

Low Sodium (2gram) Diet

Description The Low Sodium diet limits table salt and high sodium foods such as regular broth, bacon, sausage, saltines, some cheeses & deli meats. It is the most common sodium restricted diet at St. Joseph Hospital (SJO). The Regular diet at St. Joseph Hospital provides approximately 3500 milligrams (mg) or 3.5 grams (gm) of sodium daily. This diet provides approximately 2 grams of sodium daily.

While in the hospital, the allotted sodium is distributed evenly between breakfast, lunch, and dinner. Room Service operators will assist in making food selections that meet the sodium goals for a meal while also tracking the daily total.

Indications The Low Sodium diet may be indicated for high blood pressure, heart failure, kidney disease or other conditions in which swelling or fluid retention can occur.

Adequacy The Low Sodium diet can meet nutritional needs based upon the individual selection of food items. The diet is lower in total fat and saturated fat than the Regular diet. For this reason, it provides slightly fewer calories than the Regular diet. It is lower in Vitamin D than the Regular diet.

Nutrition Facts The “Non-Select” Low Sodium diet provides approximately 1920 calories, 88 gm protein and 66 gm fat daily.

The following list is based off the St. Joseph Hospital Room Service Menu. For a more complete list of foods please consult your Registered Dietitian.

Food Groups	Foods Allowed	Foods Not Allowed
Breakfast Foods	All except those listed Pancake or Blueberry Pancake (1 ea) French Toast (1 slice)	Sausage Bacon Ham
Appetizers & Starters	Low Sodium Broth Low Sodium Soups Fresh Salads and Vegetable Platter	Regular Broth Regular Soup
Entrees	All except those listed Deli Meat Sandwich (1/2 each) Chinese Chicken Salad Fresh Fruit & Cottage Cheese Plate Hamburger or Cheeseburger Veggie Burger Grilled Chicken Sandwich Pasta with Marinara Sauce	Grilled Chicken Caesar Salad Grilled Cheese Quesadilla Pizza Pasta with Alfredo Sauce

Food Groups	Foods Allowed	Foods Not Allowed
Entrees - continued	Asian Stir-Fry with Chicken or Tofu	
Sides, Starches & Breads	All except those listed Bagel – Regular or Cinnamon (1/2 each) Low Sodium Crackers Mashed Potatoes Vegetarian Refried Beans Steamed Rice – White or Brown	Regular Saltine Crackers Pretzels Macaroni & Cheese Cornbread Stuffing Stuffed Baked Potato French Fries
Fruits & Vegetables	All except those listed	Pickles
Beverages	All except those listed Low Sodium V-8 Gatorade *in limited amounts	Regular V-8
Milk & Milk Products	All except those listed *4oz portions of dairy milk are encouraged	Cottage Cheese
Sweets	All except those listed	Cheesecake with Garnish
Fats	All except those listed Diet Salad Dressing	Regular Salad Dressing
Other	All except those listed All gravy served in the hospital is Low Sodium Tabasco Ketchup *is considered high sodium if several packets ordered	Table Salt Soy Sauce Barbeque Sauce Tapatio Pickles

Sample Menu

The following sample menu is based off the St. Joseph Hospital Non-Select Menu. For an individualized sample menu please consult your Registered Dietitian.

Meal	Food Items
Breakfast	<ul style="list-style-type: none"> • Orange Juice (4oz) • Coffee (8oz) with creamer, sugar packet (2) • Hot Cereal or Cold Cereal (3/4 cup) • Fresh Fruit Cup (1/2 cup) or Whole Fresh Fruit • Scrambled Eggs (2oz) • Breakfast Potatoes (1/2 cup) • 2% Milk (4oz) • Butter Pat, Mrs. Dash Herb Packet & Pepper Packet
Lunch	<ul style="list-style-type: none"> • Tossed Garden Salad with Diet Dressing • Entrée – Beef, Fish or Poultry (3oz) • Starch - Rice (3oz) or Potatoes (1/2 cup) • Vegetable (1/2 cup) • Dessert – Ice Cream, Pudding, Fruit (1/2 cup) • Iced Tea (8oz) • Sugar, Mrs. Dash Herb Packet, Pepper, Lemon Juice, Butter Pat
Dinner	<ul style="list-style-type: none"> • Low Sodium Soup (6oz) with Low Sodium Crackers (1 package) • Entrée – Beef, Fish or Poultry (3oz) • Starch - Rice (3oz) or Potatoes (1/2 cup) • Vegetable (1/2 cup) • Dessert – Ice Cream, Pudding, Fruit (1/2 cup) • 2% Milk (8oz) • Decaf Coffee (8oz) • Sugar, Mrs. Dash Herb Packet, Pepper, Butter Pat