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Moderate Sodium-Restricted Diet

(approximately 1000 mg sodium)
1800 calories
(approximately)

carbohydrate.....230 g
protein.....90 g
fat.....60 g

Instructions for daily menu guide

The foods allowed in your diet should be selected from the exchange lists. Menus should be planned on the basis of the daily menu guide. Foods in the same list are interchangeable because in the quantities specified, they provide approximately the same amounts of carbohydrate, protein, fat, and sodium. For example, when your menu calls for one bread exchange, any item in List 4 may be used in the amount stated. If two bread exchanges are allowed, double the specified amount or use a single exchange of two foods in List 4. A day's sample menus are given to illustrate correct use of the exchange lists.

Dining out

The low-sodium diet is easiest to follow at home. If a working person can bring a lunch from home, the problem of following the diet is usually solved.

However, business obligations and friendships generally mean that some meals must be eaten away from home. In a restaurant, it is possible to get chops or steak, poached or soft boiled eggs prepared without salt, an unopened and unbuttered baked potato, unsalted French fries, or a salad made of fruit or fresh vegetables served with oil and vinegar or lemon juice. Shredded wheat, puffed wheat, and puffed rice can always be obtained. Avoid ordering hamburger because it is usually heavily salted.

It is more difficult to get salt-free food in a cafeteria. It may be necessary to fall back on shredded wheat, fruits, and permissible salads, but no irreparable harm is done by an occasional light meal.

A hostess who knows your problem will see that you are served salt-free food at a private dinner. Alcoholic beverages are permissible (provided your physician approves), but you should not eat canapes.

Foods high in potassium

For some patients who must restrict their intake of sodium, it is necessary that the potassium content of their diets be increased. A salt substitute *prescribed or suggested by your physician* is one of the best sources of potassium. The consumption of potassium-rich foods can also add to your potassium intake. The following foods are sources of potassium:

Very Good

Avocado
Banana
Cantaloupe
*Dates
*Figs
Grapefruit juice
Honeydew melon
Kale
Mushrooms
Mustard greens
Nuts (except walnuts)
Orange juice
Potatoes (baked)

Good

Apple juice
Artichoke
Beets
Beet greens
Blackberries
Broccoli
Brussels sprouts
Carrots
Collard greens
*Dried beans, peas, and lentils
Fruit cocktail
Meat
Milk

Fair

All other
fruits and vegetables
Walnuts

Prunes
 Prune juice
 *Raisins
 Tomatoes
 Tomato juice

Peaches
 Pears
 Potatoes (mashed)
 Rutabagas
 *Spinach
 Strawberries
 Sweet potatoes
 *Tomatoes (canned)
 Winter squash

*Sodium content may be high unless food is specially processed to be low in sodium.

Daily Menu Guide
1800 calories (approximately)

BREAKFAST

2 fruit exchanges (List 3)
 2 bread exchanges (List 4)
 1 meat exchange (List 5)
 1 fat exchange (List 6)
 1 cup skim milk (List 1)

LUNCH

2 meat exchanges (List 5)
 2 bread exchanges (List 4)
 1 vegetable exchange (List 2)
 2 fruit exchanges (List 3)
 2 fat exchanges (List 6)

DINNER

3 meat exchanges (List 5)
 3 bread exchanges (List 4)

2 vegetable exchanges (List 2)

Vegetable(s) as desired (List 2*)

1 fruit exchange (List 3)
 2 fat exchanges (List 6)
 1/2 cup skim milk (List 1)

BEDTIME SNACK

2 bread exchanges (List 4)
 1 meat exchange (List 5)
 1/2 cup skim milk (List 1)

These sample menus include both a sodium and a calorie restriction. **Use the exchange lists on the back of this sheet to plan different menus.**

BREAKFAST

Orange juice.....1 cup
 Toast (L.S.).....2 slices
 Egg, poached..... 1
 Margarine.....1 tsp
 Skim milk.....1 cup

LUNCH

Chicken..... 2 oz
 Bread (L.S.).....2 slices
 Carrot and celery sticks.....1/2 cup
 Banana.....1 small
 Mayonnaise (L.S.).....2 tsp

DINNER

Pork chop.....3 oz
 Peas (L.S.).....1/2 cup
 Potatoes, mashed.....1/2 cup
 Bread (L.S.).....1 slice
 Broccoli.....1/2 cup
 Tomatoes.....1/2 cup
 Lettuce, etc.....as desired
 Cantaloupe.....1/4 small
 Margarine.....2 tsp
 Skim milk.....1/2 cup

BEDTIME SNACK

Bread (L.S.).....2 slices
 Roast beef, lean.....1 oz
 Skim milk.....1/2 cup