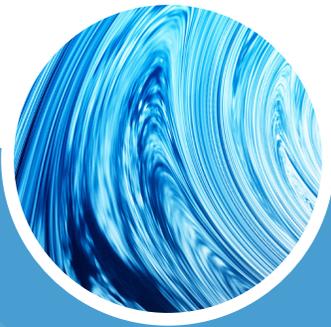


Sodium (Salt) and Diet for Heart Failure



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Second edition

Developed by Allina Health.

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For specific information about your health condition, please contact your health care provider.





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Good Nutrition Can Help Your Heart Failure

Your food choices are important. How? A diet low in sodium (salt) can improve your heart health.

When you eat foods that have a lot of sodium, your body holds, or retains, more water. The extra water in your body causes your heart to work harder to pump blood throughout your body.

This extra sodium can cause swelling in your body or make you feel short of breath.

You will have fewer heart failure symptoms and you will feel better if you:

- Limit the amount of sodium you eat to keep from retaining extra fluids.
- Maintain a good weight for you.
- Eat healthful, well-balanced meals.
- Talk with your health care provider about the use of caffeine and alcohol.

Why You Need To Control Sodium (Salt)

Eating a healthful diet is an important part of managing heart failure. When you eat foods low in sodium, your heart won't have to work as hard to pump blood.

One teaspoon of salt contains 2,400 milligrams (mg) of sodium. Limit sodium to 1,500 to 2,000 mg each day.

If you take medicine for high blood pressure, a low-sodium diet may help the medicine to work better.

How to deal with salt cravings

A craving for salt is not your body's way of telling you that you are low on salt. It is a learned response. The craving for salt is learned so it can be unlearned.

Ways to Reduce Sodium in Your Diet

Tip

“Reduced” sodium means 25 percent less sodium than the original product and may not actually be low in sodium.

For example, regular Butterball® chicken broth has 980 mg of sodium in 1 cup. Reduced-sodium Butterball chicken broth has 620 mg of sodium in 1 cup. This amount is still too much sodium for one serving.

Did You Know?

Within 1 to 3 months of limiting salt, cravings will lessen and even disappear.

- **Remove the salt shaker.**
 - Do not have it in the kitchen when you cook or on the table when you eat.
- **Beware of commercially prepared salt substitutes.**
 - Most salt substitutes are made of potassium chloride.
 - Your health care provider must OK the use of a salt substitute because it can interfere with the action of some medicines or medical conditions.
 - Using a salt substitute does not allow you to wean yourself from the craving for salt.
- **Eliminate salt in your cooking.**
- **Eliminate obviously salty foods, such as:**
 - flavored or seasoned salts
 - pickles
 - olives and sauerkraut packaged in salt brine
 - processed or cured meats such as ham, sausage, deli meats, hot dogs and jerky
 - canned soups
 - salted snacks.
- **Try new seasonings.**
 - Herbs and spices do not contain sodium.
 - Check labels to make sure they do not contain salt or sodium.
 - You may use flavored vinegar, sherry, wine and lemon juice for flavoring.
- **Learn to read food labels.**
 - Figure out one serving size.
 - Compare one serving size to the amount you eat.
 - Figure out how much sodium the product contains for your serving size.
 - Low sodium is 140 mg or less per serving. Beware of 400 to 600 mg (or more) of sodium per serving.
 - Beware of ingredients that contain sodium such as monosodium glutamate (MSG), sodium nitrate, sodium benzoate and sodium bicarbonate.

Sodium Tips

- Be aware, that foods labeled “heart healthy” may not be low in sodium. Always check the nutrition label.
 - Limit sodium to 1,500 to 2,000 milligrams (mg) each day.
 - A good amount of sodium per serving is 140 mg or less.
 - Limit only one food a day with more than 400 mg of sodium per serving.
- **Consider smaller portions to keep meal sodium amounts to less than 600 mg.** Suggestion: Buy single serve snacks or food items to control portions.
 - **Make a spice blend recipe.**
OK, so you’re ready to throw out the salt — but save the shaker! Fill it with this spice blend and use it on home-cooked meals:
 - 4 tablespoons dry mustard
 - 1 tablespoons garlic powder
 - 4 tablespoons onion powder
 - 2 tablespoons white pepper
 - 1 tablespoon thyme
 - 1 teaspoon basil
 - 4 tablespoons paprika.Combine the spices and blend them well. Put a small amount of rice in the bottom of your shaker to allow the spice blend to flow easily. Fill the shaker with the spice blend, using a funnel. Label and store.
 - **Make an herb blend recipe.**
This blend of herbs and spices is good on meats and vegetables.
 - 1 teaspoon each:
 - dried basil
 - dried marjoram
 - thyme
 - dried oregano
 - dried parsley
 - ground cloves
 - ground mace
 - black pepper
 - dried savory
 - ¼ teaspoon each:
 - ground nutmeg
 - cayenne.Vary the amounts to suit your taste. Fill the shaker with the spice blend, using a funnel. Label and store.

