

# Low salt diet

A low salt diet is usually recommended for people who have high blood pressure or heart failure, although it is also recommended for other diseases. Most of the sodium in the diet comes from the salt found in or added to food. In a normal diet we eat from 10 to 15 g of sodium chloride (common salt) per day. A standard low salt diet contains a maximum of 5 g of salt a day.

## General recommendations

Enhance the taste of food with vinegar, lemon, oil, garlic, onion, pepper and spices, but not salt.

Always cook **without salt**.

**Preferably cook** on the griddle, in foil, bake, make casseroles or stews.



## Food allowed

- Raw fruit.
- Flour, pasta, rice, cereals and pulses.
- Potatoes.
- Vegetables.
- Milk, yoghurts and curds.
- Salt-free cheese.
- Salt-free bread
- Unsalted nuts.
- Fish.
- Eggs.
- Meat: poultry, veal, lamb...
- Butter, oil, margarine.
- Sugar, homemade pastries.
- Low mineralization mineral water.

## Food not recommended

- Cooking and table salt.
- Ready meals.
- Cold cuts.
- Industrial pastry.
- Mustard, ketchup...
- Preserves.
- Olives.
- Sparkling water or carbonated drinks.
- Jams and fruit in syrup, except if homemade.
- Packaged juice.
- Salted bread.
- Spinach (it has lots of sodium).

*In case of doubt, ask your nurse or physician*