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Consult your doctor or nurse practitioner that you need to limit the sodium in your diet. Sodium controls fluid balance and maintains blood volume and blood pressure. High sodium may raise blood pressure, cause fluid retention, swelling of the legs and feet, collect around the lungs and lead to shortness of breath.

### **What foods have a lot of sodium?**

Smoked, cured, salted or canned meat and fish including bacon, cold cuts, ham, hotdogs, sausage, sardines, caviar, anchovies

Any processed or prepared foods including canned, frozen, boxed or bottled

Salted nuts, crackers, potato chips, prepared snacks, some condiments

Regular cheese, cheese spread, cheese sauces

Breads and rolls with salted crust, quick breads, self rising flour, biscuits, pancake/waffle mixes, tortillas

Pizza and pizza crust, croutons

Olives, pickles, sauerkraut, anything pickled

Bottled salad dressings, salted butter or margarine, desserts made with salt

This information should be used after speaking with your practitioner, it does not replace their advice.



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## Low Sodium Diet

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prepared including soups, canned  
vegetables, meats, sauces or meals, frozen dinners

Some additional tips: Do not add salt while cooking or have it on the table. Use salt substitutes or other seasonings. Read labels to identify high sodium foods and avoid the foods including baking powder, brine, or MSG. Avoid softened water for cooking or drinking.

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