Herb and spice suggestions

Try these flavor ideas for meats and vegetables:

- **beef:** bay leaf, curry, dry mustard, sage, marjoram, mushrooms, nutmeg, onion, pepper, thyme
- **lamb:** curry, garlic, mint, pineapple, rosemary
- **pork:** apples, applesauce, garlic, onion, sage, peaches
- **veal:** apricots, bay leaf, curry, ginger, marjoram, oregano
- **fish:** bay leaf, lemon juice, marjoram, mushrooms, paprika
- **chicken:** cranberries, paprika, thyme, sage
- **asparagus:** lemon juice
- **corn:** green pepper, tomato
- **green beans:** marjoram, lemon juice, nutmeg, dillweed, unsalted french dressing
- **peas:** onion, mint, mushrooms, green pepper
- **potatoes:** onion, mace, green pepper
- **squash:** ginger, mace, onion, cinnamon
- **tomatoes:** basil, marjoram, onion.

Guide to Choosing Low-sodium Foods

Use the charts on the next two pages to plan your meals and snacks.

Food Group	Use	Limit (2 to 3 times week)	Avoid
milk products	<ul style="list-style-type: none"> ■ yogurt ■ low-sodium cheese ■ dried or fluid milk 	<ul style="list-style-type: none"> ■ cottage cheese ■ natural cheese (cheddar, colby, etc.) ■ instant mixes with more than 200 mg of sodium per serving 	<ul style="list-style-type: none"> ■ processed cheese (American) ■ cheese spreads ■ buttermilk
meat	<ul style="list-style-type: none"> ■ fresh or frozen fish, poultry, beef, pork, lamb, veal ■ low-sodium tuna ■ low-sodium bacon ■ eggs 	<ul style="list-style-type: none"> ■ reduced-sodium processed meats and cheeses 	<ul style="list-style-type: none"> ■ canned meat and fish ■ sausage ■ pickled herring ■ ham, bacon, cold cuts ■ corned or dried beef ■ beef jerky ■ anchovies, herring, kosher meats ■ sardines ■ luncheon meats, frankfurters, bratwurst ■ smoked/cured meats
vegetables and fruits	<ul style="list-style-type: none"> ■ fresh or frozen unsalted vegetables ■ canned vegetables or tomato products with no added salt ■ dried beans, peas, lentils ■ all fruits ■ low-sodium canned vegetables 		<ul style="list-style-type: none"> ■ sauerkraut ■ vegetables or potatoes with sauces or seasoning mixes ■ pickled vegetables ■ olives ■ canned tomato products or juice ■ vegetables canned with salt
grains	<ul style="list-style-type: none"> ■ graham crackers ■ saltines with unsalted tops ■ Melba toast, rolls, unsalted bread sticks ■ homemade pancakes and waffles (no salt added) ■ potatoes, rice, pasta ■ breads and cereals with less than 180 mg of sodium per serving ■ unsalted pretzels or popcorn ■ low-sodium chips and crackers ■ potatoes, rice or noodles made without salt 	<ul style="list-style-type: none"> ■ baking powder biscuits ■ English muffins ■ bran cereals 	<ul style="list-style-type: none"> ■ mixes: stuffing, rice, pancakes, biscuits, casseroles, potato and noodle ■ salted crackers ■ salted snack food: potato chips, pretzels, popcorn ■ instant cooked cereals ■ commercially prepared refrigerated dough

Always read food labels for serving size and sodium content.

Food Group	Use	Limit (2 to 3 times week)	Avoid
combination foods	<ul style="list-style-type: none"> ■ homemade combination foods and soups with less or no salt ■ commercial low-sodium soups 	<ul style="list-style-type: none"> ■ TV dinners with less than 600 mg sodium per meal 	<ul style="list-style-type: none"> ■ chow mein ■ pot pies ■ canned stew, casseroles ■ prepared baked beans ■ TV dinners with more than 600 mg sodium per serving ■ canned and dried soups ■ bouillon
desserts	<ul style="list-style-type: none"> ■ fruit ■ sherbet and fruit ice ■ plain cake or meringue ■ ice cream and frozen yogurt ■ jams, jellies, honey ■ homemade desserts, cooked puddings and boxed mixes with less than 200 mg of sodium per serving 	<p>Limit to one sodium-containing dessert each day:</p> <ul style="list-style-type: none"> ■ baked desserts made from commercial mixes ■ commercially prepared cookies ■ instant puddings ■ desserts and candied made with salted nuts ■ cream and fruit pies 	
beverages	<ul style="list-style-type: none"> ■ sparkling water ■ fruit juices or drinks, lemonade, coffee, tea, pop ■ beverages with less than 70 mg of sodium per serving 	<ul style="list-style-type: none"> ■ club soda 	<ul style="list-style-type: none"> ■ commercial sports drinks such as Gatorade®, Instant Preplay® or Take Five® ■ softened water ■ cocktail beverage mixes ■ instant cocoa
other	<ul style="list-style-type: none"> ■ oil, vinegar, lemon juice ■ fresh or powdered onion or garlic ■ salt-free herbs and spice mixes ■ flavoring extracts ■ homemade gravy with less or no salt ■ salt-free bouillon or broth ■ unsalted ketchup, mustard, barbeque sauce ■ salt-free nuts and seeds ■ table wine (not cooking wine) ■ homemade salad dressings 	<ul style="list-style-type: none"> ■ ketchup and mustard ■ tartar sauce (1 tablespoon) ■ barbeque sauce (1 tablespoon) ■ steak sauce (1 tablespoon) ■ commercial salsa (1 to 2 tablespoons) ■ prepared horseradish ■ regular and low-calorie salad dressing ■ salted margarine and mayonnaise (1 tablespoon) 	<ul style="list-style-type: none"> ■ all pickles, olives ■ seasoned salts ■ MSG ■ soy sauce ■ tenderizers ■ commercial gravy mixes ■ light-salt products ■ cooking wine ■ salted nuts and seeds ■ barbeque sauce

Always read food labels for serving size and sodium content.

