tuna (check salt content carefully).