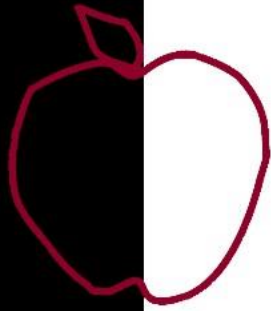


# PROTEIN & SODIUM CONTROLLED DIET



Your doctor has ordered a protein and sodium controlled diet for you.

Although you can still enjoy many of your favorite foods, you will need to limit foods high in protein such as meat, cheese, eggs and milk. Foods containing small amounts of protein, such as breads, cereal and vegetables, may be eaten as usual. Low-protein baked goods, sweets, fruits and fats are allowed as you desire.

To prevent unwanted fluid gain and to control high blood pressure, a sodium restriction is also necessary. You will need to avoid all foods high in salt.

*Refer to your individualized meal plan for number of servings.*

## MILK

(4 grams protein each portion)

Fluid milk (any type except buttermilk)	½ cup	Half & Half	½ cup
Evaporated milk	¼ cup	Yogurt	½ cup
Light cream	½ cup	Cream cheese	¼ cup (4 Tbsp)

## STARCH/BREAD

(2½ gram protein each portion)

Bread	1 slice	Dry cereals	
Biscuit	1 – 2 inches	40% Bran flakes	½ cup
Dinner roll	1 small	Cherrios	¾ cup
Sandwich roll	½	Cornflakes	1-¼ cup
English muffin	½	Rice Krispies	1-⅓ cup
Bagel ( <i>no salted tops</i> )	½	Puffed Wheat	1-¼ cup
Hot cooked cereal	½ cup (4 oz)	Shredded Wheat	1 large biscuit
( <i>cooked without salt</i> )		Special K	½ cup
( <i>Do not use individually packaged instant cereals.</i> )		Wheat Chex	⅔ cup
<b>Starchy Vegetables</b>		Crackers ( <i>Do not eat salted crackers.</i> )	
Corn	½ cup	Graham crackers	4 squares
Peas, green	½ cup	Unsalted top crackers	6
Potatoes	1 small baked or ½ cup mashed	Pasta, rice, noodles	½ cup, cooked
Sweet potatoes or yams	½ cup	( <i>cooked without salt</i> )	
Winter squash	½ cup	Ice cream (hard)	½ cup
		Sherbet	½ cup
		Ice milk (soft serve)	1 cup

# MEAT & MEAT SUBSTITUTES

(7 – 8 grams protein each portion)

Egg	1 large	Cottage Cheese	1/4 cup
Cheese	1 oz	Tuna (low sodium or rinse and drained)	1/4 cup
Cheddar, mozzarella, Swiss, provolone, other natural cheeses		Meat, chicken, turkey, fresh pork, fish, veal, game, lamb	1 oz cooked

*Do not eat American or other processed cheeses. Do not eat cured meats such as bacon, Canadian bacon, cold cuts, corned beef, ham, hot dogs, pastrami, sausage. Do not eat canned shrimp, clams or sardines, anchovies, chipped beef, beef jerky, frozen or canned dinners.*

## 1 ounce of meat:

- 1 chicken drumstick
- 1 meatball (the size of a golf ball)
- 1 thin slice of meat

## 2 ounces of meat:

- 1 chicken thigh
- 1 small pork chop (4 oz, raw)
- 2 thin slices of meat

**Beans** (frozen, dried-cooked, or no-salt-added canned)

Lima beans	Kidney beans	1/2 cup
Lentils	Pinto beans	
Black-eyed peas (cow peas)	Split beans	
Garbanzo beans (chick peas)		

*Do not use regular canned beans or baked beans. These are high in sodium.*

Peanut butter (unsalted preferred)	2 tbsp	Yogurt	1 cup
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# VEGETABLES

(2 grams protein each portion)

One portion is 1/2 cup cooked for all vegetables except those in the Starch/Bread and Meat and Meat Substitutes Groups. Use fresh, frozen, or no-salt-added vegetables

## Do not eat/drink:

- Canned vegetables (unless no-salt-added or low sodium)
- Pickled vegetables
- Baked beans
- Tomato or vegetable juice (unless low sodium)

# LOW PROTEIN FOODS, SWEETS, & FATS

These foods have very little protein. Eat as much of them as you want. These foods can provide needed calories.

## Fruits

All

## Sweets

- Candy:
  - gum drops, hardcandy, jelly beans, lollipops
- Marshmallows
- Carbonated beverages
- Lemonade/limeade/soft drinks
- Jam/jelly
- Popsicles
- Sugar/syrup/honey

## Fats

- Butter/margarine
- Oil
- Shortening
- Mayonnaise
- Salad dressings (except sour cream based or with cheese)
- Non-dairy creamer
- Gravy

*Low protein products may be purchased from specialty suppliers. Ask your dietitian for information on how to contact these suppliers.*

# HIGH IN SODIUM. DO NOT EAT.

Soups – all commercial

Salt and salt containing seasonings

Monosodium glutamate (MSG)

Soy sauce

Salted snack foods

Seasoning preparations and mixes for stuffing,

rice, breading, gravies, sauces, potatoes, pasta

*Most restaurants serve food high in sodium. Check to see if food can be “made to order” and prepared without salt.*

# LOW PROTEIN & SODIUM CONTROLLED DIET PLAN

Diet prescription: grams protein \_\_\_\_\_

Dietitian: \_ milligrams sodium

Phone number: \_\_\_\_\_

\_\_\_\_\_

## TOTAL PORTIONS FOR THE DAY

_____	Meat and Meat Substitute	_____	Vegetables	_____	Fruits (free food)
_____	Milk	_____	Starch/Breads	_____	Fat (free food)

### Breakfast

\_\_\_\_\_ Milk  
 \_\_\_\_\_ Starch/Bread  
 \_\_\_\_\_  
 \_\_\_\_\_

### Snack

\_\_\_\_\_  
 \_\_\_\_\_

### Lunch

\_\_\_\_\_ Meat and Meat Substitutes  
 \_\_\_\_\_ Milk  
 \_\_\_\_\_ Starch/Bread  
 \_\_\_\_\_ Vegetables  
 \_\_\_\_\_

### Snack

\_\_\_\_\_  
 \_\_\_\_\_

### Dinner

\_\_\_\_\_ Meat and Meat Substitutes  
 \_\_\_\_\_ Milk  
 \_\_\_\_\_ Starch/Bread  
 \_\_\_\_\_ Vegetables  
 \_\_\_\_\_

### Snack

\_\_\_\_\_

### *Sample Menu*

#### Breakfast

#### Snack

\_\_\_\_\_  
 \_\_\_\_\_

#### Lunch

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

#### Snack

\_\_\_\_\_  
 \_\_\_\_\_

#### Dinner

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

#### Snack

\_\_\_\_\_  
 \_\_\_\_\_