Recipe Substitutions

Use the chart below to help you change your favorite recipes into heart-healthy ones.

Recipe Substitutions	
Ingredients	Use Instead
1 whole egg	<ul style="list-style-type: none"> ■ ¼ cup egg substitute ■ 2 egg whites
1 cup butter, shortening or lard	<ul style="list-style-type: none"> ■ 1 cup margarine ■ ½ cup margarine plus ½ cup fruit puree (applesauce or prune)
1 cup oil in baked goods	<ul style="list-style-type: none"> ■ equal amounts of fruit puree or applesauce ■ decrease oil to ⅔ cup
1 cup whole milk	<ul style="list-style-type: none"> ■ 1 cup skim milk
cream	<ul style="list-style-type: none"> ■ evaporated skim milk
1 cup sour cream	<ul style="list-style-type: none"> ■ 1 cup plain low-fat yogurt ■ 1 cup low-fat cottage cheese blended with 1 tablespoon lemon juice, add skim milk to desired consistency ■ 1 cup low-fat sour cream
1 ounce (one square) baking chocolate	<ul style="list-style-type: none"> ■ 3 tablespoons powdered cocoa and 1 tablespoon oil
1 cup ice cream	<ul style="list-style-type: none"> ■ 1 cup sherbet, low-fat frozen yogurt or low-fat ice cream
cream soup	<ul style="list-style-type: none"> ■ reduced-fat or fat-free cream soup
1 tablespoon cream cheese	<ul style="list-style-type: none"> ■ 1 tablespoon Neufchatel cheese ■ 1 tablespoon light cream cheese or fat-free cream cheese
1 ounce cheddar, colby, swiss cheese	<ul style="list-style-type: none"> ■ 1 ounce cheese that contains 2 to 6 grams of fat (or fewer) per ounce
salt	<ul style="list-style-type: none"> ■ herbs or spices ■ In most recipes, you can cut the salt in half.

How to Read Food Labels

Use the nutrition label below to understand the following.

- **Serving size:** The serving size lists the amount of food in one serving and the number of servings in one package.
- **Calories:** Calories are a measure of energy released by a food. Try to limit your food choices to those that have less than one-third calories from fat.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

- **Total fat:** Total fat includes all types of fat (saturated, unsaturated, trans). Try to eat foods low in saturated and trans fats.
- **Saturated fat:** Saturated fat raises LDL (“bad”) cholesterol. Reduce saturated fats to help protect your heart.
- **Trans fat:** Trans fats can raise LDL cholesterol, lower HDL (“good”) cholesterol, and add to heart disease. Eat as little trans fats as possible. Avoid foods that contain “partially hydrogenated” oils.
- **Cholesterol:** Foods from animals (meat, fish, eggs, cheese, butter) have cholesterol.
- **Sodium:** Too much sodium in your diet can cause swelling in your body or make you feel short of breath. Limit the amount of sodium you eat to 1,500 to 2,000 mg (milligrams) each day.
- **Total carbohydrate:** Carbohydrates give your body energy. Too many can raise your blood glucose. Everyone’s blood glucose is affected by carbohydrates differently.
- **Fiber:** Fiber is the part of food that cannot be broken down during digestion. Because it moves through your body “undigested,” it plays an important role in keeping your digestive system moving and working well.
- **Total sugars:** This is the total amount of natural sugars such as lactose (sugar in milk) or fructose (sugar in fruit) and added sugars.
- **Added sugars:** Part of the total sugars is added when the food was made.
- **Protein:** Protein is important for healing, building muscle, strengthening your immune system.
- **Percent (%) daily value:** This number tells you if a serving is low or high in the listed nutrients. In general:
 - 5% or less is low in the nutrient
 - 20% or more is high in the nutrient.

Source: U.S. Food and Drug Administration

Dining Out

There are many ways to help reduce how much sodium you eat while eating out. Your choices will vary with the type of dining situation. The following tips can help you lower your sodium while eating out.

How to order from a menu

- Skip foods with cheese, bacon or cream.
- Avoid appetizers.
- Skip sauces and gravies.
- A plain hamburger or non-breaded chicken is a better choice than a fried fish sandwich.
- Skip the pickles, olives, mayonnaise, bacon, cheese and sauces (“extras”).
- Choose meat or fish that is baked, broiled, grilled, poached, roasted or steamed.
- Choose oatmeal instead of a roll or muffin.
- Try lemon juice or vinegar and oil instead of dressing.
- Ask for a side salad, fruit or steamed vegetables without salt instead of fries or potato chips.
- Choose baked potatoes. Skip the butter and sour cream.
- Choose low-fat or fat-free yogurt, sherbet or fresh fruit for dessert.
- Skip foods that are breaded and fried.
- Avoid malts or shakes.
- Drink water, plain coffee or low-fat milk (skim or 1 percent).

