

low sodium (salt) bland diet

prepared for. _____

date. _____

FOODS ALLOWED (PORTION SHOULD BE MODERATE):

- 1) Beverages:** Fruit juices, coffee, tea. Low-sodium milk if permitted by your doctor.
- 2) Bread:** Varied baked goods may be permitted ONLY if specially prepared without salt.
- 3) Cereal (Salt-free - 2 portions daily):** Puffed wheat and rice, buckwheat, oatmeal, cooked wheat, rice, macaroni.
- 4) Fruit (3 or more portions daily):** All allowed, except as noted below.
- 5) Vegetables (4+ portions daily - fresh only):** All allowed, except those excluded below.
- 6) Protein:** Meat, poultry, fish. Fresh and lean only, 5 oz. daily. See exclusions below. Egg (yolk only, no white), 2 may be substituted for 1 oz. meat.
- 7) Dessert (2 portions daily):** Gelatin, tapioca, fresh fruit, salt-free baked goods, rich pudding.
- 8) Fat:** Sweet (unsalted) butter, vegetable oil, olive oil.

TYPICAL MENU: LOW SODIUM DIET

(Approximately 1,500 calories, 150 mg sodium.)

- Breakfast:** Fresh fruit juice, oatmeal with skim milk, tea or coffee, sugar.
- Lunch:** Breast of chicken, 2 vegetables, canned peaches (water pack), tea or coffee, sugar.
- Dinner:** Roast beef (lean), string beans, baked potato, raw vegetable, salad, salad oil, baked apple, tea or coffee, sugar.

DO NOT EAT:

Canned vegetables, canned soup, meat extracts, bouillon, meat broth, pickles, relish, crackers, commercial bread, cake, self-rising flour, cheese, spinach, kale, beets, celery, shellfish, dried figs, dried raisins, commercial candy. Also DO NOT EAT meat, poultry, or fish that has been cured, salted or smoked.

This diet is intended to provide balanced meals which avoid rough, irritating, or highly acidic foods. Eat only those foods listed in this diet and eat foods from each of the allowed food groups daily. This diet will also help to neutralize the acid produced in the stomach.

DO NOT EAT:

Spiced foods, coffee, fried or greasy food, gravy, nuts, pork, alcoholic drinks, carbonated drinks, coarse cereal, whole grain bread, pickles, relishes, very hot drinks, iced drinks, dried (or oily) fish or meat, seasonings (except salt), coarse or acid (and most raw) fruit and vegetables. (Read labels of packaged foods to avoid spices, nuts, etc.)

FOODS ALLOWED:

- 1) Beverages:** Milk, milk drinks, weak tea (not hot).
- 2) Bread (3 slices daily):** White, crackers toast.
- 3) Soup (warm, not hot):** One or more portions daily of creamed vegetable soups permitted.
- 4) Fruit (2-3 portions daily):** Apricots, cherries, bananas (ripe), cooked apples, orange juice (4 Tbsp. mixed with Tbsp. water, taken at end of meal), peaches, pears (remove skin), cooked prunes. No unripe, rough fruit.
- 5) Cereal (one daily, 1/2 cup each):** Rice, corn, oatmeal, cooked wheat, refined wheat, prepared cereals. Avoid bran, and other coarse cereals. Read labels.
- 6) Vegetables (2 portions daily, 1/2 cup each):** Asparagus, beets, carrots, macaroni, noodles, peas, potato (baked, boiled, creamed, mashed), pumpkin, rice (refined or scalloped), spaghetti, spinach, squash, string beans.
- 7) Protein:** Eggs (3 daily) – poached, soft boiled, baked, soufflé. Cheese (3 Tbsp. daily may substitute for eggs, fish, or meat) – cottage, cream cheese, Neufchatel, hoop cheese. Fish – canned tuna, bonito, or salmon; fresh fish. Meat – liver, beef, lamb, sweetbreads, crisp bacon (the only pork allowed). Poultry – chicken (no skin).
- (NOTE: Total meat, fish, or poultry limited to 2 oz. daily.)
- 8) Fats (3 or more portions daily):** Butter, cream.

TYPICAL BLAND DIET MENU

- Breakfast:** Cereal with sugar and milk or cream, egg, toast, butter, milk (1-2 cups), orange juice (diluted).
- Lunch:** Poached eggs on white toast, peas with butter, mashed potatoes (creamed), canned apricots, milk (1-2 cups).
- Dinner:** Creamed soup (of allowed vegetables), soda crackers, roast beef (lean, 2 oz.), cooked carrots with butter, baked potato, toast and butter, banana or canned peaches, milk (1-2 cups).