



# Low Sodium 3-Day Sample Menu

You may be advised to follow a low sodium diet if you have:

- Swelling, also called edema
- High blood pressure, also called hypertension
- Cardiovascular disease (CVD)
- Coronary artery disease (CAD)
- Heart failure (HF)
- Kidney disease

This 3-day sample menu provides less than 2,000 calories and less than 2,000 milligrams (mg) of sodium a day.

## Day 1 Menu

### Breakfast

Cooked oatmeal:

- ½ cup oatmeal cooked
- 1 cup fat-free, skim milk
- 1 tablespoon honey
- 1 tablespoon unsalted peanut butter
- 1 medium apple

Total: 426 calories; 127 mg sodium

### Lunch

Chicken salad:

- 3 ounces baked, skinless, chicken breast, cooked with 1 tablespoon vegetable oil
- 1 tablespoon mayonnaise
- 1 teaspoon mustard
- ¼ cup sliced grapes
- 2 tablespoon diced celery
- Pepper to taste

1 cup raw spinach

1 medium apple on the side

Total: 493 calories; 352 mg sodium



**THE OHIO STATE UNIVERSITY**

WEXNER MEDICAL CENTER

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## Dinner

Protein and vegetable rice bowl:

- ½ cup brown rice cooked with no salt added fresh tomatoes
- 3 tablespoons diced tomatoes
- Protein choices:
  - 4 ounces cooked/grilled salmon (cooked with 1 tablespoon vegetable oil), **or**
  - 3 ounces cooked/grilled chicken (cooked with 1 tablespoon vegetable oil)
- ½ cup sliced carrots
- ½ cup cooked broccoli
- Pepper to taste
- Honey Dijon mustard vinaigrette:
  - 1 tablespoon olive oil
  - 1/2 teaspoon white vinegar
  - 1/2 teaspoon water
  - 1 tablespoon honey
  - 1 teaspoon Dijon mustard

Total: 410 calories; 330 mg sodium

**Total calories and sodium for 3 meals = 1,330 calories; 813 mg sodium**

## Snacks

Choose 2 to 4 snacks to have in between your meals:

- 1 bell pepper, 2 tablespoons hummus and 1 cheese stick (165 calories; 292 mg sodium)
- 1 apple with 2 tablespoons peanut butter and 10 whole wheat crackers (373 calories; 142 mg sodium)
- 1, 6-ounce yogurt with ½ cup fresh fruit and unsalted nuts (237 calories; 121 mg sodium)
- 1 cup chocolate milk and 1 orange (278 calories; 152 mg sodium)
- 2 tablespoons raisins and 1 hard-boiled egg (201 calories; 76 mg sodium)

## Day 2 Menu

### Breakfast

Yogurt bowl:

- ¾ cup yogurt
- ½ cup fresh fruit, such as strawberries, raspberries and blueberries
- 2 tablespoons unsalted mixed nuts
- 1 tablespoon almond butter

Total: 415 calories; 121 mg sodium

### Lunch

Burrito:

- 2 small corn tortillas
- 2 tablespoons mango salsa made with diced mango, red pepper, onion, cilantro, jalapeno and lemon juice
- 3 ounces 93% lean ground turkey, cooked with 1 tablespoon vegetable oil
- 2 tablespoons sliced avocado
- 2 tablespoons shredded cheese

½ cup strawberries on the side

Total: 442 calories; 290 mg sodium

### Dinner

Baked salmon and herbed quinoa:

- 4 ounces baked salmon (or your choice of fish)
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- Black pepper
- 2 fresh lemon slices (bake with salmon)
- 1 cup quinoa with 1 tablespoon olive oil, ¼ teaspoon dried basil and ¼ teaspoon dried oregano

½ cup asparagus

Total: 520 calories, 113 mg sodium

**Total calories and sodium for 3 meals = 1,380 calories; 524 mg sodium**

## Snacks

Choose 2 to 4 snacks to have in between your meals:

- 1 bell pepper, 2 tablespoons hummus and 1 cheese stick (165 calories; 292 mg sodium)
- 1 apple with 2 tablespoons peanut butter and 10 whole wheat crackers (373 calories; 142 mg sodium)
- 1, 6-ounce yogurt with ½ cup fresh fruit and unsalted nuts (237 calories; 121 mg sodium)
- 1 cup chocolate milk and 1 orange (278 calories; 152 mg sodium)
- 2 tablespoons raisins and 1 hard-boiled egg (201 calories; 76 mg sodium)

## Day 3 Menu

### Breakfast

Eggs and toast:

- 2 eggs scrambled or cooked, no salt added, cooked with 1 tablespoon vegetable oil -- you may add a ½ teaspoon of hot sauce for more flavor
- 1 slice whole grain bread
- 1 ½ teaspoons unsalted butter

1 orange

Total: 471 calories; 304-366 mg sodium

### Lunch

Hummus and vegetable wrap:

- 1 small corn tortilla wrap
- 2 tablespoons hummus
- Sliced carrots
- Raw spinach leaves
- 2 tablespoons sliced avocado
- Bean sprouts
- Cucumber slices

1 medium apple on the side

Total: 275 calories; 160 mg sodium

## Dinner

Turkey burger and sweet potato fries:

- 3-ounce turkey patty
- 1 whole wheat bun
- 1 tomato slice
- 1 tablespoon avocado slices
- Lettuce
- Baked sliced sweet potato fries with olive oil, no salt added

Total: 705 calories; 412 mg sodium

**Total calories and sodium for 3 meals = 1,450 calories and 940 mg sodium**

## Snacks

Choose 2 to 4 snacks to have in between your meals:

- 1 bell pepper, 2 tablespoons hummus and 1 cheese stick (165 calories; 292 mg sodium)
- 1 apple with 2 tablespoons peanut butter and 10 whole wheat crackers (373 calories; 142 mg sodium)
- 1, 6-ounce yogurt with ½ cup fresh fruit and unsalted nuts (237 calories; 121 mg sodium)
- 1 cup chocolate milk and 1 orange (278 calories; 152 mg sodium)
- 2 tablespoons raisins and 1 hard-boiled egg (201 calories; 76 mg sodium)

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**Talk to your doctor or health care team if you have any questions about your care.**