



## **FOOD GROUP**

## **FOODS TO AVOID**

<b>Beverages</b>	Buttermilk
<b>Breads</b>	Salted crackers (low sodium bread recommended)
<b>Cereals</b>	Instant cooked cereal
<b>Cheese</b>	All cheese except cottage, hoop, cream and low sodium cheddar
<b>Desserts</b>	Desserts made with salt, baking powder, soda or cake mixes
<b>Eggs</b>	No restrictions
<b>Fat</b>	Bacon fat, salted butter and margarine, regular salad dressing and mayonnaise
<b>Fruit Juices</b>	Tomato juice
<b>Meat, Fish and Poultry</b>	Salted, smoked or canned meat such as ham, bacon, cold cuts, wieners
<b>Potatoes and Substitutes</b>	Potato chips, corn chips
<b>Soups</b>	Canned soups and bouillon cubes
<b>Vegetables</b>	Sauerkraut
<b>Miscellaneous</b>	Salt, onion or garlic salt, monosodium glutamate, ketchup, chilli sauce, olives, pickles, relish, seasoned salts, lemon pepper, soy sauce, meat tenderisers, Worcestershire sauce