Low Sodium Menu

Mary Washington Healthcare

Low Sodium Menu—Day 1

Breakfast

1 Hard Boiled Egg ..... 65 mg sodium
2 slices, Double Fiber Whole Wheat
Toast ..... 270 mg sodium
Smuckers® Sugar-Free Jam ..... 0 mg sodium
Orange Juice 4 oz ..... 1 mg sodium
Decaffeinated Coffee 6 oz ..... 4 mg sodium
Smart Balance® Margarine 1 Tbsp.... 90 mg sodium

Total for Meal .....430 mg Sodium

Lunch

1 oz Carved Chicken Breast (Hormel®)
..... 170 mg sodium
2 slices, Double Fiber Whole Wheat
Bread ..... 270 mg sodium
Lettuce Leaf & Slice of Tomato
..... < 10 mg sodium
Decaff Iced Tea 8 oz ..... 7 mg sodium
Swiss Cheese 1 oz ..... 74 mg sodium
Mayonnaise 1 Tbsp ..... 70 mg sodium
6 Vanilla Wafers ..... 86 mg sodium

Total for Meal .....687 mg Sodium

Dinner

Healthy Choice® Herb Crusted Fish
..... 350 mg sodium
1 Dinner Roll..... 130 mg sodium

Smart Balance® Margarine, 1 tsp ..... 30 mg sodium
1/2 cup Fruit Cocktail ..... 10 mg sodium
8 oz Decaff Iced Tea ..... 7 mg sodium
1 cup Skim Milk..... 130 mg sodium

Total for Meal .....657 mg Sodium

Day's Total .....1774 mg Sodium

Low Sodium Menu—Day 2

Breakfast

1 cup Cheerios..... 273 mg sodium
1 cup Skim Milk..... 130 mg sodium
1 medium Banana ..... 1 mg sodium
Decaffeinated Coffee 6 oz..... 4 mg sodium

Total for Meal .....408 mg Sodium

Lunch

6 oz Amy's Light in Sodium Lentil Vegetable Soup
..... 255 mg sodium
2 slices, Double Fiber Whole Wheat Bread
..... 270 mg sodium
2 Tablespoon Peanut Butter ..... 150 mg sodium
Smucker's Sugar-Free Jam ..... 0 mg sodium
Decaff Iced Tea 8 oz ..... 7 mg sodium

Total for Meal .....682 mg Sodium

Dinner

Healthy Choice® Lemon Garlic Chicken
..... 550 mg sodium
1 Dinner Roll..... 130 mg sodium

Smart Balance® Margarine, 1 tsp ..... 30 mg sodium
1/2 cup Slices Peaches ..... 5 mg sodium
1 Snack Pack Vanilla/Chocolate Pudding
..... 150 mg sodium
8 oz Decaff Iced Tea ..... 7 mg sodium

Total for Meal .....872 mg Sodium

Day's Total .....1962 mg Sodium

Low Sodium Menu—Day 3

Breakfast

1 packet Oatmeal..... 80 mg sodium
1 Hard Boiled Egg ..... 65 mg sodium
1 slice, Double Fiber Whole Wheat Bread
..... 135 mg sodium
Smuckers® Sugar-Free Jam ..... 0 mg sodium
1/2 oz Walnuts..... 1 mg sodium
1/2 cup Applesauce .....0 mg Sodium
Decaffeinated Coffee 6 oz..... 4 mg sodium

Total for Meal .....285 mg Sodium

Lunch

1/4 cup Tuna Salad w/ mayo..... 255 mg sodium
2 slices, Double Fiber Whole Wheat Bread
..... 270 mg sodium
Lettuce Leaf & Slice of Tomato..... < 10 mg sodium
6 Vanilla Wafers ..... 86 mg sodium
1 cup Skim Milk..... 130 mg sodium

Total for Meal .....751 mg Sodium

Dinner

Healthy Choice® Café Steamers Roasted Beef
Merlot..... 600 mg sodium
1 Dinner Roll..... 130 mg sodium

Smart Balance® Margarine, 1 tsp ..... 30 mg sodium
2 1/2 cup Tossed Salad..... 54 mg sodium
2 Tbsp Ken's Lite Raspberry Walnut Vinaigrette
..... 125 mg sodium
1/2 cup Pear Halves ..... 10 mg sodium
8 oz Decaff Iced Tea ..... 7 mg sodium

Total for Meal .....956 mg Sodium

Day's Total .....1992 mg Sodium

Low Sodium Menu—Day 4

Breakfast

1 Whole, Whole Wheat English Muffin
..... 220 mg sodium
2 Tablespoon Peanut Butter ..... 150 mg sodium
Smuckers® Sugar-Free Jam ..... 0 mg sodium
1 fresh Apple ..... 0 mg sodium
1 cup Skim Milk..... 130 mg sodium
Decaffeinated Coffee 6 oz..... 4 mg sodium

