

# Low Sodium Menu

The low sodium diet limits sodium to 700 mg of sodium per meal in order to help prevent water retention, high blood pressure, and shortness of breath. It may also help reduce your risk for a heart attack or stroke.

## Breakfast

### Entrees

- Scrambled Eggs (Regular or Low Cholesterol)
- Scrambled Tofu
- Hard Cooked Egg
- Create-Your-Own Burrito or Omelet\*  
Whole Wheat, Corn, or Flour Tortilla  
Diced Green Peppers, Tomatoes,  
Onions, Mushrooms, Spinach  
Swiss Cheese
- Pancakes (Buttermilk or Whole Wheat)

### Sides

- Turkey Sausage
- Hash Brown Potatoes
- Hot Cereal (Grits, Oatmeal, Cream of Wheat))
- Cold Cereal (Cheerios, Rice Chex, Cornflakes,  
Raisin Bran, Granola)
- Whole Milk Yogurt (Strawberry or Vanilla)
- Greek Yogurt (Strawberry or Vanilla)
- Bagel (White, Wheat, Cinnamon)
- Whole Wheat English Muffin
- Whole Wheat or White Bread
- Whole Wheat, Flour, or Corn Tortilla
- Blueberry Muffin

### Fruit

- Apple
- Banana
- Orange
- Grapes
- Fresh Fruit Cup
- Applesauce
- Peach Slices
- Pear Halves
- Mandarin Oranges

## Lunch/Dinner

### Entrees

- Herb Baked Chicken Breast
- Roast Turkey Breast
- Crispy Baked Fish
- Meatloaf
- Pot Roast
- Create-Your-Own Deli Sandwich\* (Turkey,  
Roast Beef, Tuna Salad, Chicken Salad, Egg  
Salad, or PBJ)
- Create-Your-Own Grill Sandwich\*  
(Hamburger, Turkey Burger, Veggie Burger, or  
Grilled Chicken)
- Create-Your-Own Salad\* (Turkey, Grilled  
Chicken, or Egg)
- Create-Your-Own Pasta\*
- Create-Your-Own Taco\*
- Create-Your-Own Rice Bowl\*
- Hummus with Pita and Vegetables
- Fresh Fruit Platter

### Sides

- Mashed Potatoes
- Macaroni & Cheese
- Baked French Fries
- Baked Sweet Potato Fries
- White or Brown Rice
- Quinoa

### Soup

- Beef, Chicken, or Vegetable Broth
- Chicken Noodle Soup
- Garden Vegetable Soup
- Tomato Soup
- Turkey Chili

### Veggies

- Broccoli
- Collard Greens
- Corn
- Yellow Squash
- Green Peas
- Sliced Carrots
- Green Beans

### Salad

- Side Garden Salad  
Italian Dressing (R / LC)  
French Dressing (R / LC)  
Ranch (R / FF)  
Oil & Vinegar

## Desserts

- Angel Food Cake
- Fruit Crisp
- Vanilla Wafers
- Graham Crackers
- Cookie (Chocolate Chip, Sugar, or Oatmeal  
Raisin)
- Regular Gelatin (Berry or Citrus)
- Diet Gelatin (Berry or Citrus)
- Pudding (Chocolate or Vanilla)
- Sugar-Free Pudding (Chocolate or Vanilla)
- Lemon Fruit Ice
- Sherbet (Lime or Orange)
- Ice Cream (Vanilla, Chocolate, or Strawberry)

## Snacks

- Baked Potato Chips
- Regular Potato Chips
- LS Saltine Crackers

## Beverages

### Hot

- Coffee (Reg or Decaf)
- Hot Tea (Reg or Decaf)
- Hot Cocoa (Reg or SF)

### Cold

- Cola / Gingerale / Lemon Lime Soda (Reg  
or Diet)
- Lemonade (Reg or SF)
- Ice Tea (Sweet or Unsweet)

### Milk

- Non-Fat, Low Fat, or Whole
- Low Fat Chocolate
- Lactaid
- Soy
- Unsweetened Almond

### Juice

- Orange
- Apple
- Grape
- Cranberry
- Prune

\*Refer to At Your Request regular tri-fold patient menu for detailed list of options.