

FOOD GROUP	FOODS ALLOWED	FOODS NOT ALLOWED
Beverages	Carbonated drinks; coffee; decaffeinated coffee; fresh lemonade; limeade; instant tea	All milk, including buttermilk, canned milk, eggnog, malted milk, milkshakes, and powdered milk; hot chocolate, cocoa mixes; lemonade made from frozen concentrate; brewed tea
Bread and cereals	Biscuits, bread, cornbread, hamburger buns, and muffins; pancakes; sweet rolls; waffles; cooked and dry cereals without added salt (check labels)	Bread, crackers, and rolls with salt topping; corn tortillas; flour tortillas; cooked and dry cereals with salt added
Cheese	None	All cheeses, including American, cheddar, cottage cheese, cream cheese, Gouda, mozzarella, Parmesan, provolone, ricotta, and Swiss; cheese crackers, cheese foods, cheese puffs, cheese sauces and spreads; cheese stick; dips; processed cheese
Desserts and sweets	Fruit cobblers, fruit pies, gelatin desserts; white and yellow cake with sugar icing; shortcake; tapioca; cookies; bread pudding (no milk); lemon sauce with cornstarch; vanilla wafers; graham crackers; fruit ices and popsicles; honey, jam, jelly, marmalade, preserves, syrup, and sugar	All chocolate in cakes, icings, pies, candy, cookies, and puddings, chocolate chips, chocolate syrup; Boston cream pie; custards; puddings, rice pudding, yogurt, All ice cream, including mellorine, frozen custard, frozen yogurt, ice milk, sherbet, and "dietetic" ice cream; chiffon pie and cream pie; molasses
Fats	Butter, margarine, vegetable oil, and most salad dressings; powdered or liquid nondairy creamer; nondairy whipped topping	Sour cream, salad dressings made with cheese, yogurt, or sour cream; 1/2 and 1/2 cream, whipping cream
Fruits and juices	Fresh, canned, and frozen fruit and fruit juice; dried fruits	Canned carrot juice, tomato juice, and vegetable cocktail juice; powdered fruit juice substitutes; electrolyte replacement drinks (Gatorade); rhubarb
Meats and meat substitutes	Two average meat portions per day of baked, boiled, broiled, or fried beef, chicken, fresh-water fish, fresh pork, seafood, tuna, turkey, veal, or venison;	Barbecued, cured, salty, canned, or smoked meats and fish; anchovies, caviar, herring, salmon, sardines, corned beef, chili, tamales, and stews; dried chipped beef, frankfurters; homemade chili, meat pies, and stews; eggs
ham; luncheon meats; pizza; salt pork, bacon,		sausage; meat pies; TV dinners
Starches	Corn, macaroni, noodles, potatoes, rice, and spaghetti; dried beans and dried peas in moderation	Macaroni and cheese; potato chips; corn chips; tortilla chips; corn pudding
Vegetables and soups	Fresh, canned*, and frozen vegetables; homemade soups without added salt; lettuce	Sauerkraut and other vegetables prepared in brine; canned pork and beans; hominy; All greens, such as beet greens, collard greens, mustard greens, polk greens, spinach, and turnip greens; cheese soup; all canned soup (unless low sodium content is indicated), bouillon cubes; canned broth
Miscellaneous	Spices, herbs, and extracts; unsalted peanut butter; small amounts of meat tenderizer, brown gravy and sauces such as catsup, chili sauce, spaghetti sauce, steak sauce, and Worcestershire Sauce because these do contain salt!	Added salt; seasoned salt; monosodium glutamate (MSG), prepared horseradish and mustard; olives; pickles; salted nuts; salted popcorn; regular peanut butter; soy sauce; cream gravies and white sauce; hollandaise; newburg sauce
Supplements	NONE unless recommended by physician	Vitamin D; vitamins plus minerals; vitamin C

*Instructions for limiting salt:

1. Use no salt or seasoned salt at the table.
2. Eat foods only lightly salted during preparation.
3. Do not add salt in the preparation of foods to which salt is added in processing-for example, canned vegetables.
4. When preparing foods from a recipe, use half the amount of salt specified.

*Canned vegetables should be drained and rinsed to decrease salt.

Resnick, M., Pak, C.Y. UROLITHIASIS A MEDICAL AND SURGICAL REFERENCE. W.B. Saunders Company, 1990, p.

Medications

Only as directed by physician

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