Total for Meal .....504 mg Sodium

Lunch

1 oz Lower Sodium Ham Hillshire Farms®
..... 225 mg sodiumm
2 slices, Double Fiber Whole Wheat Bread
..... 270 mg sodium
1 Slice Swiss Cheese..... 74 mg sodium
Lettuce Leaf & Slice of Tomato..... < 10 mg sodium
1 Tbsp Mayonnaise ..... 70 mg sodium
1/2 cup Sliced Pineapple..... 1 mg sodium
8 oz Decaff Iced Tea ..... 7 mg sodium

Total for Meal .....657 mg Sodium

Dinner

Healthy Choice® Country Herb Chicken
..... 430 mg sodium
1 Dinner Roll..... 130 mg sodium
Smart Balance® Margarine, 1 tsp ..... 30 mg sodium
1 Snack Pack Rice Pudding ..... 170 mg sodium
8 oz Decaff Iced Tea ..... 7 mg sodium

Total for Meal .....767 mg Sodium

Day's Total .....1928 mg Sodium

Low Sodium Menu—Day 5

Breakfast

1 cup Kashi® Toasted Berry GoLean Cereal
.....167 sodium
1 cup Skim Milk..... 130 mg sodium
1 medium Banana ..... 1 mg sodium
Decaffeinated Coffee 6 oz..... 4 mg sodium

Total for Meal .....302 mg Sodium

Lunch

1 oz Carved Chicken Breast (Hormel®)
..... 170 mg sodium
2 slices, Double Fiber Whole Wheat
Bread..... 270 mg sodium
Lettuce Leaf & Slice of Tomato..... < 10 mg sodium
Decaff Iced Tea 8 oz ..... 7 mg sodium
1 Slice Pepper Jack Cheese..... 140 mg sodium
Mayonnaise 1 Tbsp ..... 70 mg sodium
6 oz Amy's Light in Sodium Minestrone Soup
..... 218 mg sodium

Total for Meal .....885 mg Sodium

Dinner

Healthy Choice® Turkey Breast Meal
..... 460 mg sodium
1 Dinner Roll..... 130 mg sodium
Smart Balance® Margarine, 1 tsp ..... 30 mg sodium
1/2 cup Sliced Peaches..... 5 mg sodium
1 cup Skim Milk..... 130 mg sodium
8 oz Decaff Iced Tea ..... 7 mg sodium

Total for Meal .....762 mg Sodium

Day's Total .....1949 mg Sodium

Low Sodium Menu—Day 6

Breakfast

1 Hard Boiled Egg ..... 65 mg sodium
1 slice, Double Fiber Whole Wheat Toast
..... 135 mg sodium
Smuckers® Sugar-Free Jam ..... 0 mg sodium
Orange Juice 4 oz ..... 1 mg sodium
Decaffeinated Coffee 6 oz ..... 4 mg sodium
1/2 cup Cream of Wheat ..... 4 mg sodium

Total for Meal .....209 mg Sodium

Lunch

1 oz Lower Sodium Turkey Hillshire Farms®
..... 210 mg sodiumm
2 slices, Double Fiber Whole Wheat Bread
..... 270 mg sodium
1 Slice Provolone Cheese..... 140 mg sodium
Lettuce Leaf & Slice of Tomato..... < 10 mg sodium
1 Tbsp Mayonnaise ..... 70 mg sodium
1 oz Ruffles, Reduced fat Potato Chips
..... 160 mg sodium
8 oz Decaff Iced Tea ..... 7 mg sodium

Total for Meal .....867 mg Sodium

Dinner

Healthy Choice® Beef and Broccoli Meal
..... 560 mg sodium
1/2 cup Pear Halves ..... 10 mg sodium
6 Vanilla Wafers ..... 86 mg sodium
1 cup Skim Milk..... 130 mg sodium
8 oz Decaff Iced Tea ..... 7 mg sodium

Total for Meal .....793 mg Sodium

Day's Total .....1869 mg Sodium

Low Sodium Menu—Day 7

Breakfast

1 Eggbeaters, Scrambled.....115 mg sodium
2 Strips Morning Star Farms® Bacon
..... 230 mg sodium
1 slice, Double Fiber Whole Wheat Toast
..... 135 mg sodium
Smuckers® Sugar-Free Jam ..... 0 mg sodium
4 oz Apple Juice ..... 4 mg sodium
Decaffeinated Coffee 6 oz..... 4 mg sodium

Total for Meal .....488 mg Sodium

Lunch

1/4 cup Tuna Salad w/ mayo..... 255 mg sodium
2 slices, Double Fiber Whole Wheat Bread
..... 270 mg sodium
Lettuce Leaf & Slice of Tomato..... < 10 mg sodium
1 Naval Orange ..... 1 mg sodium
1 Snack Pack Vanilla/Chocolate Pudding
..... 150 mg sodium
8 oz Decaff Iced Tea ..... 7 mg sodium

