



MISSISSIPPI EAR, NOSE AND THROAT SURGICAL ASSOCIATES, P.C.

C. MICHAEL OSBORNE, M.D. • SCOTT E. HARRISON, M.D. • STEPHEN F. LEE, M.D.

Benjamin T. Jeffcoat, M.D.

SALLY O. GUYTON, M.A., CCC/A

The Colonnades Building
501 Marshall Street, Suite 501
Jackson, Mississippi 39202
(601) 709-7700 (FAX) 709-7701
Toll Free (877) 709-7799
www.mentsa.com

Otolaryngology
Pediatric ENT
Hearing Prosthetics
Diagnostic Audiology

Low Salt Diet

The purpose of this diet is to restrict salt (Sodium Chloride) in the diet as much as possible by the use of foods low in natural salt. You are encouraged to take foods rich in natural potassium to prevent a deficiency of this most important mineral.

DO NOT EAT OR DRINK:

Carbonated drinks such as Coca Cola, Pepsi Cola, etc.

Table salt and most types of cheese.

Canned meat, fish and soup, dried and salted meats, sausages, meat extracts, preserved and salted fish such as sardines, herrings, anchovies, or caviar, pickles, and all other obviously salty foods.

Salted nuts or salted popcorn.

FOODS ALLOWED:

Cereals: All hot and cold cereals. Spaghetti, rice, macaroni, noodles.

Breads: All kinds, prepared without salt. Soda crackers without salt.

Vegetables: All freshly cooked vegetables prepared without salt and all canned vegetables prepared without salt.

Fruits: All kinds, fresh and preserved, jams or jellies.

Soups: Vegetable soups prepared without salt; may be flavored with onion, savory herbs such as parsley, thyme and bayleaf.

Meats: All fowl, all fresh meat, all fresh fish.

Meat Substitutes: Cottage cheese, eggs, prepared without salt.

Desserts: Cakes, pies, pastries and puddings (if prepared without salt), gelatin, tapioca, cornstarch.

Miscellaneous: Honey, maple syrup, jams, jellies, marmalades, sugar.

Beverages: Cream, tea, coffee, coffee substitutes, cocoa, tomato juice and other fruit juices are allowed.

Salt Substitute: Morton's Salt Substitute, etc.

FOODS TO BE EATEN AT LEAST ONCE A DAY:

Dried apricots, peaches or prunes, bananas, orange, tomato or other fruit juice.