What to choose from salad bars

- Choose fresh vegetables or canned or fresh fruits as a major part of your meal.
- Choose vinegar and oil or lemon juice for salad dressing.
- Limit the use of higher-sodium ingredients such as bacon bits, pickles, cheese and meat salads.

How to order ethnic foods

- For Asian dining, choose menu items that are made to order. Ask that food be made without salt, soy sauce or MSG.
- Choose menu items that do not include sauces.
- Mexican foods such as tacos, burritos and tostados are lower-sodium choices for you.

- Other ethnic foods, such as German and Italian, are often made ahead of time. These items may be more difficult for you to special order.
- If you are eating ethnic cuisine, eat low-sodium foods at home before and after the meal.

Source: Twin Cities Dietetic Association

Choosing Frozen Meals

Choose frozen meals that have less than 600 milligrams of sodium and more than 2 grams of fiber per serving. Limit frozen meals to 2 to 3 times a week. Examples of what to choose are:

Item	Sodium	Fiber
Healthy Choice® Honey Glazed Turkey and Sweet Potatoes	500 mg	8 g
Healthy Choice® Country Herb Chicken	470 mg	5 g
Healthy Choice® Chicken Pasta Primavera	390 mg	5 g
Lean Cuisine Salmon with Basil	480 mg	4 g
Lean Cuisine Apple Cranberry Chicken	470 mg	4 g
Lean Cuisine Pomegranate Chicken	370 mg	3 g
Smart Ones® Creation Pulled Pork and Black Beans	480 mg	7 g
Smart Ones® Creation Orange Sesame Chicken	480 mg	4 g
Lean Cuisine Santa Fe Style Rice & Beans	590 mg	4 g
Amy's Light in Sodium Indian Mattar Paneer (10 oz.)	390 mg	6 g

Why You Need To Control Potassium

Potassium is a mineral that occurs naturally in your body. Potassium helps maintain the correct electrical environment for your heart.

It is important to have the right amount of potassium in your body. If you have too much or too little, it can affect your heart rhythm.

Some medicines may increase the amount of potassium in your body while others may cause it to drop.

You may need to avoid or eat more foods high in potassium. Ask your health care team about what is right for you.

The charts below show foods that are high, moderately high and low in potassium.

Potassium Content in Foods

<p>Foods High in Potassium</p>	<ul style="list-style-type: none"> ■ all varieties of winter squash ■ avocado ■ baked potato ■ banana ■ blackstrap molasses ■ canned prune juice 	<ul style="list-style-type: none"> ■ canned tomato juice ■ canned vegetable juice (high-sodium choice) ■ eggnog ■ french-fried potatoes ■ frozen orange juice ■ salt substitutes
<p>Foods Moderately High in Potassium</p>	<ul style="list-style-type: none"> ■ All Bran® ■ apricots and apricot nectar ■ Bran Buds® ■ canned grapefruit juice ■ canned pineapple juice ■ canned white or red beans (high-sodium choice) ■ cantaloupe ■ cooked parsnips ■ dates ■ dried figs ■ dried prunes 	<ul style="list-style-type: none"> ■ honeydew melon ■ lima beans (high-sodium choice) ■ mashed or hashed brown potatoes ■ milk and buttermilk ■ raw mushrooms ■ raw oranges ■ raw plums ■ raw spinach ■ raw tomatoes ■ yams (baked in the skins) ■ yogurt
<p>Foods Low in Potassium</p>	<ul style="list-style-type: none"> ■ applesauce ■ green peas ■ green beans ■ raspberries ■ watermelon ■ cucumbers ■ oatmeal ■ English muffin ■ tea (brewed) ■ blueberries 	<ul style="list-style-type: none"> ■ egg ■ eggplant ■ rice (brown or white) ■ tortilla (corn or flour) ■ cranberries ■ bagel (plain or egg) ■ hummus ■ bread (white) ■ spaghetti or macaroni ■ cranberry juice cocktail

Cookbooks

- ***American Heart Association Around the World Cookbook: Healthy Recipes with International Flavor***
American Heart Association

This book features recipes from Italy, France, Asia, Greece, the Caribbean, Germany, the Middle East and more. These recipes are low in fat, cholesterol, sodium and calories.
- ***American Heart Association Low-Fat & Luscious Desserts Cakes, Cookies, Pies, and Other Temptations***
American Heart Association
- ***American Heart Association Low-Fat, Low-Cholesterol Cookbook: Heart-Healthy, Easy-to-Make Recipes That Taste Great***
American Heart Association
- ***American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet***
American Heart Association
- ***American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes***
American Heart Association
- ***Cooking À La Heart Cookbook: Delicious Heart Healthy Recipes to Reduce the Risk of Heart Disease and Stroke***
Appletree Press, Inc.

