Low Sodium Diet

A low sodium diet helps control your blood pressure and prevent buildup of extra water in your body. Low sodium foods and salt-free seasonings are used to prepare your meals.

Please ask to see a Registered Dietitian Nutritionist if you have questions about your diet.

Breakfast served all day

HOT & COLD CEREALS

- Oatmeal
- Grits
- Cheerios
- Raisin Bran
- Cinnamon Toast Crunch
- Honey Nut Cheerios

SIDES

- Hard Cooked Egg
- Home Fries
- Turkey Bacon

BUILD YOUR OWN OMELET

Eggs: Egg Whites • Eggs

Protein: Swiss • Turkey Bacon

Toppings: Sautéed Mushrooms • Sautéed Onions
Green Peppers • Diced Tomatoes

SWEETS

- Fresh Banana
- Fresh Orange
- Fresh Apple
- Fresh Fruit Cup
- Fresh Berries
- Cantaloupe
- Fresh Pineapple
- Low Fat Strawberry Yogurt
- Low Fat Vanilla Yogurt

BEVERAGES

- Orange Juice • Apple Juice
- Cranberry Juice
- Grape Juice
- Skim Milk • 2% Milk
- Whole Milk
- Iced Tea

BREAKFAST ENTRÉES

- Scrambled Eggs
- Baked French Toast Sticks
- Waffle
- Pancakes
- Blueberry Whole Wheat Pancakes
- Chocolate Chip Pancakes
- Greek Yogurt Fruit Plate

BREAD BASKET

- Blueberry Muffin
- English Muffin
- White Bread • Flour Tortilla
- Whole Wheat Bread

CONDIMENTS

- Margarine
- Butter
- Light Cream Cheese
- Jelly
- Peanut Butter
- Lemon Juice
- Honey
- Sugar
- Equal® Sucralose
- Pepper
- Herb Seasoning
- Low Sodium Ketchup
- Syrup
- Brown Sugar
- Raisins

STARTERS

Tossed Garden Salad with Cucumbers and Tomato
Caesar Side Salad • Celery and Carrot Sticks

ENTRÉES

Chicken Parmesan
Meatball Sub
Baked Fish Sticks with Tartar Sauce
Roast Turkey
Rigatoni with Meatballs
Macaroni & Cheese
Chicken Nuggets

Cheeseburger Slider
Roast Beef on Wheat
Cheese Quesadilla
Grilled Chicken Sandwich on Whole Wheat
Chicken Salad Sandwich on Wheat

BUILD YOUR OWN SANDWICH

---- Choose Your Bread ----
Whole Wheat Bread • White Bread
Whole Wheat Flour Tortilla • Slider Roll

---- Choose Your Protein ----
Sliced Roasted Turkey • Sliced Roast Beef
Sliced Chicken Breast • Peanut Butter
Chicken Salad • Tuna Salad

---- Choose Your Cheese ----
Swiss Cheese

---- Choose Your Toppings and Condiments ----
Tomato Slice • Lettuce Leaf • Sliced Red Onion
Jelly • Lite Mayo • LS Ketchup

BUILD YOUR OWN GRILL

---- Choose Your Bread ----
Whole Wheat Bread • White Bread • Hamburger Roll
Whole Wheat Hamburger Roll • Slider Roll
Whole Wheat Flour Tortilla

---- Choose Your Protein ----
Beef Patty • Grilled Chicken Breast
Breaded Chicken Breast • Sliced Roasted Turkey

---- Choose Your Cheese ----
Swiss Cheese

---- Choose Your Toppings and Condiments ----
Tomato Slice • Lettuce Leaf • Sliced Red Onion
Lite Mayo • LS Ketchup

SOUPS

Chicken Noodle • Tomato Basil • Vegetable

SIDES

- Fresh Broccoli
- Green Beans
- Fresh Carrots
- Corn
- Mashed Potatoes
- Whipped Sweet Potatoes
- Buttered Penne

- White Rice
- Baked Potato Chips
- Poultry Gravy
- Brown Gravy
- Marinara Sauce

BENTO BOX

Yogurt & Fruit Bento

BREAD BASKET

White Roll • Whole Wheat Bread
White Bread • Flour Tortilla • Low Sodium Saltines

SWEETS

- Mini Chocolate Chip Cookies
- Mini Oatmeal Raisin Cookies
- Brownie
- Teddy Grahams®
- Chocolate Pudding
- Red Gelatin
- Citrus Gelatin
- Vanilla Ice Cream
- Chocolate Ice Cream
- Orange Sherbet
- Fruit Ice

- Chilled Peaches
- Applesauce
- Chilled Pears
- Mandarin Oranges
- Fresh Fruit Cup
- Fresh Banana
- Fresh Orange
- Fresh Apple
- Fresh Berries
- Fresh Cantaloupe
- Fresh Pineapple

BEVERAGES

Skim Milk • 2% Milk • Whole Milk • Iced Tea
Orange Juice • Apple Juice
Cranberry Juice • Grape Juice

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CONDIMENTS

Margarine	**Pepper**
Butter	**Herb Seasoning**
Diet French Dressing	**Low Sodium Ketchup**
Diet Italian Dressing	**Jelly**
Lemon Juice	**Peanut Butter**
Honey	**Parmesan Cheese**
Sugar	**Lettuce and Tomato**
Equal® Sucralose	