

EAT



- Fruits
- Vegetables
- Bread, Cereal, Rice
- Macaroni, Spaghetti, Noodles
- Dried Beans and Peas
- Unsalted or No Salt Added Snack Foods
- Low Sodium Soups

DO NOT EAT

- Hot Dogs
- Lunch Meats
- Sausage
- Bacon
- Cheese
- Ham
- Sardines
- Salt Pork
- Pickled Foods- such as eggs, pickles, peppers
- Tomato or V-8® Juice
- Tomato Sauce
- Soy Sauce
- Canned Soups

Salted Snack Foods

- Chips
- Peanuts
- Popcorn
- Pretzels
- Crackers

Fast Foods

- Burgers
- Breaded Chicken and Fish
- Pizza
- Salted Fries

LOW SALT DIET



Rinse any canned vegetables with water before heating. Add new water and heat.

