



No-Added-Salt Diet

(3-5 Gram Sodium)

Sodium is a part of table salt. It is found naturally in many foods and is added to others. This diet leaves out all salt in preparing and cooking foods. It also restricts other foods as listed. This diet can be used for people with high blood pressure, fluid retention, kidney disease, heart disease and other problems. Your child's doctor has ordered this diet for your child. If you have questions about why your child needs this diet, ask the doctor, dietitian or nurse.

General tips

- Do not add salt while cooking or at the table.
- Read the food labels and avoid foods with greater than 250 mg of sodium per serving.
- Avoid fast foods.
- Avoid canned, pre-packaged smoked meats.
- Avoid salted snack foods.
- Avoid canned soups, vegetables and pickled foods.



Seasonings

Seasonings can be used in place of salt. Many seasonings are available such as:

Allspice	Lemon vinegar
Basil	Lime
Bay leaves	Marjoram
Cilantro	Mrs. Dash
Chili powder	Nutmeg
Chives	Onion powder
Cinnamon	Oregano
Cumin	Paprika
Curry	Parsley
Dill weed	Pepper
Garlic powder	Rosemary
Garlic sage	Saffron
Ginger thyme	Tarragon



Seasoning recipes

All-Purpose spice blend

- 5 tsp. onion powder
- 2-1/2 tsp. garlic powder
- 2-1/2 tsp. paprika
- 2-1/2 tsp. powdered mustard
- 1-1/4 tsp. thyme leaves, crushed
- 1/2 tsp. ground white pepper
- 1/4 tsp. celery seed



Combine ingredients and mix well.

Herbed seasoning blends

- 2 Tbsp. dill weed or basil leaves, crushed
- 2 Tbsp. onion powder
- 1 tsp. oregano leaves, crushed
- 1 tsp. celery seed
- 1/4 tsp. grated lemon peel, dried
- 1/16 tsp. ground black pepper

Combine ingredients and mix well.

or

- 1 Tbsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. basil
- 1 Tbsp. paprika
- 1 Tbsp. parsley

Combine ingredients and mix well.

Spicy flavor blend

- 2 Tbsp. savory, crushed
- 1 Tbsp. mustard powder
- 2-1/2 tsp. onion powder
- 1-3/4 tsp. curry powder
- 1-1/4 tsp. ground white pepper
- 1-1/4 tsp. ground cumin
- 1/2 tsp. garlic powder

Combine ingredients and mix well.



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Texas Children's Hospital

Foods	Foods to use	Foods to avoid
Milk and milk products	All	None
Supplements/formula	All	None
Meat, poultry, fish, eggs	Any fresh beef, pork, lamb, veal, poultry and fish; low salt canned meat and fish; eggs and egg substitutes	Salted poultry, fish or shellfish; sausage, ham, bacon, pepperoni, luncheon meats, corned beef, hot dogs, sardines and anchovies; avoid commercially prepared entrees like frozen dinners, instant microwave meals, fast food meals
Legumes and peanut butter	Regular peanut butter, dried cooked legumes; tofu, hummus	Canned legumes, miso
Cheese	All fresh cheeses	Processed cheeses and cheese spreads; packaged macaroni & cheese
Breads	All except those listed under foods to avoid	Breads and rolls with salted tops
Cereals	All dry and cooked cereals	Instant hot cereals
Starches	Unsalted popcorn, unsalted chips, unsalted pretzels; unsalted snack crackers; white or sweet potatoes	Canned, packaged or frozen rice, potato or noodle products; frozen waffles and pancakes; self rising flour; seasoned rice, potatoes, and noodle products, packaged macaroni & cheese; commercial bread stuffing; regular salted popcorn, chips, pretzels, crackers with salted tops
Soups	Low sodium commercially canned soups, broth and bouillon; homemade soups and broths made with allowed foods and seasonings	Regular canned or frozen soups, bouillon, broth, Ramen noodles; dehydrated soups

