

2 Gram Sodium Diet (Moderate Sodium Restriction)

Patients with liver cirrhosis and congestive heart failure often suffer from retention of fluid. This may be manifested as edema, or swelling of the legs and feet, or ascites, which is swelling of the abdomen. In these conditions, changes in the body's metabolism makes the kidneys unable to rid the body of excess sodium and fluid. Treatment of the swelling is often necessary for the comfort and well being of the patient. If less sodium is taken in, less swelling will occur. In many cases, diuretics are also necessary but may not be effective if the patient continues to consume too much sodium. For this reason, sodium or salt restriction is essential in the successful treatment of edema and ascites.

The information which follows is intended to help you and your family understand which foods and other items contain sodium, and the degree to which you must restrict or avoid them.

Medications, sodium bicarbonate, chewing tobacco, snuff, softened water, and some toothpastes should be recognized as potential sources of sodium. A physician's order is necessary for the use of salt substitutes due to the possible interaction with certain medications which may result in dangerously elevated potassium levels (*see detailed information below*).

GENERAL GUIDELINES:

- 1. READ ALL LABELS carefully for mention of Salt, Sodium, or "Na".*
- 2. Bottled water and water softeners should be examined to determine sodium content of the water.*
- 3. Commercially prepared low sodium products should be checked carefully to determine the amount of sodium in one serving and the relationship of this sodium content to the total intake permitted.*
- 4. Koshered meats should be examined to identify the amount and kind of sodium. (Those prepared with potassium or ammonium salts may be allowed.)*
- 5. Table salt is approximately 40% sodium.*
- 6. To convert a specified weight of sodium chloride to sodium. Multiply by 0.393; for example: 10 grams sodium chloride contains 3.93 grams of sodium.*
- 7. One level teaspoon of table salt contains 2300 mg of sodium.*

SALT SUBSTITUTES

Numerous salt substitutes are available that contain potassium chloride, ammonium chloride, citrates, formates, glutamates, and/or chlorine salts.

Please consult your physician before using any salt substitute. Certain medical conditions and medications may cause elevation of the serum potassium level which can cause dangerous and even fatal cardiac arrhythmias.

SALT SUBSTITUTES CONTAINING POTASSIUM:

Neocurtasol, Morton Salt Substitute, Featherweight "K" Salt Substitute, Sweet & Low No Salt, Featherweight Seasoned Salt Substitute, Co-Salt, Diasol, and Adolph's Salt Substitute.

These salt substitute products contain on the average 1950-2535 mg. potassium per teaspoon. This amount of potassium is substantial especially when compared to the amount of potassium in foods and medications.

DIETARY SOURCES OF POTASSIUM	MG POTASSIUM
Roloids (2 tablets)	100 mg
Gelusil (15 ml)	21 mg
Alka Seltzer (2 tablets)	1.064 mg
Bromo Seltzer (1.25 grams)	717 mg
Riopan (5 ml)	0.7 mg
Tums (2 tablets)	40 mg
Malox (15 ml)	18 mg
Metamucil (packet)	250 mg
Magnesium Citrate (10 oz.)	490 mg

2 GRAM SODIUM DIET

GENERAL PRINCIPLES:

1. Use no salt or sodium containing compounds in food preparation or at the table.
2. Avoid any processed foods which contain salt or sodium except those listed in the diet.

FOOD GROUPS	FOODS ALLOWED	FOODS TO AVOID
Dessert	Custards, puddings, ice cream, made from milk and egg allowance, gelatin desserts, Cakes and cookies made with a sodium free leavening agent and without salt; fruit pies made with unsalted crust, desserts made without salt, baking powder, baking soda, or additional egg whites; yogurt may be substituted for an equal amount of milk; homemade fruit ices	Desserts prepared with salt, Regular baking powder, baking soda, Or additional egg whites, Commercial gelatin dessert and pudding mixes, commercial cake and pie mixes, Canned fruit pie fillings which contain a sodium preservative
Eggs	Prepared any style without salt	Raw
Fats	Lightly salted butter or margarine or salted peanut butter; others as desired; vegetable shortening, oil and unsalted margarine, unsalted salad dressing, fresh side of pork sliced for bacon, unsalted nuts and unsalted peanut butter	Bacon, bacon fat, sausage and salt pork; commercial salad dressing, cream in excess of 1/3 cup, Salted nuts
Fruits	All fresh, frozen or canned except those listed under "Foods to Avoid"	Those such as canned pie filling which contain sodium benzoate as a preservative, maraschino cherries, sulphur dried fruit, glazed fruit

