

# Low Sodium Diet for Congestive Heart Failure (CHF)



- You are on a 2000 mg sodium diet.
- Do not use salt or seasonings that have salt.
- Use fresh foods for cooking. Do not use canned or instant foods.



- When shopping for groceries, look for “unsalted”, “no salt added”, or “low sodium” versions of your favorite foods.

- Stay away from salted snacks, precooked meats, canned vegetables and fast food.
- **Do not** use salt substitutes such as “No Salt”, “Nu-Salt” and “Lite Salt”.
- Read the “Nutrition Facts” label of the foods you buy, so you can stay away from high sodium foods.

<b>Nutrition Facts</b>	
Serving size 1cup (228 g)	
Servings per container 2	
<b>Amount Per Serving</b>	
Calories 90	Calories from Fat 30
<b>% Daily Value</b>	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
<b>Sodium 140mg</b>	<b>7%</b>
Total Carbohydrate 13g	
Dietary Fiber 3g	12%
Sugar 3g	
Protein 9g	

☺ Labels with “low sodium” or “low in sodium” will have **140 mg or less per serving**. These are your best choices.

# Grocery Shopping List

Take this list to the grocery store to help you shop for your low sodium foods:

## Breads & Cereals

Plain rice  
Pasta  
Unsalted crackers  
Animal crackers  
Low sodium bread  
Graham crackers  
Corn tortilla  
Flour tortilla (check label)

Hot cereals:

- Grits
- Cream of Wheat®
- Dry oatmeal  
(not instant packets)

Breakfast cereals:

- Granola
- Frosted Mini Wheats
- Shredded Wheat
- Puffed Wheat or Rice

## Meats & Cheese

All fresh or frozen  
Low sodium canned Tuna  
Low sodium cheese  
(Alpine Lace®, Healthy  
Choice®)

## Milk & Eggs

Eggs  
Milk  
Yogurt

## Fruits

All fresh, frozen, or  
canned fruit  
Fruit juices

## Vegetables

Fresh or plain frozen  
vegetables  
Dried beans  
“No salt added”  
canned vegetables  
“No salt added”  
canned tomato  
sauce  
Low sodium V-8

## Other Foods

Unsalted or low  
sodium soups  
Unsalted nuts, pretzels,  
chips  
Unsalted popcorn  
Pound cake  
Ice cream/sherbet  
Soft drinks (check label)  
Flavored drinks (check  
label)  
Tea and coffee  
Gelatin or Jell-O®  
Creamer

## Seasonings & Condiments

Mrs. Dash® or any  
other salt-free  
seasonings  
Herbs (fresh or dried)  
Fresh garlic  
Lemon/lime juice  
Salt-free Lemon Pepper  
Onion or Garlic Powder  
Fresh jalapeño peppers  
Chili powder  
Chili or black pepper  
Cooking oils (canola,  
olive, vegetable etc.)  
Plain or flavored  
vinegar (cider, red wine,  
white, balsamic, etc.)  
Unsalted margarine  
Unsalted butter  
Jam  
Jelly