

Patient information on a Low Sodium Diet (Part II)

Food	Choose (lower salt)	Avoid (high salt)
<p>Breads & Cereals</p> <p>Often high in salt</p>	<ul style="list-style-type: none"> • Salt reduced bread • Fresh and dried pasta • Salt reduced and low salt crackers and biscuits eg <i>Ryvita, Vitaweat</i>, rice and corn cakes • ‘No added salt’ wraps (eg. White corn tortillas – check the label) • Rolled oats, porridge • <i>Weetbix, Sustain</i>, muesli, <i>Just Right</i>, puffed wheat, oat or wheat bran • Rice • Plain flour & cornflour 	<ul style="list-style-type: none"> • Savoury crackers • Sweet biscuits & shortbread • Croissants, pastry, cakes, scones, muffins • Savoury breads, bread, bread rolls (products based on SR flour are high in salt) • Packet rice & pasta with flavouring, instant noodles • Breakfast cereals with <i>more than 200mg sodium per serve</i> eg <i>Cornflakes, Rice Bubbles, Bran Flakes</i> • Tinned spaghetti
<p>Fruit</p>	<ul style="list-style-type: none"> • Fresh, dried, tinned fruit • Fruit juices 	<ul style="list-style-type: none"> • Olives • Canned plums
<p>Vegetables</p>	<ul style="list-style-type: none"> • All fresh and frozen vegetables • Legumes (lentils, chickpeas, soup mix, soybeans, kidney beans), canned bean mix • ‘No added salt’ canned vegetables 	<ul style="list-style-type: none"> • Pickled and canned vegetables • Marinated vegetables – eg sun-dried tomatoes • Tomato or vegetable juice • Baked beans
<p>Meat, fish, chicken and eggs</p>	<ul style="list-style-type: none"> • Fresh, unprocessed meat (lamb, beef, veal, pork), chicken, turkey, fish and seafood • Eggs • ‘no added salt’ tinned seafood eg tuna/sardines/salmon in springwater 	<ul style="list-style-type: none"> • Cured, smoked, canned or salted meat eg corned beef, ham, bacon, sausages, salami, brawn, pate, frankfurts • Deli/rotisserie chicken • Meat pies, sausage rolls, fish fingers, crumbed or battered fish, hamburgers, BBQ chicken, pizza, chicken nuggets, Chinese food • Tinned fish in brine or tomato/sweet chilli sauce, anchovies
<p>Milk, yoghurt and cheese</p>	<ul style="list-style-type: none"> • Milk – all types • Yoghurt • Custard, dairy desserts, icecream • Ricotta or continental (quark) cheese 	<ul style="list-style-type: none"> • Cheese : cheddar, brie, camembert, feta, parmesan • Cheese spreads • Cream cheese • Reduced salt cheeses (may be ok in small quantities – read the label)

<p>Fats</p>	<ul style="list-style-type: none"> • Unsalted butter • No added salt (e.g. <i>Becel, Sundew</i>) or reduced salt (<i>Gold'n Canola, Flora</i>) margarines • No added salt peanut butter • Oil • Avocado 	<ul style="list-style-type: none"> • Butter • Margarine • Peanut butter
<p>Drinks, snacks & extras</p>	<ul style="list-style-type: none"> • Drink water! • Cordial, softdrink • Home made, unsalted soups • <i>Milo</i>, tea, coffee • Unsalted nuts & seeds • Jam, honey, syrup • Unsalted popcorn • Plain chocolate • Plain lollies • Mint sauce, apple sauce. “:No added salt” sauces 	<ul style="list-style-type: none"> • Sports drinks • Soup, Bonox • Tomato juice, vegetable juice • Clear aspirin or Panadol effervescent drinks e.g. <i>alka-seltzer, Eno</i> and vitamins e.g. <i>berocca</i> • Dips, olives, marinated & pickled foods • Most sauces - tomato sauce, tartare sauce, BBQ sauce, teriyaki, soy sauce (even reduced salt), <i>Worcestershire sauce</i>, cheese sauce • <i>Gravox</i>, gravy, stock cubes • Vegemite, meat & fish paste • Salted nuts and snacks • Crisps, pretzels • Mustard, pickles, relish

FOOD	mg sodium	FOOD	mg sodium
Bread, 1 slice	150	fresh, dried, canned fruit	0
Crumpet, 1	290	fresh or frozen veg, average serve	10
Porridge, muesli, <i>weetbix</i> , (low salt) small bowl	0 - 80	tinned vegetables (peas, corn, etc) ½ cup	150
<i>Cornflakes</i> , <i>Nutrigrain</i> (high salt) small bowl	200 - 320	chicken/beef/lamb/pork, fresh 100g	40-60
Rice or pasta 1 cup	0	Chicken, deli/roisserie, 100g	650
Noodles, instant, packet	900	ham, 2 thin slices 60g	950
2-3 crackers	100	bacon, 1 rasher, 20g	650
2 sweet biscuits	100 - 150	egg, 1 large	70
Piece of cake	150 - 200	cheese, 1 slice 30g	200
1 scone, small	300	Cheese, reduced salt, 30g	90
Sports drink 500mL	200	Ricotta 30g	60
Cup of soup, 1	650	Glass of milk	100
Tomato sauce, 20mL	200	Small tub yoghurt	120
Mayonnaise/dressing 20ml	250	Butter/marg 1 teaspoon	60
Sausage roll, average 80g	600	Butter/marg no added salt 1tsp	10
Meat pie, 1	900	Unsalted nuts 50g	5
Chicken nuggets 6	630	Baked beans ½ cup	570
Hamburger, average	1000	Tinned fish in brine 100g	300 - 400
Sausage, 1 thick	650	2-3 pinches salt (1g per pinch)	1500
Pizza, ¼ medium	1200	<i>Berocca</i> , 1 tablet	285

Concerns or questions?

You can contact your ENT Specialist at the Melbourne ENT Group (MEG):

- Phone: 1300- 952-808
- Email: admin@melbentgroup.com.au
- Website: www.melbentgroup.com.au



Your GP is also the best contact for ongoing care and concerns.

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