Total for Meal .....693 mg Sodium

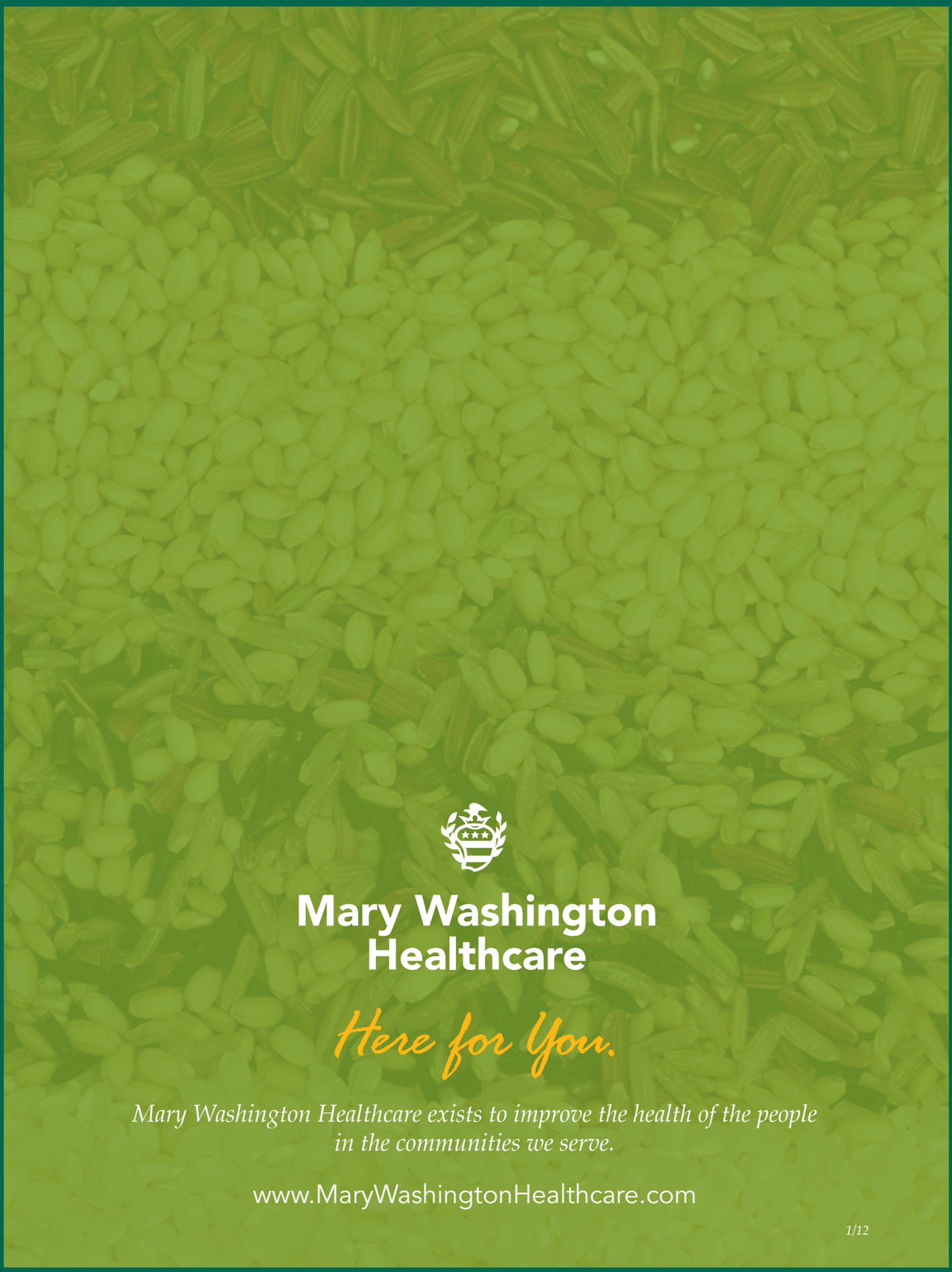
Dinner

1 cup Cooked Spaghetti ..... 1 mg sodium
1/2 cup Amy's Pasta Sauce® (Wegman's)
..... 290 mg sodium
1 Dinner Roll..... 130 mg sodium
Smart Balance® Margarine, 1 tsp ..... 30 mg sodium
2 1/2 cup Tossed Salad..... 54 mg sodium
2 Tbsp Kraft® Light Balsamic Vinaigrette Dressing
..... 210 mg sodium
8 oz Decaff Iced Tea ..... 7 mg sodium

Total for Meal .....722 mg Sodium

Day's Total .....1903 mg Sodium

Notes



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