



HEALTH FOR LIFE

Low Sugar, Low Sodium Diet

The purpose of this diet is:

1. To help keep blood sugar at normal levels. People who have diabetes and some people who take certain medication must avoid sugar and sweets.
2. To help control fluid build-up or high blood pressure by decreasing sodium in the diet. Sodium is a mineral that is necessary for good health, but most people eat more sodium than they need.

Guidelines:

1. Eat 3 balanced meals per day. Eat an evening snack if you are taking insulin or pills for your blood sugar.
2. **Do not eat** sugar of any type, sweets, or foods made with sugar.
3. Table salt (sodium chloride) and foods made with salt are the highest sources of sodium. Do not add salt to your foods at the table. Use no more than $\frac{1}{4}$ teaspoon of salt per day in cooking.
4. Read package labels for the ingredient list and nutrition information. **Do not** eat foods that have sugar or "sucrose" listed in the first three ingredients. Look for foods that have 400 milligrams of sodium or less **per serving**.
5. Maintain an ideal body weight.

Food Group	Select From	Foods To Avoid
Meat, Fish, Poultry, and Eggs	<p>Fresh, unprocessed cuts of:</p> <ul style="list-style-type: none"> • Beef, pork, poultry, veal, liver, fish, shellfish • Peanut Butter • Low sodium Cheeses • Low sodium frozen or packaged dinners with less than 600 mg sodium such as "Healthy Choice" frozen meals or "Banquet Healthy Balance" 	<ul style="list-style-type: none"> • Smoked, cured meats, such as bacon, cold cuts, sausage, hot dogs, corned beef, ham and meat spreads • Canned meats and regular commercially prepared frozen meals, casseroles, sardines, "Spam" • Processed cheeses such as American, "Velveeta", "Cheese Whiz" • Packaged dinner mixes such as "Hamburger Helper" and "Shake 'n Bake"
Vegetables	<p>All fresh and frozen vegetables. Rinse canned vegetables with water before cooking or use unsalted canned vegetables</p>	<ul style="list-style-type: none"> • Sauerkraut • Pork and beans • Olives • Vegetables in cream or cheese sauces • Dill, sweet pickles
Fruit	<ul style="list-style-type: none"> • Fresh fruit; unsweetened frozen fruit; fruit packed in natural juice or water • Canned fruit in light syrup if rinsed and drained 	<ul style="list-style-type: none"> • Fruit canned in heavy syrup • Frozen fruit with sugar added • Sweetened fruit drinks or juices • Sweetened applesauce • Dried Fruits

Food Group	Select From	Foods To Avoid
Breads and starches		
Limit: Nut breads, corn bread, snack crackers	<ul style="list-style-type: none"> • White, wheat, rye, pumpernickel breads or biscuits • Hamburger and hot dog buns • Crackers with unsalted tops • Unsweetened cereals (cooked or dry) • English muffins, bagels • Graham crackers, vanilla wafers • Potatoes, corn, dried beans and peas • Rice, pastas 	<ul style="list-style-type: none"> • Any crackers with salted tops • Iced rolls, donuts, coffee cake, muffins, pastries, sweetened cereals, granola • Packaged breading mixes • Fruit cake • Cinnamon toast
Beverages		
	<ul style="list-style-type: none"> • Milk, sugar free chocolate milk • Sugar-free coca mix • Sugar-free soft drinks such as "Diet Coke" or "Diet Pepsi" • Sugar-free drink mixes such as "Crystal Light" or "Sugar Free Kool-aid" 	<ul style="list-style-type: none"> • Regular chocolate milk or cocoa mixes • "Gatorade" or sports drinks • Regular soft drinks or drink mixes • Milkshakes • Commercial supplements such as "Ensure" or "Sustacal"
Soups		
Limit: 1 bowl of "1/3 less sodium soup" such as Campbell's "Special Request"	<ul style="list-style-type: none"> • Homemade soups (except those made with ham, ham hocks, bacon) • Low Sodium Soups 	<ul style="list-style-type: none"> • Regular canned soups • Bouillon • Restaurant soups
Fats		
Limit: Regular salad dressing, cream cheese	<ul style="list-style-type: none"> • Butter, margarine • Cream, cream substitute • Sour cream • Vegetable oils • Mayonnaise, salad dressing • Low-sodium salad dressing 	<ul style="list-style-type: none"> • Bacon fat, salt pork • Party spreads and dips

Food Group	Select From	Foods To Avoid
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Snack Foods

Limit:

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| <ul style="list-style-type: none"> • Cookies made with fructose to two per day • Use plain ice cream or sherbet and limit to no more than ½ cup per day • Limit candy made with sorbitol to 2 pieces per day | <ul style="list-style-type: none"> • Unsalted popcorn, pretzels, potato chips • Unsalted nuts • Sugar-free pudding, gelatin, or custard • Plain yogurt, sugar-free yogurt, sugar-free frozen yogurt • Sugar-Free "Popsicles" and other sugar-free frozen snacks • Graham crackers, vanilla wafers • Angelfood cake • Gingersnaps | <ul style="list-style-type: none"> • Any kind of salted snack food such as pretzels, potato chips, corn chips, crackers, nuts • Pie, cake, cookies, candy • Chocolate • Regular ice cream bars, popsicles, yogurt, milkshakes, malts • Pastries and donuts • Regular chewing gum • Cough drops |
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Condiments and Miscellaneous

Limit:

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| <ul style="list-style-type: none"> • Fructose and sorbitol and foods made with them such as artificially sweetened syrup or jelly • Sweet pickles, sweet relish • Chili sauce, low sodium soy sauce, steak sauce, Worcestershire sauce, barbecue sauce, cooking wine or sherry | <ul style="list-style-type: none"> • Sugar substitutes made with saccharin such as "Sweet · n · Low", "Sugar Twin", "Sunette" • Sugar substitutes made with aspartame such as "Equal", "NutraSweet" • Products made with acceptable sugar substitutes • All spices, herbs without added salt • Pepper • Salt substitute such as "No Salt" (Potassium Chloride), only if doctor approved • Sodium free herb-spice mixtures such as "Mrs. Dash" • "Mrs. Dash Sodium Free Chicken Coating" • Sodium-free meat tenderizers | <ul style="list-style-type: none"> • Sugar, brown sugar, confectioner's (10x) sugar • Maple syrup • Corn syrup • Molasses • Honey, jam, jelly, preserves, "Simply Fruit" • Salt of any kind: garlic salt, celery salt, onion salt or seasoned salt • Light salts or any substitute that contains sodium such as Morton's "Lite Salt", "Salt Sense", or "Papa Dash" • Monosodium glutamatae (MSG) • Soy Sauce • Meat tenderizers • Imitation Bacon Bits • "Accent" • Canned or packaged gravy or sauce mixes |
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