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**The following is a chart listing seasonings and condiments
that can be used to enhance the flavor of foods:**

Allspice	Met Tenderizer – Low Sodium
Almond Extract	Mint
Anise Seed	Mustard – Dry or Mustard Seed
Basil	Nutmeg
Bay Leaf	Onion, Onion Juice or Onion Powder
Bouillon Cube – Low Sodium	Orange Juice or Extract
Caraway Seed	Oregano
Cardamom	Paprika
Catsup – Low Sodium	Parsley or Parsley Flake
Celery Leaves – Dried or Fresh	Pepper – Fresh Green or Red
Celery Seed Chili Powder	Pepper – Black, Red or White
Chives	Peppermint Extract
Cinnamon	Pimientos
Cloves	Poppy Seed
Cocoa	Poultry Seasoning
Coconut	Rosemary
Cumin	Saffron
Curry	Sage
Dill	Salt Substitute (if recommended by your physician)
Fennel	Savory
Garlic, Garlic Juice or Garlic Powder	Sesame Seed
Ginger	Sorrel
Horseradish without Salt	Sugar
Lemon Juice or Extract	Table Wine – if allowed
Lime Juice or Extract	Tarragon
Mace	Thyme
Maple Extract	Turmeric
Marjoram	Vanilla Extract
Meat Extract – Low Sodium	Vinegar
	Walnut Extract

The following items are not recommended due to their Sodium content:

Baking Powder	Mustard, Prepared
Baking Soda (Sodium Bicarbonate)	Olives
Barbeque, Chili or Steak Sauce	Onion Salt
Bouillion – Regular	Pickles
Catsup	Relishes
Celery Salt	Salt at the Table
Cooking Wine	Salt Substitutes (unless recommended by your physician)
Cured, Salted Meats (i.e. Bacon, Ham, Sausage)	Seasoning Salt
Garlic Salt	Sodium Compounds (i.e. Sodium Benzoate, Hydroxide, Nitrate, Phosphate, etc.)
Horseradish with Salt	Soups – Canned or Dried
Hydrolyzed Vegetable Protein	Soy Sauce
Meat Extracts	

To insure that the total daily Sodium intake is counted, it is imperative that the Sodium content of all foods, beverages, and condiments is included. Some medications also contain Sodium. Many antacids and cold preparations contain Sodium. Ask your doctor about your specific medications including any over the counter medications.

Nearly all fresh vegetables contain very little Sodium. Depending upon the preserving method used, canned or frozen vegetables often contain as much as 100 times as much Sodium as they do in their fresh form. Sodium content can vary considerably from one brand name to another, therefore, comparison of like products is recommended. When sauces such as butter or cheese sauces are added to vegetables, the Sodium content is markedly increased.

Fruits, whether fresh, frozen, dried or canned are generally very low in Sodium.

Products made from grain vary considerably in Sodium content. Careful label reading is important in making good choices in breads, cereals, crackers, pastas, and other grain products.

Dairy products are imitation dairy products contain Sodium. Many cheeses thought to be good “diet” foods are very high in Sodium (including cottage cheese). Therefore, making careful selections in this food group is desirable. Cheeses made from skim milk in general are higher in Sodium than whole milk cheeses.

