



CIRRHOSIS AND LOW SODIUM

What is sodium?

Sodium is a mineral found in almost all food. While our bodies depend on sodium, most people eat more sodium than they need. Sodium is a part of salt. Therefore, if you need to limit your sodium, you need to limit your intake of salt.

Why limit sodium?

Salt binds water in the body. If the body cannot get rid of the extra sodium, fluid builds up. This fluid can collect in your hand, legs, ankles, belly, and lungs and can worsen conditions like liver, heart, or kidney disease.

What are sources of sodium?

The sodium in our diet comes from three main sources:

- Table salt is the most common source of sodium in our diet. Salt is a combination of sodium and chloride. One teaspoon of salt has 2,300 milligrams of sodium.
- Processed foods have large amounts of sodium. These include easy-to-prepare box mixes, frozen dinners, condiments, luncheon meats, and many canned items like soups, vegetables, beans, and tomato products.
- Sodium occurs naturally in most foods. Unsalted, unprocessed foods usually have low sodium content and should make up the majority of your diet.

Low sodium diet tips

- Aim for a daily intake of 2000 milligrams (mg) of sodium.
- Do not add salt to your foods when cooking or at the table.
- Cook from scratch. Foods prepared at home are generally lower in sodium compared to fast food or prepackaged meals.
- Be creative and season your food with spices, herbs, lemon, garlic, ginger, vinegar, and pepper. Salt substitutes like Mrs. Dash® are acceptable in moderation, however, some salt substitutes are made from potassium, so be sure to read the label. If you are on a low potassium diet or on medication for your heart, kidneys, or liver, it is best to check with your doctor before using salt substitutes.



- Choose canned vegetables without added salt. If you are using canned vegetables, drain and rinse them before cooking to remove some of the sodium.



- Consider your condiments. Sodium in soy sauce, ketchup, salad dressings, and seasoning packets can add up quickly. Look for reduced sodium soy sauce and no-salt-added ketchup, add oil and vinegar to a salad rather than bottled salad dressings, and try using half of the flavoring packets.

- When eating out, ask for food to be prepared without added salt. Also, ask for dressings or condiments "on the side" so you can control the amount you eat.
- Read the Nutrition Facts Label to see how much sodium is in the foods you are buying. Check the label for lower sodium options and compare sodium in different brands of foods.

| Nutrition Facts | |
|-------------------------------|----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 235mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

LOW SODIUM SHOPPING GUIDE

| FOOD GROUP | CHOOSE THESE LOWER SODIUM FOODS: | LIMIT THESE HIGHER SODIUM FOODS: |
|-----------------------------------|---|--|
| BREADS, GRAINS, AND CEREALS | <ul style="list-style-type: none"> Loaf bread, dinner rolls, English muffins, bagels Plain pasta, noodles, and rice White or sweet potatoes Dried beans, peas, and lentils Unsalted or low sodium snack foods Low sodium cereals such as puffed rice, cornflakes, shredded wheat, and oatmeal | <ul style="list-style-type: none"> Biscuits and Bisquick Pancake, muffin, and cornbread mixes Seasoned rice and noodle mixes like ramen noodles, Rice-a-Roni, macaroni and cheese Coating mixes like seasoned bread crumbs, Shake'n Bake Salted snacks like chips, nachos, and pretzels |
| DAIRY | <ul style="list-style-type: none"> Milk, yogurt, cream cheese, sour cream Ice cream and frozen yogurt Whipped cream Low sodium cheeses: Swiss, mozzarella, grated parmesan <p style="text-align: center;"><i>Note: Low fat cheese does not mean low sodium!</i></p> | <ul style="list-style-type: none"> Buttermilk Processed cheeses: American, Nacho cheese, Cheez Whiz, Easy Cheese Blue cheese, Pimento cheese, cottage cheese, queso cheese, feta cheese |
| FRUIT | <ul style="list-style-type: none"> All fruits and fruit juices | <ul style="list-style-type: none"> No need to limit any! Canned fruits do not contain sodium. |
| VEGETABLES | <ul style="list-style-type: none"> Fresh or frozen vegetables "No salt added" canned vegetables Low sodium vegetable juices | <ul style="list-style-type: none"> Regular canned vegetables Regular vegetable juices Vegetables in cream, butter, or sauces |
| MEAT AND MEAT SUBSTITUTES | <ul style="list-style-type: none"> Fresh or frozen un-breaded meats Eggs prepared without salt No salt added peanut butter Unsalted nuts Soy, tofu | <ul style="list-style-type: none"> Processed luncheon meats Ham, sausage, bacon, hotdogs Breaded or battered meats Salted, cured or smoked meats Canned meats |
| FATS | <ul style="list-style-type: none"> Unsalted butter or margarine Olive or vegetable oil Low sodium or homemade salad dressings | <ul style="list-style-type: none"> Bacon and bacon grease Salt pork Regular commercial salad dressings |
| SEASONINGS AND CONDIMENTS | <ul style="list-style-type: none"> Fresh or dried herbs and spices Vinegar or lemon juice Onion and garlic (fresh, minced, dried in flakes or powdered) | <ul style="list-style-type: none"> Salt, sea salt, lite salt, bouillon cubes Seasoning salt Commercially prepared sauces (teriyaki, soy) |

2,000 CALORIE LOW SODIUM SAMPLE MENU

| | |
|-----------|---|
| BREAKFAST | <ul style="list-style-type: none">• $\frac{3}{4}$ cup whole grain cereal• 1 cup milk, low-fat• 1 medium banana• 1 slice whole wheat bread• 1 tsp. unsalted butter• 1 cup 100% orange juice |
| LUNCH | <ul style="list-style-type: none">• turkey breast sandwich:<ul style="list-style-type: none">3 oz. low-sodium turkey breast2 slices whole wheat bread1 large leaf romaine lettuce2 slices tomato2 tsp. mayonnaise, low-fat1 Tbsp. mustard• 1 cup baby carrots• 1 medium apple |
| DINNER | <ul style="list-style-type: none">• 3 oz. tilapia seasoned with:<ul style="list-style-type: none">1 tsp. lemon juice• $\frac{1}{2}$ cup brown rice• 1 cup cooked spinach seasoned with:<ul style="list-style-type: none">1 tsp. canola oil1 Tbsp. almonds, slivered• 1 small cornbread muffin• 1 tsp. unsalted butter |
| SNACKS | <ul style="list-style-type: none">• $\frac{1}{3}$ cup almonds, unsalted• $\frac{1}{4}$ cup dried fruit• $\frac{1}{2}$ cup fat-free yogurt |