

## Low Salt (Sodium) Diet



Eating a lot of salt (sodium) may increase blood pressure, cause swelling of the hands and feet and make breathing difficult. If you have high blood pressure, diabetes, heart or kidney disease, it is beneficial to limit your sodium.

	Avoid foods that are high in sodium	Better choices
<b>Protein</b> 	Barbecued meats, Chinese sausages, wieners, sausages, beef or port jerky, luncheon meat, stewed pork, ham, salted fish, dried shrimps, canned fish with black beans, sardines, salted eggs, century eggs	Fresh or frozen unsalted meats, poultry, fish, seafood, eggs, tofu
<b>Fruits and vegetables</b>	Canned vegetables, preserved vegetables, Chinese pickles, tomato juice	Fresh or frozen fruits and vegetables, fruit juice
<b>Seasonings and Condiments</b> 	Salt, half-salt (high in potassium), garlic salt, MSG, soy sauce, oyster sauce, fish sauce, shrimp paste, ready to use sauces (e.g. BBQ sauce, Hoisin & Teriyaki sauce). Chinese cooking wine, bean paste, miso, fermented tofu, ketchup	Ginger, onion, garlic, garlic powder, green onion, spices and herbs (e.g. pepper, dried chilli, curry powder, star anise, lemon grass), lemon, vinegar, honey, sugar, sesame oil, low sodium soy sauce
<b>Snacks</b>	Salted nuts and sees, potato chips, shrimp crackers, salted crackers, Chinese preserved fruits, seaweed	Unsalted nuts and seeds, low sodium crackers, cookies
<b>Other</b>	Instant noodles, instant rice with seasonings, TV dinners, salty soups, bouillon (cubes or powder), canned soups	Unprocessed grain products (e.g. rice, rice noodles, udon, noodles, congee, pasta, bread, oatmeal), low sodium soups, tea

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