Easy-to-read and prepare recipes that are low in fat and sodium, with an extensive list of salt free herb blends, nutrient analysis and canning information.
- ***Diabetes and Heart Healthy Cookbook***
American Diabetes Association, American Heart Association
- ***Eater's Choice Low-Fat Cookbook***
Dr. Ronald Goor and Nancy Goor

Includes 320 quick and easy-to-make recipes.
Nutrition information provided for all recipes.
- ***Quick and Easy Cookbook: More Than 200 Healthful Recipes You Can Make in Minutes***
American Heart Association

Includes shopping tips, nutrition analysis and preparation times.

- *The 15-minute Gourmet: Vegetarian*
Paulette Mitchell
- *The New American Heart Association Cookbook, 7th edition*
American Heart Association

Includes nutritional analysis, shopping tips and information about healthy cardiac diet and lifestyle.

Websites

- Allina Health
allinahealth.org
- American Heart Association
heart.org
- Academy of Nutrition and Dietetics
eatright.org
- National Heart, Lung and Blood Institute
nhlbi.nih.gov
- Center for Nutrition Policy and Promotion
(United States Department of Agriculture)
cnpp.usda.gov

Smart Phone Apps

- Google Goggles (Free for Android,[®] iPhone,[®] google.com/mobile/goggles). Take a photo of a label. The app gives you the nutrition information, the company's website and more.
- Sodium 101 (Free for iPhone,[®] iPad,[®] iTunes;[®] apple.com). The app helps you stay within your sodium guidelines based on your age and gender.

Sample Menu Plans for 1 Week

For a sample menu plans for 1 week, please see the charts on the next 4 pages.

Tbsp. = tablespoon tsp. = teaspoon oz. = ounces mg = milligrams of sodium per serving

Day 1

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ orange juice (8 oz.) (0 mg) ■ cold cereal (1 cup) (160 mg) ■ toast with jelly (1 slice): thin-sliced whole wheat, 45-calorie bread (70 mg) or regular thick-sliced whole wheat bread (140 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ fresh turkey sandwich, no salt, 2 slices of bread (140 mg): 2 slices thin-sliced, 45-calorie bread (140 mg) or regular bread (280 mg) ■ low-fat mayonnaise (1 Tbsp.) (120 mg) ■ lettuce, tomato (0 mg) ■ tossed salad, low-sodium dressing (1 Tbsp.) (175 mg) ■ diet pop (40 mg) 	<ul style="list-style-type: none"> ■ roast beef (3 oz.) (45 mg) ■ low-sodium gravy (1 Tbsp.) (120 mg) ■ baked potato, medium (10 mg) ■ tub margarine (1 Tbsp.) (30 mg) ■ green beans (1 cup) (5 mg) ■ skim milk (8 oz.) (95 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: banana (0 mg). ■ Snack between lunch and dinner: frozen yogurt (½ cup) (55 mg). ■ Snack after dinner: sherbet (1 cup) (70 mg). 		

Day 2

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ apple juice (½ cup) (0 mg) ■ oatmeal, no salt added to water (1 cup) (0 mg) ■ blueberries (½ cup) (0 mg) ■ toast with jelly (1 slice): thin-sliced whole wheat, 45-calorie bread (70 mg) or regular thick-sliced whole wheat bread (140 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ tossed salad (2 cups) with low-sodium dressing (1 Tbsp.) (175 mg) ■ low-fat mayonnaise (1 Tbsp.) (120 mg) ■ melon (0 mg) ■ low-sodium tuna (3 oz.) (160 mg) ■ bread (2 slices) (140 mg): 2 slices thin-sliced, 45-calorie bread (140 mg) or regular bread (280 mg) 	<ul style="list-style-type: none"> ■ broiled walleye (4 oz.) (80 mg) ■ corn on the cob (1) (5 mg) ■ baby carrots (1 cup) (50 mg) ■ noodles, no salt (1 cup) (10 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: low-sodium crackers (3 to 5) (35 to 60 mg). ■ Snack between lunch and dinner: fruit cocktail (½ cup) (0 mg). ■ Snack after dinner: angel food cake (1 slice) with strawberries (½ cup) (210 mg). 		

Actual sodium content will vary according to choices and the way you prepare the food.

Tbsp. = tablespoon tsp. = teaspoon oz. = ounces mg = milligrams of sodium per serving

Day 3

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ orange juice (1 cup) (0 mg) ■ plain egg omelet (2 eggs) (155 mg); if you add vegetables, the sodium would stay the same ■ toast with jelly (1 slice) thin-sliced whole wheat, 45-calorie bread (70 mg) or regular thick-sliced whole wheat bread (140 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ grilled chicken (2 oz.) (60 mg) ■ bread (1 slice) thin-sliced whole wheat, 45-calorie bread (70 mg) or regular thick-sliced whole wheat bread (140 mg) ■ tub margarine (1 tsp.) (30 mg) ■ macaroni salad (homemade) (140 mg) ■ vegetables (1 cup) (20 mg) ■ diet pop (40 mg) 	<ul style="list-style-type: none"> ■ lean hamburger (3 oz.) (50 mg) ■ whole wheat bun (1) (224 mg) ■ baked fries with Mrs. Dash® (20 fries) (25 mg) ■ asparagus (4 spears) (0 mg) ■ skim milk (8 oz.) (95 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: Jell-O® (½ cup) (90 mg). ■ Snack between lunch and dinner: low-sodium pretzels (10 to 12 twist or sticks) (175 mg). ■ Snack after dinner: Nilla Wafers® (8) (115 mg). 		

