

Low-Sodium Diet

Which herbs go with which foods?

Food	Herbs
Soup	bay leaves, chervil, French tarragon, marjoram, parsley, savory, rosemary
Poultry	garlic, oregano, rosemary, savory, sage
Beef	bay leaves, chives, cloves, cumin, garlic, hot pepper, marjoram, rosemary, savory
Lamb	garlic, marjoram, oregano, rosemary, thyme (make small slits in the lamb then insert the herbs and roast.)
Pork	coriander, cumin, garlic, ginger, hot pepper, pepper sage, savory thyme
Fish	chervil, dill, fennel, French tarragon, garlic, parsley, thyme
Fruit	anise, cinnamon, coriander, cloves, ginger, lemon, verbena, mint, rose geranium, sweet cicely
Bread	caraway, marjoram, oregano, poppy seed, rosemary, thyme
Vegetables	basil, burnet, chervil, chives, dill, French tarragon, marjoram, mint, parsley, pepper, thyme
Salads	basil, borage, burnet, chives, French tarragon, garlic, parsley, sorrel, herb vinegar dressing

Avoid these high-sodium seasonings

- alfredo mixes
- barbecue sauce
- celery salt
- cocktail sauce
- marinade mixes
- salad dressing mixes
- garlic salt
- horseradish
- kosher salt
- light salt
- sea salt
- soy sauce
- meat tenderizer
- MSG
- onion salt
- pickle relish
- plum sauce
- tartar sauce

Salt Conversions

¼ teaspoon = 500 mg
½ teaspoon = 1,000 mg
¾ teaspoon = 1,500 mg
1 teaspoon = 2,000 mg

Low-Sodium Diet

Tips for eating out on a low-sodium diet

It is difficult to keep your sodium intake low when you eat out. Try to limit the number of times you eat out. If you do eat out, follow these guidelines:

- Choose restaurants where the food is made-to-order instead of fast-food or buffet-style restaurants.
- Ask for your food to be prepared without salt, if possible.
- Choose menu items that don't have sauces, breading or batter.
- Don't touch the salt shaker! Instead, season your meal with lemon juice or pepper.
- Eat low-sodium items for the rest of the day. This will help you stay within your sodium limit for the day.

Meals to avoid	Instead, choose or ask for...
Meat, fish or poultry that has been smoked, cured or salted	Meat, fish or poultry that is fresh, grilled, baked, poached or broiled
Ham, bacon, hot dogs, lunch meat, cheese	Fresh roasted pork, turkey or chicken
Canned vegetables	Fresh or frozen steamed vegetables with no added salt. (Assume cooked vegetables have added salt unless you ask the chef to prepare them without it.)
Pickles, olives, tartar sauce, ketchup	Mustard or mayonnaise
Soy sauce, teriyaki sauce	Low-sodium soy sauce
French fries, pizza, tacos	Plain baked potato, grilled chicken sandwich
Soups and broths	Salads without croutons, bacon, cheese or olives
Fried or seasoned rice, whipped potatoes	Steamed plain rice, plain baked potato
Pasta with tomato sauce	Pasta tossed in olive oil or with fresh tomatoes