Monmouth Cardiology Associates, L.L.C.

MCA

NONINVASIVE, INVASIVE, INTERVENTIONAL, NUCLEAR CARDIOLOGY
ELECTROPHYSIOLOGY & CARDIAC PACING, VASCULAR &
CRITICAL CARE MEDICINE

LOW-SALT EATING

Low-Salt Choices for Breakfast:
- Fruit or fruit juice
- Bread or an English muffin
- Hot cereal, regular cooking (not instant) made without salt
- Shredded wheat
- Corn tortillas
- Steamed rice, unsalted

Stay away from: Sausage, bacon, ham, flour tortillas, packaged muffins, pancakes, and biscuits

Low-Salt Choices for Lunch and Dinner:
- Fresh fish, chicken, turkey, or meat, baked, broiled, or roasted without salt
- Dry beans, cooked without salt
- Tofu, stir-fried without salt
- Vegetables, fresh or frozen, without salt or sauce
- Potatoes, baked or boiled, unsalted
- Rice, egg noodles, bulgur wheat, or pearl barley, cooked without salt

Stay away from: Lunchmeat, cheese, tomato juice, canned vegetables and soups, canned fish, packaged gravies and sauces, olives, pickles, catsup, relish, and bottled salad dressings

Low-Salt Choices for Snacks and Desserts
- Yogurt
- Popcorn, air popped, unsalted
- Fresh fruit and vegetables
- Frozen juice bars or sherbet

Stay away from: Pies, canned and packaged puddings, pretzels, chips, crackers, and nuts – unless the label says unsalted

TIPS TO HELP YOU EAT LESS SALT

It takes less time than you think to get used to low-salt eating and once you adjust, many foods will taste too salty.
- Take the salt shaker off the table and the stove.
- Don't salt cooking water or add salt while preparing food.
- Add flavor with salt-free herbs, lemon, lime juice, or vinegar. Use plain garlic and onion powder instead of salted versions.
- Read food labels on canned, packaged, and frozen foods. Look for the milligrams (mg) of sodium in 1 serving. Then check the serving size. If you eat more than 1 serving, you eat more sodium
- If you use canned vegetables, rinse them before you eat them. Rinsing removes some of the salt. Do not use a salt substitute unless your doctor says you may.

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