

Some guidelines for maintaining a low-salt diet are as follows:

1. Do not add salt to food or cooking. If this is too difficult at first, try halving the amount of salt you add to recipes and at the table. If you slowly work your way down, it will be much easier. Also, potassium containing salt substitutes are okay, and may be used if desired.
2. Restrict salt (sodium) intake to between 1500 milligrams (mg) to 2000 mg daily.
3. Avoid high-salt (sodium) foods (see table).
4. Drink 6-8 glasses of fresh (unsoftened) water per day.

Table: Guidelines for a low-salt diet

Food Group	High-salt foods to avoid	Low-salt food to look for
Dairy	Buttermilk; Cocoa mix; Processed cheeses	Skim or low-fat milk; low-fat yogurt; low-sodium cheeses
Meat	Canned, salted or smoked meats and fish; oil-packed tuna; bacon; ham; bologna; salami; cold cuts; frankfurters; corned beef; canned hash or stew	Lean meats; poultry; fish; water-packed tuna
Vegetables	Regular canned vegetables and vegetable juices; canned soups; olives; pickles; sauerkraut	fresh, frozen or low-sodium canned vegetables and juices; low-salt soups
Bread	Salted crackers; pizza; baked goods prepared with salt; baking soda; some cereals and convenience mixes	Whole-grain or enriched breads and cereals; low-salt crackers and bread sticks
Snacks	Potato and other chips; pretzels; salted nuts and snack mixes	Unsalted popcorn; fresh or dried fruit
Other	Ketchup; prepared mustard; soy sauce; MSG; bouillon cubes; meat sauces; some antacid medications; commercial salad dressings; frozen ready-made entrees; fast-food meals	Salad bars; plainer selections

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