

## **3–4 GRAM SODIUM RESTRICTED DIET**

### **Purpose:**

To provide a diet with mild sodium restriction. In addition to Meniere’s disease (*endolymphatic hydrops*), this diet is used for patients with mild fluid retention due to hypertension, congestive heart failure, and/or some types of kidney disease.

### **Diet Principles:**

1. Sodium is limited to 3000 to 4000 mg (130 – 173 mEq) per day. The diet is frequently called a “no added salt diet”.
2. The diet uses foods cooked with a small amount of salt (1/2 tsp. per day) and/or sodium compounds.
3. No salt is added to the food at mealtime.
4. Foods highly-salted or preserved in salt are avoided.

### **Adequacy:**

The diet is adequate in all nutrients according to the Recommended Dietary Allowances. The diet as listed in the meal plan contains the approximate nutritive values:

- Calories 2400
- Protein 90 g
- Fat 70 g
- Carbohydrate 345 g
- Sodium 3000 – 4000 mg

**This meal plan is listed as a suggestion and is to be used as a guideline and not as the only foods allowed.**

<b>Food</b>	<b>Allowed</b>	<b>Not Allowed</b>
Beverages	Skim, lowfat, or whole milk. Reconstituted nonfat dry milk powder or evaporated milk. Limit to 4 cups of milk daily. Coffee, decaffeinated coffee, tea, cocoa, grain-beverages, carbonated beverages.	More than milk allowance per day.
Breads	All whole grain and enriched breads except those listed as “not allowed”. Pancakes, muffins, waffles, biscuits.	Breads, rolls, and crackers with visible salt toppings. Salted snacks like pretzels and potato chips.

	Low-sodium pretzels and crackers.	
Cereals	All whole grain and enriched cooked or commercially-prepared dry cereals.	None.
Desserts	All fruits, cakes, pies, and sherberts. Those made within milk allowance like ice cream and custard.	None.
Eggs	One egg daily.	None.
Fats	Butter, Margarine, Lard, Shortening, and Vegetable Oils. Mayonnaise and Salad Dressings limited to 1 Tbs per day.	Salted pork and bacon fat.
Fruits	All fresh, frozen and canned fruits. All fruit juices.	None.
Meats, Fish, Poultry and Cheese.	Limit to 8 ounces per day. Fresh or frozen meats, poultry, game, organ meats, fish, and shellfish. Low-sodium canned tuna & salmon. Cottage cheese, cream cheese, most hard cheeses. Tofu.	Salted or canned meats/fish/poultry. <b>Commercially</b> -prepared frozen entrees. Bacon, bologna. Luncheon meats, cured meats, ham, corned beef, beef jerky, frankfurters, sausages, Kosher-prepared meats, sardines, anchovies, caviar. Processed cheese & cheese spreads.
Vegetables	All fresh & frozen vegetables. Only low-sodium canned vegetables. Dried peas and beans. Peanut butter. Soybean and vegetable proteins. Low-sodium vegetable juices.	Commercially canned vegetables that are not "low-sodium". Sauerkraut, pickled vegetables and others prepared in brine. Vegetables cooked with salted meats. Vegetable juices prepared with sodium.
Starches	White or sweet potato, pasta & rice prepared	Potato chips. Salted snack foods.

	without salted meat or salted fats. Unsalted potato chips.	Commercially-prepared rice and pasta mixes.
Soups	All homemade soups prepared with allowed foods. Commercially-prepared low-sodium bouillon or soups.	Regular commercially-prepared canned or dehydrated soups and bouillon. Homemade soups with added salt.
Sweets	All.	None.
Miscellaneous	Chocolate, cocoa, spices, flavorings, herbs, vinegar, unsalted gravy, prepared horseradish. Unsalted nuts and popcorn. Low-sodium condiments and seasoning mixes. <b>½ tsp. Salt/day in cooking.</b> Limit to 1 Tbsp / day: ketchup, chili sauce, barbecue sauce, prepared mustard or gravy.	Commercially prepared meat sauces, MSG (monosodium glutamate), salted nuts, olives, pickles, soy sauce, relishes, Worcestershire sauce, salt substitutes (unless ordered by the physician).

## REFERENCES

1. Stamler, R., et al, Nutritional Therapy for High Blood Pressure, JAMA 251:1484, 1987.
2. Weinberger, M.: Dietary Sodium and Blood Pressure. Hospital Practice. August 15, 1986, 55.
3. Kaplan, NM.: Drug Treatment of Hypertension, Ann Intern Med, 1985. 102:359-373.

## SUGGESTED MEAL PLAN

### Breakfast: Serving

Fruit or juice	½ C.
Cereal	½ C. to ¾ C.
Breakfast entrée	1
Bread / rolls	2
Margarine	1 tsp.
Jelly	1 Tbsp.
Milk,	2% 1 C.
Coffee or Tea	1 C.

Sugar 1 Tbsp.

**Lunch:**

SR\* soup/ juice/ salad ½ C. to 1 C.  
Lunch entrée 2 oz.  
Starch ½ C.  
Dessert/ fruit/ gelatin 1  
Bread/ rolls/ SR\* crackers 2  
Margarine 1 tsp.  
Coffee or Tea 1 C.  
Sugar 2 tsp.

**Dinner:**

SR\* soup/ juice/ salad ½ C. to 1 C.  
Dinner entrée 3 oz.  
Starch ½ C.  
Vegetable ½ C.  
Dessert/ fruit/ gelatin 1  
Bread/ rolls/ SR\* crackers 2  
Margarine 1 tsp.  
Coffee or Tea 1 C.  
Sugar 2 tsp.  
Milk, 2% 1 C.

**\*SR means “Sodium Restricted” or prepared without salt.**

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