

### Managing Dizziness with a Low-Salt Diet

1. Do not add salt to food or cooking. Try to maintain a regular and well-balanced diet.
2. Restrict salt (Sodium Chloride) intake to between 1500 milligrams (mg) to 2000 mg daily.
3. Avoid high sodium foods (see list below).
4. Drink 6-8 glasses of fresh water per day.
5. Limit your alcohol and caffeine intake as well, and watch out for MSG, which also contains sodium.
6. It is preferable to maintain a stable intake of salt. For example, if one day you have 3000mg and the following you have 1000mg, it is not the same as having two days of 2000mg.

Food Groups **High salt**-foods to avoid and **Low-salt** foods to look for:

#### **Dairy:**

High: Buttermilk; Cocoa mix; Processed cheeses.

Low: Skim or low-fat milk Low-fat yogurt; Low-sodium cheeses

#### **Meat :**

High: Canned, salted or smoked meats and fish; oil-packed tuna; bacon; ham; bologna; salami; cold cuts; frankfurters; corned beef; canned hash or stew.

Low: Lean meats; poultry; fish; water- packed tuna.

#### **Vegetables:**

High: Regular canned vegetables and vegetable juices; canned soups; olives; pickles; sauerkraut.

Low: Fresh, frozen or low-sodium canned vegetables and juices; low-salt soups.

#### **Bread:**

High: Slated crackers; pizza; baked goods prepared with salt; baking soda; some cereals and convenience mixes.

Low: Whole-grain or enriched breads and cereals; low-salt crackers and bread sticks.

#### **Snacks:**

High: Potato and other chips; pretzels; salted nuts and snack mixes.

Low: Unsalted popcorn; fresh or dried fruit.

#### **Other:**

High: Ketchup; prepared mustard; soy sauce; MSG; bouillon cubes; meat sauces; some antacid medications; commercial salad dressings; frozen, ready-made entrees; fast food meals

Low: Salad bars; Plain selections

Helpful websites:

1. <http://www.vestibular.org/dietaryconcerns.html>
2. <http://www.nosalt.com/>
3. <http://oto.wustl.edu/men/sodium.htm>
4. American Heart Association