Day 4

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ grapefruit juice (4 oz.) (0 mg) ■ raisin bagel (one-half) (230 mg) ■ cream cheese (1 Tbsp.) (50 mg) ■ skim milk (4 oz.) (47.5 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ low-sodium tuna (2 oz.) (160 mg) ■ bread (2 slices) (140 mg): 2 slices thin-sliced, 45-calorie bread (140 mg) or regular bread (280 mg) ■ low-fat mayonnaise (1 Tbsp.) (120 mg) ■ lettuce, tomato (0 mg) ■ raw vegetables (1 cup) (20 mg) ■ vegetable juice (6 oz.) (90 mg) 	<ul style="list-style-type: none"> ■ pork chop (4 oz.) (75 mg) ■ applesauce (½ cup) (0 mg) ■ new potatoes (4) (0 mg) ■ tub margarine (2 tsp.) (30 mg) ■ tossed salad (2 cup) (35 mg) ■ low-sodium dressing (1 Tbsp.) (140 mg) ■ spinach (1 cup) (0 mg) ■ skim milk (4 oz.) (47.5 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: Greek non-fat yogurt (8 oz.) (60 mg). ■ Snack between lunch and dinner: orange (0 mg). ■ Snack after dinner: 2 cookies (2-inch diameter) (140 mg). 		

Actual sodium content will vary according to choices and the way you prepare the food.

Tbsp. = tablespoon tsp. = teaspoon oz. = ounces mg = milligrams of sodium per serving

Day 5

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ cranberry juice (½ cup) (0 mg) ■ English muffin (one-half) (200 mg) ■ tub margarine (1 tsp.) (30 mg) ■ cold cereal (1 cup) (160 mg) ■ skim milk (4 oz.) (47.5 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ grilled cheese with 1 oz. American cheese made with thin-sliced whole wheat bread (410 mg) or regular-sliced whole bread (550 mg) ■ low-sodium soup (1 cup) (100 mg) ■ salad (2 cups) with low-sodium dressing (1 Tbsp.) (175 mg) ■ fruit juice (½ cup) (0 mg) ■ skim milk (4 oz.) (47.5 mg) 	<ul style="list-style-type: none"> ■ herbed chicken (4 oz.) (80 mg) ■ mashed potatoes (1 cup) (5 mg) ■ tub margarine (1 tsp.) (30 mg) ■ salad (2 cups) with low-sodium dressing (1 Tbsp.) (175 mg) ■ skim milk (4 oz.) (47.5 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: pineapple chunks (1 cup) (0 mg). ■ Snack between lunch and dinner: melon (quarter of a whole) (0 mg). ■ Snack after dinner: fruit shake (4 oz. milk and ½ cup fruit) (47.5 mg). 		

Day 6

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ grapefruit (one-half) (0 mg) ■ low-sodium pancakes: homemade with low-sodium baking powder (4 medium) (150 mg) (See recipe on page 24.) ■ syrup (2 Tbsp.) (0 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ seafood salad with low-sodium tuna (3 oz.) (270 mg) (See recipe on page 25.) ■ pita pocket (6 oz.) (230 mg) ■ mixed greens (1 cup) (0 mg) ■ diet pop (40 mg) ■ skim milk (4 oz.) (47.5 mg) 	<ul style="list-style-type: none"> ■ spaghetti, no salt (2 cups) (5 mg) ■ low-sodium sauce (1 cup) (80 mg) ■ French bread, thin-sliced (1 slice) (165 mg) ■ tub margarine (2 tsp.) (30 mg) ■ broccoli (1 cup) (65 mg) ■ salad (2 cups) with low-sodium dressing (2 Tbsp.) (175 mg) ■ skim milk (4 oz.) (47.5 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: light popcorn (2 cups) (75 mg). ■ Snack between lunch and dinner: kiwi (1) (0 mg). ■ Snack after dinner: frozen yogurt (1 cup) (110 mg). 		

Actual sodium content will vary according to choices and the way you prepare the food.

Tbsp. = tablespoon tsp. = teaspoon oz. = ounces mg = milligrams of sodium per serving

Day 7

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ fruit cup (½ cup) (0 mg) ■ French toast (1 slice) (150 mg) ■ syrup (1 Tbsp.) (0 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ low-sodium peanut butter (1 Tbsp.) and jelly (1 Tbsp.) sandwich (2 slices of bread): thin-sliced, 45-calorie bread (215 mg) or regular bread (355 mg) ■ salad (2 cups) with low-sodium dressing (1 Tbsp.) (175 mg) ■ iced tea (0 mg) 	<ul style="list-style-type: none"> ■ fresh turkey with no salt (4 oz.) (0 mg) and low-sodium gravy (2 oz.) (120 mg) ■ brown rice (⅔ cup) (5 mg) ■ vegetables (1 cup) (15 mg) ■ cranberry sauce (½ cup) (0 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: rice cakes (2) (15 mg). ■ Snack between lunch and dinner: 2 cookies (3-inch diameter) (110 mg). ■ Snack after dinner: low-sodium pudding (½ cup) single serving package (90 mg) if instant from a box (200 mg or more). 		

