



Greenville Ear, Nose & Throat

Low-sodium Diet

For a low-sodium diet, keep salt intake between 1,500-2,000 mg a day—no more than a teaspoon. What follows is a list of salty items to avoid and a list of the salt content of common foods and juices.

Food Group	What to Avoid
Beverages	Buttermilk
Bread	Salted crackers (low-sodium recommended)
Cereals	Instant cooked cereal and all cheese except cottage, hoop, cream and low-sodium cheddar
Desserts	Desserts made with salt, baking powder, soda or cake mixes
Egg	No restrictions
Fat	Bacon, fat, salted butter and margarine, regular salad dressings, mayonnaise
Fruit Juices	Tomato juice
Meat, Fish, Poultry	Salted, smoked or canned meat such as ham, bacon, cold cuts and hot dogs
Potatoes and Substitutes	Canned soups, bouillon cubes
Vegetables	Sauerkraut
Miscellaneous	Salt, onion or garlic salt, monosodium glutamate, ketchup, chili sauce, olives, pickles, relish, seasoned salts, lemon pepper, soy sauce, meat tenderizers, Worcestershire sauce

Sodium Content of Common Foods (in mg)

	Mg
Meat, Poultry, Fish	
Sirloin steak (3 oz.)	53
Baked salmon (3 oz.)	55
Chicken breast, roasted (3 oz.)	64
Ground beef patty (4 oz.)	87
Chicken leg, fried (2.5 oz.)	194
Tuna, canned (3 oz.)	468
Hot dog (1)	504
Salami (2 slices)	607
Fast-food Hamburger (4 oz.)	763
Corned beef (3 oz.)	802
Ham, canned (3 oz.)	908
Smoked salmon (3 oz.)	1,700
Soups, Vegetables, Fruit	
Apple (1)	0
Banana (1)	1
Mixed vegetables, frozen (1 cup)	64
Mixed vegetables, canned (1 cup)	243
Chicken noodle soup, canned (1 cup)	1,106
Tomato sauce, canned (1 cup)	1,482
Sauerkraut (1 cup)	1,560
Bread and Grains	
Oatmeal, cooked without salt (1 cup)	2
Wheat bread (1 slice)	106
Italian bread (1 slice)	176
Bagel (1)	245
English muffin (1)	378
Dairy Products	
Butter, salted (1 tsp.)	116
Milk (1 cup)	122
Sour cream (1 cup)	123
Margarine (1 Tbsp.)	134
Buttermilk (1 cup)	257
Cheddar cheese (1 cup)	701
Cottage cheese (1 cup)	911
Parmesan cheese (1 cup)	1,861