Foods	Foods to use	Foods to avoid
<p>Fruits and Fruit juices <i>Include one serving of a vitamin C rich fruit or juice daily.</i></p>	<p>All fresh, frozen, canned or dried fruits and fruit juices</p>	<p>None</p>
<p>Vegetables and vegetable juices <i>Eat a variety of vegetables daily. Include some dark green and yellow vegetables which are a good source of vitamin A.</i></p>	<p>All fresh, frozen and canned unsalted vegetables; low sodium vegetable juice</p>	<p>Regular canned, salted and pickled vegetables such as hominy, sauerkraut; regular tomato and V-8 juice; frozen vegetables in sauces; some frozen vegetables such as peas, contain salt</p>
<p>Fats</p>	<p>All except those listed in foods to avoid.</p>	<p>Bacon, bacon fat, salt pork; commercial salad dressings, olives; commercially prepared gravies and gravy mixes, salted nuts</p>
<p>Desserts and sweets <i>Allowed desserts and sweets should be given in moderation.</i></p>	<p>All except those listed in foods to avoid.</p>	<p>Those with salted nuts</p>
<p>Beverages</p>	<p>All except those listed in foods to avoid.</p>	<p>Sports and energy drinks, Sunny Delight</p>
<p>Miscellaneous</p>	<p>Herbs, spices, Mrs. Dash, black pepper, salt in excess of 1/2 tsp. per day, vinegar, cocoa powder, low sodium ketchup, low sodium mustard, low sodium baking powder, cornstarch; honey, jam, jelly, preserves, marmalade, white or brown sugar, syrup, molasses, baking chocolate</p>	<p>Salt, chili sauce, > 1 Tbsp. regular ketchup, > 2 tsp. regular mustard, BBQ sauce, pickles, meat tenderizers, seasoning salts, garlic salt, onion salt, horseradish, relishes, monosodium glutamate (MSG), Worcestershire sauce, steak sauce, soy sauce, baking powder</p>

Sample Menus for No Added Salt Diet		
Toddler menu		
Breakfast	Lunch	Dinner
1 unsalted scrambled egg 1 slice toast 1 tsp. unsalted butter or margarine 1 tsp. jelly 4 oz. orange juice	1/2 grilled cheese sandwich 1/2 banana 1/4 cup unsalted green beans 1 tsp. unsalted butter or margarine 4 oz. reduced fat or whole milk	2 oz. baked chicken, cut up 1/4 cup unsalted corn 1 tsp. unsalted butter or margarine 1/4 cup peaches 4 oz. reduced fat or whole milk
Snack		Snack
1/2 cup ready to eat cereal 4 oz. reduced fat or whole milk		2 graham crackers 4 oz. reduced fat or whole milk
School-age menu		
Breakfast	Lunch	Dinner
1/2 banana 3/4 cup ready to eat cereal 1 unsalted scrambled egg 8 oz. fat free milk	1 plain hamburger bun 2 oz. lean hamburger patty 1 Tbsp. mayonnaise 1/2 cup unsalted French fries 1 tsp. ketchup 1/2 cup unsalted green beans 1/2 apple 4 oz. apple juice	2 oz. baked chicken nuggets 1/2 cup unsalted corn 1/2 cup long grain white rice 1 dinner roll 1 tsp. unsalted margarine 1/2 cup peaches 6 vanilla wafers 8 oz. fat free milk
Snack		Snack
2 graham crackers 4 oz. fat free milk		1/2 peanut butter and jelly sandwich 8 oz. fat free milk
Adolescent menu		
Breakfast	Lunch	Dinner
1 banana 1 cup ready to eat cereal 1 unsalted scrambled egg 8 oz. fat free milk	1 hamburger on bun 1/2 cup unsalted French fries 1 Tbsp. ketchup 1/2 cup unsalted green beans 2 tsp. mayonnaise 1 apple 8 oz. apple juice	4 oz. baked chicken 1/2 cup unsalted corn 1/2 cup long grain white rice 1/2 cup peach slices 1 dinner roll 2 tsp. unsalted margarine 10 vanilla wafers 8 oz. fat free milk
Snack		Snack
3 graham crackers 8 oz. fat free milk		1/2 peanut butter and jelly sandwich 8 oz. fat free milk



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Developed by Food and Nutrition Services.

Texas Children’s Hospital is committed to a community of healthy children by providing the finest possible pediatric care, education and research.

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