Low-sodium Recipes

Try making some low-sodium meals: meatloaf, Spanish rice, pancakes or tuna salad. The recipes are on the next 4 pages.

Actual sodium content will vary according to choices and the way you prepare the food.

Basic Meatloaf

Makes 6 servings

Ingredients

- nonstick cooking spray
- 2 pounds extra-lean (95 percent) ground beef
- 1 cup cracker meal
- 2 large eggs
- 1/3 cup low-sodium ketchup, divided
- 1 small onion, chopped
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon no-salt seasoning
(such as Mrs. Dash® Original Blend)

Directions

1. Preheat oven to 350 F.
2. Spray an 8-by-4-by-2 1/2-inch pan with nonstick cooking spray.
3. In a large bowl, combine remaining ingredients except for 1/3 cup of the ketchup. Mix well.
4. Place mixture in pan and shape into a loaf.
5. Spread remaining 1/3 cup of ketchup on top.
6. Bake for 1 hour or until a cooking thermometer inserted into the center of the meatloaf reaches at least 165 F.
7. Let cool for 5 to 10 minutes. Cut into 6 pieces.
8. Serve warm.



MAIN DISH

TIP

Cover the meatloaf with foil during baking if you see that the ketchup on top begins to blacken. Keep the foil on until it's ready to take out of the oven.

= heart smart

= low sodium

Visit allinahealth.org/recipes for more healthful recipe ideas.

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nutr-ah-55746 (10/13)

Nutrition Facts

Serving Size 1/6 recipe (241g)	
Servings Per Container 6	
Amount Per Serving	
Calories 310	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0.5g	
Cholesterol 150mg	50%
Sodium 120mg	5%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 34g	
Vitamin A 6%	• Vitamin C 10%
Calcium 2%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe contains: wheat, egg
Carb choices per serving: 1 1/2

Lemon-broiled Walleye Fillets

Makes 6 servings

Ingredients

- nonstick cooking spray
- 6 4-ounce walleye fillets (You can also use tilapia or another white fish of your choice.*)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon grated onion
- ½ teaspoon dried dill weed
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon dried ground mustard
- 1 ½ teaspoons fresh lemon juice

Directions

1. Spray a baking sheet with nonstick cooking spray. If the fillets have not been skinned, place the fillets skin-side-up.
2. In a small bowl, mix together remaining ingredients. Brush each fillet with oil mixture.
3. Broil on low 3 to 4 inches from heat for 3 to 5 minutes or until light golden brown.
4. Remove from heat, flip fillets and brush with remaining oil mixture.
5. Return to oven to broil for another 4 to 7 minutes or until the fish flakes easily with a fork.
6. Serve warm.

*Option not included in nutrition facts.



MAIN DISH

Nutrition Facts

Serving Size 1 piece (167g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 80mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 30g	
Vitamin A 2%	Vitamin C 2%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

TIP

Get creative! Try different combinations of spices and herbs to switch up the flavor without adding salt.

♥ = heart smart

⊗ = low sodium

GF = gluten free

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nutr-ah-56867 (11/15)

Recipe contains: fish
Carb choices per serving: 0

Pancakes for Two

Makes 2 servings

Ingredients

nonstick cooking spray
 3 egg whites
 1 cup flour
 1 cup fat-free milk
 1 teaspoon low-sodium baking powder
 1 tablespoon canola oil

Directions

1. Spray a medium skillet (or griddle) with nonstick cooking spray. Preheat to medium-high heat.
2. In a medium mixing bowl, whip the egg whites until bubbly and fluffy.
3. In another medium mixing bowl, combine flour, milk, baking powder and oil.
4. Gently fold egg whites in mixture made in step 2.
5. Pour 1/2 cup batter for each pancake into preheated skillet. When edges begin to brown and batter has bubbles that are popping, flip and cook another 2 to 3 minutes or until lightly browned.
6. Serve Warm



MAIN DISH

TIP

To make an easy fruit "syrup," simply place 1 cup of frozen blueberries or strawberries in the microwave and cook on high, stirring every minute until defrosted and warmed through. Pour over pancakes and enjoy!

♥ = heart smart

⚡ = low sodium

Visit allinahealth.org/recipes for more healthful recipe ideas.

Nutrition Facts

Serving Size 2 pancakes (243g)
 Servings Per Container 2

Amount Per Serving	
Calories 340	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 52g	17%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 16g	
Vitamin A 6%	• Vitamin C 2%
Calcium 25%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe contains: wheat, milk, eggs
 Carb choices per serving: 3 1/2

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Tuna Salad for Two

Makes 2 servings

Ingredients

- ½ cup firmly packed basil leaves
- 2 teaspoons chopped walnuts
- 1 small clove garlic
- 1 teaspoon extra-virgin olive oil
- ⅛ teaspoon balsamic vinegar
- 2 pouches (2.6 ounces each) low-sodium chunk light tuna in water
- 6 pieces sun-dried tomatoes packed in oil, drained and chopped
- 2 tablespoons light mayonnaise
- ¼ cup diced celery

Directions

1. In a food processor or blender, combine the basil leaves, walnuts, garlic, extra-virgin olive oil and vinegar. Blend until smooth.
2. In a medium mixing bowl, combine tuna, pesto from step 1, sun-dried tomatoes, mayonnaise and celery. Mix well.
3. Serve immediately or cover and store in the refrigerator.



