

# Diet Lists

FROM TIME TO TIME we will publish diet lists which seem to have clinical usefulness. Minor variations exist in all standard diet lists; nevertheless these are representative and may be considered useful guides. Publication does not necessarily imply complete agreement with all details.

The following diet lists may be obtained from Eli Lilly and Company, Indianapolis 6, Indiana. Requests for copies and other inquiries should be addressed to the Medical Services Department of that company.

## Moderately Low Sodium Diet

(Approximately 1.5 g Sodium or 3.75 g Sodium Chloride)

### SUGGESTED MENU PLAN

#### Breakfast

1 serving fruit  
1/2 cup unsalted cooked cereal  
1 egg prepared any style without salt  
2 slices whole-wheat toast  
1 teaspoonful butter or oleomargarine  
1 glass milk  
Sugar, jelly  
Coffee

#### Lunch

2 1/2 oz meat, unsalted  
1/2 cup potato or potato substitute  
1/2 cup cooked vegetable  
1 serving fruit  
2 slices whole-wheat bread  
1 teaspoonful butter  
1 glass milk  
Sugar, jelly  
Coffee or tea

#### Dinner

1 glass fruit juice  
2 1/2 oz meat, unsalted  
1/2 cup potato or potato substitute  
1 serving vegetable salad, with saltless dressing  
2 slices whole-wheat bread  
1 teaspoonful butter  
1 serving fruit  
1 glass milk  
Sugar, jelly  
Coffee or tea

Drink 10 to 15 glasses of water each day.

### FOODS ON DIET (do not add salt in preparation)

#### Bread

Six slices of whole-wheat bread or 4 slices of white bread daily. If salt-free bread is eaten, 1/4 teaspoonful of salt may be added to food for seasoning.

One teaspoonful of tomato catchup or prepared mustard may be substituted for 1 slice of whole-wheat bread.

#### Cereals

All cooked cereals, except "quick-cooking" types, prepared without salt. Shredded wheat, puffed wheat, or puffed rice may be used.

#### Dairy Products

1. Three glasses of milk daily used as a beverage or in cooking. One serving of vanilla ice cream may be substituted for 1 glass of milk.

2. One egg daily, cooked without salt. (One ounce of fresh meat may be substituted for 1 egg.)

3. Three teaspoonfuls of butter or oleomargarine daily.
4. One-half cup coffee cream daily.

#### Fruits

One serving (1/2 cup) three times daily of any fruit—fresh, frozen, or canned (unless sodium benzoate has been added as a preservative).

Read labels and avoid those fruits to which a sodium compound has been added. Serve a citrus fruit once daily.

#### Meats

Two and one-half ounces twice daily.

Fresh lamb, veal, beef, pork, chicken (white meat only), turkey (white meat only), or fresh fish. Bake, broil, or fry in unsalted vegetable shortening. Use no salt. Onions, garlic, herbs, paprika, and pepper may be used for flavoring.

Do not use batters, bread crumbs, or sauces.

#### Potato or Potato Substitutes

One-half cup per serving twice daily. White potato, sweet potato, macaroni, rice, or spaghetti may be used. Fresh tomatoes, peppers, or onions may be added to give variety. Do not use salt, cream, or cheese sauces.

#### Other Vegetables

One-half cup per serving twice daily. Asparagus, canned beets, broccoli, Brussels sprouts, cabbage, cauliflower, corn, cucumbers, carrots, eggplant, green beans, parsnips, mushrooms or squash, lettuce, Lima beans, okra, onions, peas, red or green peppers, and tomatoes.

Vegetables should be fresh or frozen, unless otherwise indicated.

Cook without salt. Vegetables may be cooked, or served as salad. Any salt-free dressing may be used.

**FOODS TO AVOID***(Read carefully)***Canned foods**

1. Vegetables—unless canned without salt.
  2. Meats—except special low-sodium canned meats.
  3. Fish—except when labeled low in sodium (A low-sodium tuna fish is available).
  4. Soups or bouillon cubes.
    - smoked, pickled, or salt-preserved or salt-processed meats and fish, such as luncheon meats, bacon, ham, etc.
    - cheeses, except salt-free cottage cheese.
    - foods prepared with baking powder, baking soda, or prepared "mixes" (such as those for cookies, cakes, crackers, puddings, waffles, etc.).
    - highly salted foods, such as pretzels, peanut butter, potato chips, popcorn, salted nuts, etc.
    - salt-containing condiments and sauces.
      1. Vegetable salts—garlic, salt, and onion salt.
      2. Prepared sauces—catchup, horse-radish, mustard, steak sauce, etc.
      3. Bacon or ham fat or other fat to which salt has been added.
      4. Salt substitutes containing potassium if resin is being taken.
- medication not prescribed by your doctor.
- Saline laxatives, antacids, and pain or fever-relieving drugs frequently contain large amounts of sodium.
- chemically softened water for cooking or drinking.

**LOW-SODIUM FOODS***(May be taken as directed by the physician)***Beverages**

Coca-Cola, cocoa (except Dutch-processed), coffee, fruit juices (except tomato), ginger ale, and tea.

**Condiments**

Allspice, caraway seeds, cinnamon, curry powder, garlic, mace, mint leaves, mustard powder, nutmeg, onions, paprika, pepper, peppermint extract, parsley, sage, thyme, turmeric, vanilla extract, and vinegar may be used for flavoring.

**Fats and Oils**

Beef drippings, unsalted butter, olive oil, salad oil, and vegetable shortening (such as Crisco and Spry) may be used.

**Miscellaneous**

Dry coconut, honey, jam, jelly, marmalade, unsalted peanuts, unsalted walnuts, sugar, pure sugar candy (life savers, lemon drops, rock candy, and peppermints).

These low-sodium foods may be used, as directed, to add flavor, variety, and calories to the diet.

The use of a pressure cooker preserves the natural flavors of meats and vegetables.

**USEFUL RECIPES****Salt-Free Bread**

1 cake yeast  
 1/2 tablespoonful sugar  
 1/2 cup milk  
 2 tablespoonfuls salt-free vegetable shortening  
 3 1/2 cups flour (approximately)  
 1/2 cup water

Crumble yeast and mix with sugar. Heat water, milk, and shortening together in saucepan. Add this to yeast and sugar. Mix well. Add half the flour and mix thoroughly; then add the remaining flour and mix well to make a stiff dough. Knead until smooth and place dough in greased bowl. Spread about 1 teaspoonful of melted shortening over dough. Cover dough with towel and allow to set in warm place until it has raised to double its size. Knead again and shape into loaf. Place in well-greased pan, cover, and let raise until double in bulk. Bake in a moderately hot oven (350°F.).

Cut into 20 slices. One slice contains about 3.5 mg sodium and 97 calories.

**Salt-Free Butter**

Beat chilled cream with rotary egg beater or electric mixer until butter is formed. Pour off remaining liquid. Wash butter with water. Form and chill.

*Your Health Depends upon Your Diet**Eat Only the Quantities of Foods Allowed on the Diet**Eat Only Those Foods on the Approved List*