FOOD GROUPS

Meat, Fish & Poultry

FOODS ALLOWED

Fresh or frozen beef, lamb, liver, pork, veal, rabbit, fresh or frozen chicken, duck, quail, turkey, fresh oysters, fresh or salt water fish, unsalted canned or unsalted frozen fish, fresh shellfish occasionally

FOODS TO AVOID

Brains or kidneys, salted or smoked meat such as: bacon, chipped beef, Frankfurters, ham, Luncheon meats, salt pork, sausage, Corned beef, salted or smoked fish such as anchovies, Dried cod, herring, sardines, Commercially frozen fish and frozen oysters, salted canned meat, fish, poultry and frozen dinners unless prepared with potassium or ammonium salts, commercial gravy and sauces including dehydrated varieties, frozen dinners, meat pie, and casseroles

Miscellaneous

Baking chocolate, cocoa, herbs, spices, vinegar in moderation, unsalted white sauce made from milk allowance, flavoring aids: allspice, angostura bitters, anise, basil, bay leaf, caraway, cardamon, chives, cinnamon, cloves, coriander, curry, dill, fennel, garlic, ginger, fresh horseradish (not prepared), leeks, lemon juice, mace, marjoram, mint, dry mustard, nutmeg, onion Juice, orange peel, oregano, paprika, parsley, pepper (black, red or white),

Monosodium glutamate, baking soda, catsup, Chili sauce, pickles, Olives, Worcestershire and other meat sauces, Meat tenderizers, containing sodium, seasonings prepared with salt; garlic salt, cooking wine

FOOD GROUPS	FOODS ALLOWED	FOODS TO AVOID
Miscellaneous Continued	fresh pepper, pimento, poppyseed, purslane, rosemary, saccharin, saffron, sage: savory, sesame seed, sorrel, sugar, tarragon, thyme, Turmeric, vinegar extracts: almond, lemon, maple, orange, peppermint, vanilla, walnut, etc.; low sodium catsup, mustard, pickles, cocktail sauce, liquid smoke	
Potato or Substitute	Mashed, boiled or baked white potato or sweet potato, rice, noodles, macaroni, spaghetti, all prepared without salt	Any prepared with salt or salted meat, potato chips, hominy, Packaged mixes containing cheese, salt or other prohibited foods
Soup	Homemade unsalted broth soup, low sodium canned soups, low sodium bouillon cubes (check labels for sodium content; calculation for this diet allows up to 85 mgs, of sodium daily for this type of soup); unsalted cream soup made from milk allowance and vegetables permitted	Canned soups unless made without salt
Sweets	Pure sugar candy, jam, jelly, marmalade made without sodium benzoate, honey, syrup, sugar, hard candy, jelly beans, gum drops, marshmallows	Candies and chocolate to which salt or other sodium compounds have been added; jellies and preserves containing sodium benzoate, molasses

2 GRAM (2000 MILLIGRAM) SODIUM DIET

SAMPLE MENU:		
MORNING Orange juice Allowed cereal Egg Toast Margarine Milk Beverage of choice	NOON Salt-free roast beef Salt-free mashed potatoes Salt-free carrots Tossed salad w/1 tsp. regular salad dressing Bread Margarine, Pineapple slices Beverage of choice	EVENING Salt free baked Chicken Salt-free green beans Salt-free coleslaw Bread Margarine 2 peach halves Oatmeal cookies Milk Beverage of choice