**Sodium Restricted Diet for Hypertension**

This is a type of diet that is restricted to food naturally low in sodium content and prepared without addition of salt. It is used in the management of hypertension. It allows intake of not more than 1500 mg of salt (sodium) per day to help reduce blood pressure and risk of cardiovascular disease, stroke and coronary heart attack. In sodium restricted diet, the following food should be avoided or taken in very low quantity;

* Processed meats such as hot dogs, sausages, bacon.
* Processed cheese.
* Boxed meals such as Pizza.
* Salted meats, soups, beef, stew, stir fry and pasta meals.
* Fast food meals because they have 1,000milligrams of sodium.
* Ketchup, salad dressings, barbeque sauce and soy sauce.
* Bread products with high sodium content such as biscuits, pancakes, and waffles.
* Some baked goods such as Crackers and Rolls.
* Salted snacks like Pringles, Lays.
* Seasonings.
* Sea food.
* Flavored salts and excess table salts.
* Alcohol.

The following may be suitable for a sodium restricted diet;

* Low sodium vegetable juices.
* Fresh citrus fruits such as oranges and lemons.
* Dried beans and peas.
* Milk.
* Plain yoghurt.
* Unsalted nuts.
* Low sodium peanut butter.
* Fresh or frozen beef, lamb, pork, poultry, fish and shellfish.
* Unsalted pop corns, broths, soups, soy sauce and snacks.
* Pepper, herbs, spice, vinegar or lemon juice.
* Onions and garlic.

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| Meals | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Breakfast** | Granola and Low fat Milk | Oatmeal | Whole grain bread &egg white | Rice, Beans, Tomato Sauce and Boiled Chicken | Whole grain bread, Edible Mushroom& Swiss Cheese | Tapioca and Milk | Pap& Moimoi |
| **Lunch** | Wheat, Egusi and Lean Meat | Ofada Rice, Tomato Sauce and Eggs | Eba, Okra Soup and Fish | Unsalted Irish potatoes and Vegetable | Akpu and Ofe Nsala | Coconut Rice and any Protein | Brown rice with sautéed Spinach and Spice |
| **Dinner** | Vegetable and Brown Rice | Pepper Soup Vegetable | Shawarma and Smoothie | Rice& Chicken Soup | Waffles and Beries | Fat free  Yoghurt and Berries | Kale smoothie and Cucumber |

**Note**: Water should be taken alongside each food. There should be minimal to no salt content.

**PREPARATION OF VEGETABLE AND BROWN RICE**

**Ingredients for Preparation of Vegetable**

* Fluted pumpkin
* Palm Oil
* Half Seasoning Cubes
* Stock Fish
* Few Ounces of Meat
* Onions
* Spice and Pepper
* Pinch of salt
* Locust Beans
* Cray Fish

**Procedure for Preparation of Vegetable**

* Wash and thinly slice the fluted pumpkin.
* Clean and wash the fish and locust beans.
* Blend the pepper and onions.
* Rinse the meat properly and season lightly.
* Boil the meat.
* In another pot, add a reasonably amount of palm oil and let it simmer.
* Add the blended pepper and locust beans.
* Add the stock fish.
* Add the sliced vegetables and stir properly.
* Pour the boiled meat and remaining fish and let it cook properly.

**Ingredients for Preparation of Brown Rice**

* Brown Rice
* Water
* Olive oil

**Procedure for Preparation of Brown Rice**

* Rinse the rice properly before cooking.
* Get the appropriate size of pot and water for the quantity of rice to be cooked (the pot should not be too large to let it steam properly.) Avoid opening the lid continually.
* The rice should be boiled with over a medium heat.
* Add little olive oil.
* Boil for about 45 minutes until the rice is tender and can absorb water.
* Turn off the heat and leave the pot covered for about 10 minutes before opening.