



2 Gram Sodium Diet

2000 Calories

	<u>Sodium(salt)</u>	<u>Carbohydrates</u>
<u>Breakfast:</u>	353 mg	35 grams
2 Slices Light Whole Wheat Toast	240 mg	20 g
2 Egg Whites	110 mg	0 g
2 tablespoons unsalted Butter or Margarine	3 mg	0 g
½ Medium Banana	0 mg	15 g
<u>Morning Snack:</u>	97 mg	24 g
6 oz. Low-Fat, Sugar Free Yogurt	97 mg	17g
¼ cup Dry Roasted Nuts, unsalted	0 mg	7 g
<u>Lunch:</u>	735 mg	54 g
Tuna Salad Sandwich on Whole-Wheat Bread with	708 mg	24 g
- 1 Tablespoon Light Mayo		
- Add Lettuce, Tomato, and any other veggies		
½ cup Low-fat, Low Sodium Cottage Cheese	15 mg	3 g
1 cup Sliced Peaches in Extra Light Syrup or natural juice	12 mg	27 g
<u>Afternoon or Evening Snack:</u>	223 mg	23 g
6 Whole Wheat Crackers	158 mg	17 g
2 Tablespoons Low-fat, Sodium, & Sugar Peanut Butter	65 mg	6 g
<u>Dinner:</u>	646 mg	70 g
Garden Salad	20 mg	3 g
2 Tablespoons Low-fat Balsamic Vinaigrette Dressing	367 mg	10 g
4-5 oz. Grilled Chicken Breast	92 mg	0 g
1 cup Whole grain rice or pasta	15 mg	40 g
1 cup Broccoli	64 mg	11 g
½ cup Cooked Carrots	43 mg	6 g
1 cup Sugar Free Jell-O	45 mg	0 g

Compared to Fast Food:

Burger King Whopper	980 mg Salt
Medium French Fry	690 mg Salt
32 oz. Diet Coke	115 mg
Small Vanilla Shake	260 mg



Totals: Sodium: 2045mg Calories: 1370