

Low Sodium (Salt) Eating Out

Helpful Guidelines for Eating Out

- Choose restaurants that offer a variety of foods to choose from and that are willing to prepare foods on special request.
- Ask that food be prepared without added salt, salt-containing ingredients or MSG.
- If you are unsure about the ingredients in a menu item, ask your server.
- Be alert for menu items using high sodium ingredients (such as pickled, cured or smoked foods).
- Remove the salt shaker from your table or put it out of easy reach.
- Use only small amounts of condiments (such as mustard, ketchup, pickles and sauces with salty ingredients).

Appetizers and Salads

- Use lemon juice or ask for dressings and sauces on the side when ordering appetizers made from fish, shrimp, or vegetables.
- Start your meal with fruit (melon wedge, fruit salad or fruit cup).

Entrees

- Try lean meat or poultry, fish or shellfish that is broiled, baked, roasted, poached, or grilled. Ask for sauces or gravy on the side and use only small amounts.

Side Dishes

- Enjoy plain vegetables, potatoes, rice that have been steamed or baked. Ask for sauces on the side and use only small amounts. Enjoy plain breads or rolls without salty toppings or spreads.

Sandwiches or Burgers

- Choose fillings of vegetables, roasted meat or poultry, fish, egg or hard cheese. Avoid cured meats, processed cheese and pickles. Use only small amounts of condiments (mustard, ketchup, relish).

Pasta and Pizza

- Try pasta or pizza without tomato sauce.
- Use small amounts of cheese and ask for only half the cheese portion on pizza.
- Choose low salt ingredients such as chicken or meats cooked without salt or salty sauces (instead of high salt ingredients such as ham, sausage, anchovies and olives).

This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.

Asian Cuisine (Chinese, Thai, Malaysian)

- Choose plain rice and noodles instead of fried rice or noodles with sauces. Ask for your favourite dishes to be made without high sodium ingredients used in Asian cooking (such as soy sauce, teriyaki sauce, and MSG).

**Notes**

This handout distributed by:

The following resources are also available on sodium:

Low Sodium (Salt) Cooking
Low Sodium (Salt) Eating
Low Sodium (Salt) Eating Resources
Low Sodium (Salt) Food Choices
Reading Food Labels for Sodium (Salt)

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