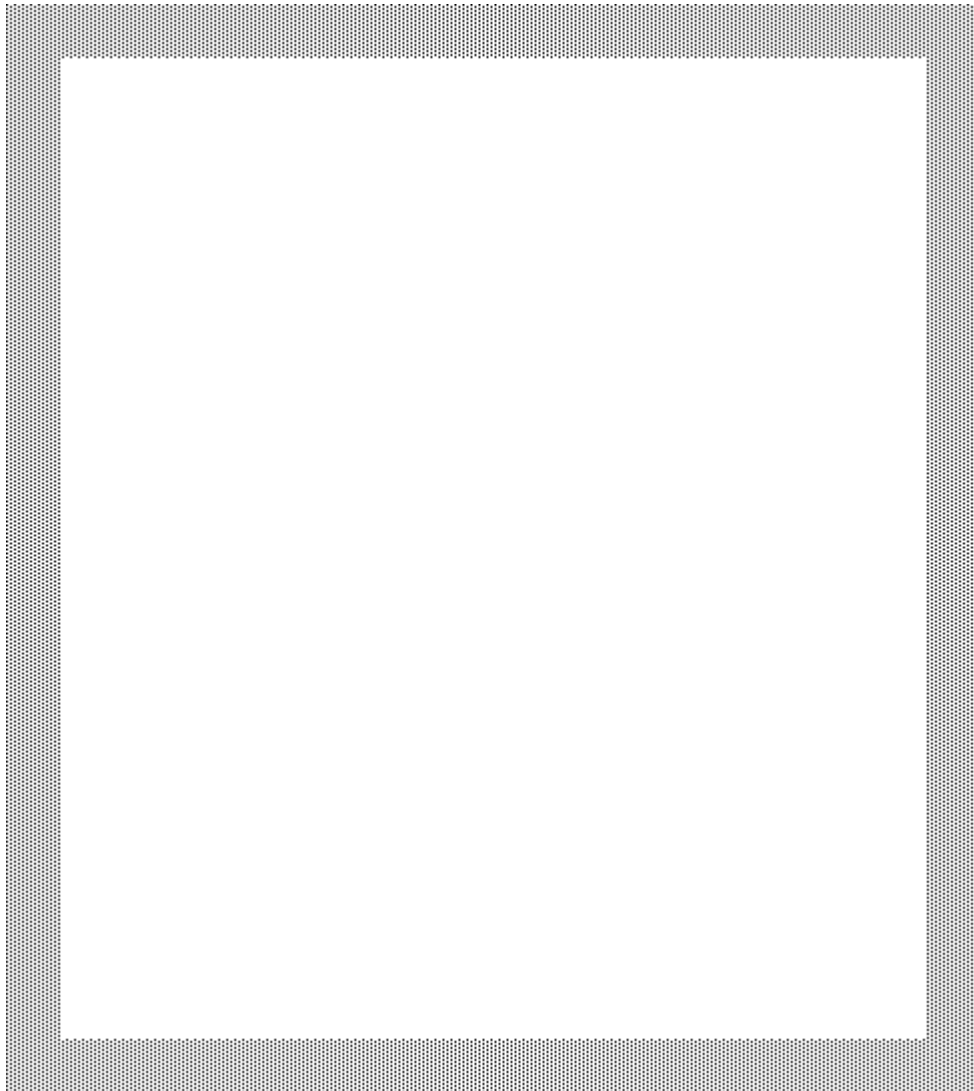
A low Sodium diet does not have to be a “low taste diet”. One simply way to season foods is with spices. Since salt substitutes can be less appetizing to many persons, the following spice mixtures may be a very palatable way to season foods. These mixtures are mixed by processing all ingredients in a blender or food processor until well blended. Pre-mixed spice mixtures are also available in the supermarket.

Mixture #1

2 Tbsp. Parsley Flakes
4 Tbsp. Lemon Peel
1 tsp. White Pepper
1 tsp. Horseradish Powder
1 tsp. Cumin
1 tsp. Garlic
1 Tbsp. Paprika
1 tsp. Ground Sage
½ tsp. Dry Mustard
3 Tbsp. Minced Dehydrated Onion

Mixture #2

1 Tbsp. Parsley Flakes
4 Tbsp. Lemon Peel
1 Tbsp. Onion Powder
1 tsp. Garlic Powder
1 tsp. Black Pepper
1 Tbsp. Paprika
1 tsp. Chili Powder
1 tsp. Ground Thyme
1 tsp. Dry Mustard



FOODS TO AVOID

Processed foods (canned soups, bouillon, sauces, gravies, TV dinners, etc.)

Delicatessen foods (cheeses, preserved meats, etc.)

Fast Foods (pizza, burgers, fries, fried foods, etc.)

Snacks (salted peanuts, potato chips, crackers, pretzels, etc.)

Salty or smoked meats (bacon, salt pork, hot dogs, etc.)

Miscellaneous (licorice, baking soda, egg yolks, organ meats, high fat foods, excessive consumption of beef)