



Low Sodium 3-Day Sample Menu

You may be advised to follow a low sodium diet if you have:

- Swelling, also called edema
- High blood pressure, also called hypertension
- Cardiovascular disease (CVD)
- Coronary artery disease (CAD)
- Heart failure (HF)
- Kidney disease

This 3-day sample menu provides less than 2,000 calories and less than 2,000 milligrams (mg) of sodium a day.

Day 1 menu

Breakfast

- Cooked oatmeal:
 - ½ cup oatmeal cooked
 - 1 cup fat-free, skim milk
 - 1 tablespoon honey
 - 1 tablespoon unsalted peanut butter
 - 1 medium apple

Total: 426 calories; 127 mg sodium

Lunch

- Chicken salad:
 - 3 ounces baked, skinless, chicken breast, cooked with 1 tablespoon olive oil
 - 1 tablespoon mayonnaise
 - 1 teaspoon mustard
 - ¼ cup sliced grapes
 - 2 tablespoon diced celery
 - Pepper to taste
- 1 cup raw spinach
- 1 medium apple on the side

Total: 493 calories; 352 mg sodium



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

wexnermedical.osu.edu

Dinner

- Protein and vegetable rice bowl:
 - Protein choices:
 - 4 ounces cooked/grilled salmon (cooked with 1 tablespoon olive oil)
 - or
 - 3 ounces cooked/grilled chicken (cooked with 1 tablespoon olive oil)
 - ½ cup brown rice
 - 3 tablespoons fresh, diced tomatoes
 - ½ cup sliced carrots
 - ½ cup cooked broccoli
 - Pepper to taste
 - Honey Dijon mustard vinaigrette:
 - 1 tablespoon olive oil
 - ½ teaspoon white vinegar
 - ½ teaspoon water
 - 1 tablespoon honey
 - 1 teaspoon Dijon mustard

Total: 410 calories; 330 mg sodium

Total calories and sodium for 3 meals = 1,330 calories; 813 mg sodium

Snacks — Day 1

Choose 2 to 4 snacks to have in between your meals:

- 1 bell pepper, 2 tablespoons hummus, and 1 cheese stick (165 calories; 292 mg sodium)
- 1 apple with 2 tablespoons peanut butter and 10 whole wheat crackers (373 calories; 142 mg sodium)
- 1, 6-ounce low fat or fat free yogurt with ½ cup fresh fruit and ¼ cup unsalted nuts (237 calories; 121 mg sodium)
- 1 cup chocolate milk and 1 orange (278 calories; 152 mg sodium)
- 2 tablespoons raisins and 1 hard-boiled egg (201 calories; 76 mg sodium)

Day 2 menu

Breakfast

- Yogurt bowl:
 - ¾ cup low fat or fat free yogurt
 - ½ cup fresh fruit, such as strawberries, raspberries and blueberries
 - 2 tablespoons unsalted mixed nuts
 - 1 tablespoon almond butter

Total: 415 calories; 121 mg sodium

Lunch

- Burrito:
 - 2 small corn tortillas
 - 2 tablespoons mango salsa made with diced mango, red pepper, onion, cilantro, jalapeno and lemon juice
 - 3 ounces 93% lean ground turkey, cooked with 1 tablespoon olive oil
 - 2 tablespoons sliced avocado
 - 2 tablespoons shredded cheese
- ½ cup strawberries on the side

Total: 442 calories; 290 mg sodium

Dinner

- Baked salmon and herbed quinoa:
 - 4 ounces baked salmon (or your choice of fish)
 - 1 tablespoon olive oil
 - 1 teaspoon minced garlic
 - Black pepper
 - 2 fresh lemon slices (bake with salmon)
 - 1 cup quinoa with 1 tablespoon olive oil, ¼ teaspoon dried basil, and ¼ teaspoon dried oregano
- ½ cup asparagus

Total: 520 calories, 113 mg sodium

Total calories and sodium for 3 meals = 1,380 calories; 524 mg sodium

Snacks — Day 2

Choose 2 to 4 snacks to have in between your meals:

- 1 bell pepper, 2 tablespoons hummus, and 1 cheese stick (165 calories; 292 mg sodium)
- 1 apple with 2 tablespoons peanut butter and 10 whole wheat crackers (373 calories; 142 mg sodium)
- 1, 6-ounce low fat or fat free yogurt with ½ cup fresh fruit and ¼ cup unsalted nuts (237 calories; 121 mg sodium)
- 1 cup chocolate milk and 1 orange (278 calories; 152 mg sodium)
- 2 tablespoons raisins and 1 hard-boiled egg (201 calories; 76 mg sodium)

Day 3 menu

Breakfast

- Eggs and toast:
 - 2 eggs scrambled or cooked, no salt added, cooked with 1 tablespoon olive oil -- you may add a ½ teaspoon of hot sauce for more flavor
 - 1 slice whole grain bread
 - 1 ½ teaspoons unsalted butter
- 1 orange

Total: 471 calories; 304-366 mg sodium

Lunch

- Hummus and vegetable wrap:
 - 1 small corn tortilla wrap
 - 2 tablespoons hummus
 - Sliced carrots
 - Raw spinach leaves
 - 2 tablespoons sliced avocado
 - Bean sprouts
 - Cucumber slices
- 1 medium apple on the side

Total: 275 calories; 160 mg sodium

Dinner

- Turkey burger and sweet potato fries:
 - 3-ounce turkey patty
 - 1 whole wheat bun
 - 1 tomato slice
 - 1 tablespoon avocado slices
 - Lettuce
 - Baked sliced sweet potato fries with olive oil, no salt added

Total: 705 calories; 412 mg sodium

Total calories and sodium for 3 meals = 1,450 calories and 940 mg sodium

Snacks — Day 3

Choose 2 to 4 snacks to have in between your meals:

- 1 bell pepper, 2 tablespoons hummus, and 1 cheese stick (165 calories; 292 mg sodium)
- 1 apple with 2 tablespoons peanut butter and 10 whole wheat crackers (373 calories; 142 mg sodium)
- 1, 6-ounce low fat or fat free yogurt with ½ cup fresh fruit and ¼ cup unsalted nuts (237 calories; 121 mg sodium)
- 1 cup chocolate milk and 1 orange (278 calories; 152 mg sodium)
- 2 tablespoons raisins and 1 hard-boiled egg (201 calories; 76 mg sodium)

Talk to your doctor or health care team if you have any questions about your care.