

Low Sodium Diet



GASTROINTESTINAL & LIVER
CONSULTANTS



If you have cirrhosis, a low-sodium diet is an important part of your treatment. It helps prevent fluid buildup, reduces swelling, and helps diuretics (water pills) work better – all of which potentially improve overall liver health and quality of life.

Low Sodium Diet

≤ 2,000 mg/day (some go as low as 1,500 mg/day)



FOODS TO ENJOY



Fresh meats and poultry

Choose fresh, unprocessed options without added salt solutions.

Fruits and Vegetables

Include fresh, unprocessed options without added salt or sauces.



Grains and Pasta

Cook these at home without added salt.

Reduced-sodium processed foods

Opt for reduced-sodium soups, tuna, or tomato sauce.

Standard American intake

~3,400 mg/day (mostly from processed foods)

FOODS TO AVOID



Processed foods

These are often high in sodium, including canned soups, frozen meals, microwaved meals, canned pasta, deli meats, packaged mixes, processed cheese, and snack foods.



Condiments

Ketchup, barbecue sauce, soy sauce, and salad dressings can contribute significantly to sodium intake.



Pickled and brine-based foods

Avoid pickles, sauerkraut, and other items canned in brine.

Grains

Biscuits, pancakes, waffles, and flour tortillas can be high in sodium.



Stick to fresh homecooked meals. Limit eating out as restaurant and fast food meals tend to be high in sodium, making it harder to control sodium intake.



Use herbs, spices, lemon, garlic, ginger, and vinegar to add flavor to your food.



Pay attention to nutrition labels to understand the sodium content of different foods.



Talk to your doctor about a referral for a registered dietician to review your diet and advice on effective ways for you to reduce your sodium.

Gastrointestinal & Liver Consultants

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