



## No Added Salt Diet – Instructions for Patients & Families

### Fruits and Fruit Juices:

Allowed ✓	Avoid ✗
All fresh, frozen, or canned fruits and fruit juices	Dried fruit made with sodium sulphate

### Vegetables and Vegetable Juices:

Allowed ✓	Avoid ✗
<ul style="list-style-type: none"> <li>All fresh, frozen, or low salt canned, vegetables (if using regular canned vegetables, rinse before beating)</li> <li>Low salt tomato and vegetable juices (V8).</li> <li>Canned or jarred tomato sauce (limit to once per week).</li> </ul>	<ul style="list-style-type: none"> <li>Sauerkraut and salted pickled vegetables and others prepared in brine</li> <li>Vegetables cooked with salted meats</li> <li>Salted vegetable juices</li> <li>Regular canned or jarred tomato sauce more than once per week</li> </ul>

### Potatoes and Potato Substitutes:

Allowed ✓	Avoid ✗
<ul style="list-style-type: none"> <li>White or sweet potatoes</li> <li>Macaroni, rice noodles, spaghetti</li> <li>Unsalted potato chips</li> <li>Homemade bread stuffing</li> </ul>	<ul style="list-style-type: none"> <li>Packaged mixes for potatoes, rice, or pasta unless packaged without salt</li> <li>All snack chips, unless unsalted</li> <li>Commercially prepared bread stuffing</li> </ul>

### Bread and Grain Products:

Allowed ✓	Avoid ✗
<ul style="list-style-type: none"> <li>All bread, muffins, biscuits, corn bread, pancakes, french toast, waffles, except those listed under 'Avoid'</li> <li>Crackers with unsalted tops</li> <li>Snack foods such as unsalted pretzels, unsalted chips, and unsalted popcorn</li> </ul>	<ul style="list-style-type: none"> <li>Breads, rolls, and crackers with visible salt toppings</li> <li>Salted chips, salted pretzels, salted bread sticks, and other salty snacks</li> </ul>

### Cereals:

Allowed ✓	Avoid ✗
<ul style="list-style-type: none"> <li>Most hot or dry cereals</li> </ul>	<ul style="list-style-type: none"> <li>Instant hot cereals</li> </ul>

### Soups:

Allowed ✓	Avoid ✗
<ul style="list-style-type: none"> <li>Lightly salted homemade soups made with allowed ingredients.</li> <li>Reduced sodium canned soups and broths.</li> </ul>	<ul style="list-style-type: none"> <li>Regular commercial canned or dehydrated soups and bouillon.</li> </ul>

## No Added Salt Diet – Instructions (Continued)

### Fats:

Allowed ✓	Avoid ✗
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<ul style="list-style-type: none"> <li>• Butter, margarine - use in moderation.</li> <li>• Cooking oils and fats.</li> <li>• Mayonnaise.</li> <li>• Salad dressing in moderation.</li> <li>• Low sodium salad dressing as desired.</li> </ul>	<ul style="list-style-type: none"> <li>• Excess amounts of butter, margarine, or salad dressings.</li> <li>• Bacon fat, fat back, and salt pork.</li> <li>• Snack dips made with instant soup mixes or processed cheese.</li> </ul>
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Desserts:

Allowed ✓	Avoid ✗
<ul style="list-style-type: none"> <li>• Puddings, custards, cakes, pies, cookies, ice cream, sherbet, jello, and fruit.</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>

Miscellaneous:

Allowed ✓	Avoid ✗
<ul style="list-style-type: none"> <li>• Salt in cooking - limit to ¼ teaspoon per day.</li> <li>• Herbs, spices, seasonings, and flavourings that do not contain salt or sodium (dry mustard, onion and garlic powder, fresh onions, and garlic, tabasco sauce, horseradish, etc.).</li> <li>• White or brown sugar, honey, jelly, jam, preserves, syrup, and molasses.</li> <li>• Peanut butter.</li> <li>• Ketchup to 1 tablespoon and mustard up to 1 teaspoon.</li> <li>• Salt substitute with your doctor's permission.</li> <li>• Unsalted nuts and seeds.</li> </ul>	<ul style="list-style-type: none"> <li>• Additional salt added at the table.</li> <li>• Herbs, spices, seasonings and flavourings containing salt, such as garlic salt, celery salt, seasoning salt, Accent, meat extracts, meat tenderisers.</li> <li>• Monosodium glutamate (MSG).</li> <li>• Condiments such as olives, pickles, relish, steak sauce.</li> <li>• Worcestershire sauce, soy sauce, and barbeque sauce.</li> <li>• Commercial gravies and sauces.</li> <li>• Shake and Bake, party dips and deli salads.</li> </ul>

Notes: