

RECOMMENDATIONS FOR LOW-SODIUM DIETS

Dear patient,

In order to ensure a reliable result, please follow the recommendations below:

If you have had fluid retention due to: heart failure, liver failure or kidney failure and your doctor has recommended you to reduce your sodium intake, please consider the following recommendations.

▪ Avoid consumption of:

- Cold cuts (ham, sausages, mortadella, cured pork sausage, Spanish cured ham)
- Sausages (cured sausage, blood sausage)
- Garlic salt and onion salt
- Base mix for meats
- Packed soups
- Packed foods such as potato chips, cornmeal snacks (such as “Chitos” or Boliqueso”), green plantain crisps, pork rinds, etc.
- Broth concentrates
- Canned food
- Tomato sauce
- Soy sauce
- Japanese sauce
- Dry fish
- Salt-cured meat.

- DO NOT add sodium bicarbonate to food.
- DO NOT abuse milk consumption
- Limit bakery products consumption, particularly, pandebono, buñuelo, and cheese sticks.
- DO NOT use a saltshaker on the table.
- When cooking food, you may use _____ one (1) gram packages of salt for the whole day.

Remember that according to Law 100/1993, it is the patients’ DUTY to take self-care measures and adhere to their Treating Physician recommendations.

For more details, please call us at phone number
3319090 Ext. 3152–4154