MAIN DISH

TIP

Serve this tuna salad in a lettuce leaf “bowl” or make an open-faced sandwich by scooping the ingredients onto a thick slice of whole-grain bread.

 = low sodium

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nutr-ah-56553 (4/15)

Nutrition Facts

Serving Size 1/2 cup (128g)	
Servings Per Container 2	
Amount Per Serving	
Calories 180	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 270mg	11%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 18g	
Vitamin A 15%	• Vitamin C 20%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe contains: fish, nuts, wheat
Carb choices per serving: 0

Food Comparisons: Regular Versus 2-gram (2,000 mg) Sodium

Regular Diet	2-gram (2,000 mg) Sodium Diet
Breakfast	
<ul style="list-style-type: none"> ■ 8 ounces orange juice (0 mg) ■ 1 cup raisin bran (310 mg) ■ ¾ cup 1% milk (95 mg) ■ 1 slice white bread toast (140 mg) ■ 2 tablespoons peanut butter (150 mg) ■ 1 tablespoon grape jelly (0 mg) ■ 1 cup coffee (0 mg) <p>Total sodium: 695 mg</p>	<ul style="list-style-type: none"> ■ 8 ounces orange juice (0 mg) ■ 1 cup mini wheat biscuits (5 mg) ■ ¾ cup 1% milk (95 mg) ■ 1 slice whole wheat bread toast (100 mg) ■ 2 tablespoons low-sodium peanut butter (100 mg) ■ 1 tablespoon grape jelly (0 mg) ■ 1 cup coffee (0 mg) <p>Total sodium: 200 mg</p>
Lunch	
<ul style="list-style-type: none"> ■ ½ cup carrot and celery sticks (50 mg) ■ turkey sandwich: <ul style="list-style-type: none"> ■ 2 slices white bread (280 mg) ■ 2 ounces sliced turkey (500 mg) ■ 1 slice American cheese (415 mg) ■ 2 tablespoons regular mayonnaise (160 mg) ■ lettuce and tomato slices (0 mg) ■ 1 ounce pretzels (390 mg) ■ 2 fudge cookies (140 mg) ■ 1 can diet soda (40 mg) <p>Total sodium: 1,975 mg</p>	<ul style="list-style-type: none"> ■ ½ cup carrot and celery sticks (50 mg) ■ turkey sandwich <ul style="list-style-type: none"> ■ 2 slices whole wheat bread (200 mg) ■ 2 ounces low-sodium sliced turkey (385 mg) ■ 1 slice Swiss cheese (70 mg) ■ 2 tablespoons light mayonnaise (120 mg) ■ lettuce and tomato slices (0 mg) ■ ½ cup applesauce (0 mg) ■ 2 gingersnaps (95 mg) ■ 10 ounces iced tea with lemon and sugar (0 mg) <p>Total sodium: 920 mg</p>

Food Comparisons: Regular Versus 2-gram (2,000 mg) Sodium

Regular Diet	2-gram (2,000 mg) Sodium Diet
Supper	
<ul style="list-style-type: none"> ■ 1 serving meatloaf (made with 1 packet of meatloaf seasoning) (400 mg) ■ 4 tablespoons regular ketchup (620 mg) ■ 1 medium baked potato (10 mg) ■ 2 tablespoons sour cream (30 mg) ■ 1 cup salad with 2 tablespoons with Greek vinaigrette (180 mg) ■ ½ cup canned vegetables (225 mg) ■ 1 white dinner roll (190 mg) ■ 1 teaspoon butter (35 mg) ■ 1 cup vanilla ice cream (90 mg) <p>Total sodium: 1,780 mg</p>	<ul style="list-style-type: none"> ■ 1 serving homemade meatloaf (120 mg) ■ 4 tablespoons low-sodium ketchup (20 mg) ■ 1 medium baked potato (10 mg) ■ 2 tablespoons light sour cream (25 mg) ■ 1 cup salad with 1 teaspoon olive oil and 2 teaspoons vinegar (10 mg) ■ ¾ cup frozen vegetables (25 mg) ■ 1 wheat dinner roll (150 mg) ■ 1 teaspoon unsalted butter (0 mg) ■ 1 cup sherbet (70 mg) <p>Total sodium: 430 mg</p>
Snacks	
	<ul style="list-style-type: none"> ■ 1 apple (0 mg) ■ 1 ounce trail mix no salt added (35 mg) ■ 3 cups unsalted popcorn (35 mg) ■ 1 ounce sharp cheddar cheese (180 mg) ■ 6 low-sodium snack crackers (80 mg) <p>Total sodium: 330 mg</p>
<p>Daily total for regular diet: 4,450 mg</p>	<p>Daily total for 2-gram sodium diet: 1,880 mg</p>



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