



Low Sodium Diet

Doctors estimate that the average American consumes 3,300 milligrams of salt per day. That's about one third more than the recommended 2,400 milligrams. For some patients with extremely high fluid retention, even restricting their diets to 4,000 mg is enough to keep them out of the danger zone. However, some individuals must reduce their intake to just 2,000 mg per day, which can be quite difficult to maintain. One of the easiest ways to reduce sodium intake is to avoid processed and "convenience" foods, as well as canned soups and vegetables. Individuals are advised to consume only low-sodium bread, and avoid most commercial cereals. They must also avoid, ham, bacon, and cold cuts, as well as virtually all cheese, except lowsodium varieties. Needless to say, snacks like pretzels and potato chips are strictly off limits.