



VESTIBULAR

DISORDERS ASSOCIATION

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Low-Sodium Diet Tips

1. **Keep a journal.**

Record sodium levels of the foods and beverages you have each day. This will help you become aware of hidden sodium levels in foods. **Read all labels.** ([Download a food log at vestibular.org.](http://vestibular.org))



2. **Follow the “No bag, No can, No Jar” rule.**

Preserved foods that are purchased in a bag, can or jar are usually very high in sodium. Buy fresh foods whenever possible.

3. **Be cautious when buying packaged foods that look otherwise healthy.**

“Low-fat,” “No GMOs” and “Gluten-Free” products can be very high in sodium. Check labels to be sure that what you are buying is actually a low-sodium choice.

4. **Eating in restaurants can be challenging.**

Order plain foods without marinades or sauces, and ask your server if your food can be prepared without salt.

5. **Shop the perimeter of grocery stores.**

The aisles in the middle of stores are usually full of food that is high in sodium. Frozen food aisles are also a place to avoid when looking for low-sodium products. Shop in the fresh food aisles located around the perimeter of stores for foods that are not processed.

6. **Simple substitutions can make a huge difference** in sodium levels of some foods.

For example, one flour tortilla (packaged) can have up to 600mg sodium per tortilla. One corn tortilla has 0 mg/ sodium.

7. **Sodium levels in foods can vary greatly between brands.**

Check labels of different brands for the lowest sodium products.

8. **“Less Sodium” advertisements on packaging are not the same as “Low-Sodium” or “Sodium Free.”**

Check labels to make sure you are buying the lowest sodium product available.



9. **Condiments and sauces are very high in sodium.**

Replace condiments and salt shakers with no-salt spices to flavor food. Lemon juice (fresh or in crystallized form) gives the flavor of salt and has 0 mg/sodium.

10. **Sweet foods often have more sodium added to them than savory foods.**

For example, a chocolate milkshake from a fast-food restaurant can have more sodium than a hamburger.



It takes most newcomers to a low-sodium diet 6-8 weeks to adjust to the taste of using less sodium because of the over use of sodium in foods. Give your taste buds time to adjust and you will come to love your new diet. **Support from family and friends is important in maintaining a low-sodium diet.**

Sticking with a low-sodium diet is one important factor in managing Secondary Endolymphatic Hydrops, Meniere’s Disease and Vestibular Migraine.