

## **WHAT I CANNOT EAT**

1. No Salt
2. No Salt Blanched vegetables or grains or pasta cooked in salt water
3. No Salted stocks or broths
4. No Salted or pre-marinated, pre-seasoned meats or vegetables
5. No infused meats only natural chicken and turkey
6. No dairy unless listed on the other side of this card
7. No shellfish
8. Nothing with soy sauce, fish sauce or other salted sauces
9. No vegetables or beans from cans, bottles or bags (unless label reads 0mg sodium)

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## **WHAT I CAN EAT**

1. Beef or Fresh natural chicken or turkey that is not SODIUM infused
2. Eggs
3. Olive oil, Unseasoned Vinegars
4. Chili Pepper, herbs and other salt free seasonings
5. Pasta or Grains that have NOT been cooked in salted water or salted broths.
6. All fresh vegetables and fruits
7. Unsalted Butter, Heavy Cream, half and half, crème fraiche and some mascarpone with 15 mg or less per serving

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