



Low Sodium Diet



Your doctor has prescribed a low sodium diet (700mg of sodium per meal) for you during your stay. This diet will help prevent water retention, high blood pressure and shortness of breath. It may also help reduce your risk for a heart attack or stroke.

Our suggestions when ordering your meals from the At Your Request menu for your special diet are listed below. ****Multiple diet restrictions may limit the foods allowed****

Breakfast

Entrees

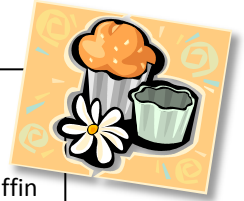
Scrambled Eggs/Cholesterol Free Scrambled
Hard Boiled Egg
Omelet with Choice of:
Onion/Tomato/Mushroom/Green Pepper
Buttermilk Pancake (1 pancake)
French Toast

Cereals

Cream of Wheat
Oatmeal
Grits
Rice Krispies
Corn Flakes
Cheerios
Special K
Raisin Bran

Bakery

English Muffin
Plain/Blueberry Muffin



On the Side

Breakfast Potatoes
Turkey Sausage
Bacon Slice
Cottage Cheese
Yogurt: Vanilla, Strawberry,
Plain Greek



Lunch/Dinner



Fruit

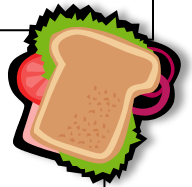
Apple
Quartered Orange
Banana
Fresh Fruit Cup
Applesauce
Peach Slices
Pear Halves

Entrees

Pot Roast
Meatloaf
Hamburger
Roasted Turkey Breast
Glazed Pork Loin
Chicken Parmesan
Crispy Baked Tilapia
Spaghetti or Whole Wheat Penne with:
Marinara or Meat Sauce
Glazed Chicken Breast
Grilled Chicken Sandwich
BBQ Chicken
Taco: Beef/Chicken

Deli

Peanut Butter & Jelly Sandwich
Breads: Wheat, White, Tortilla Wrap
Meats: Roast Beef
Cheese: Low Fat Cheese
Toppings: Onion, Lettuce, Tomato



Soup/Salad

Garden Vegetable
Chicken Noodle
Cream of Potato
LS Chicken/Beef/Vegetable Broth
Fruit & Cottage Cheese Plate
Garden Salad
Cole Slaw
Pasta Salad
Cucumber Salad



On the Side

Sliced Carrots
Green Beans
Corn
Green Peas
Broccoli
Yellow Squash
Zucchini
White Rice
Whipped Potatoes
Parsley Boiled Potatoes
Steak Fries
Dinner Roll
Corn Muffin
Low Sodium Crackers

Desserts

Chocolate Brownie
Lemon Fruit Ice
Vanilla Wafers
Graham Crackers
Sherbet: Orange/Lime
Ice Cream: Choc/Vanilla/Strawberry
Angel Food Cake
Pudding: Choc/Vanilla
Gelatin
Chocolate Chip Cookie
Apple Pie

Beverages

Coffee
Hot/Iced Tea
Hot Chocolate
Milk: Skim, 2%, Chocolate, Lactose Free, Soy
Juice: Grape, Orange, Apple, Cranberry
Sodas: Cola, Lemon Lime, Orange,
Ginger ale, Lemonade

