

Low-Sodium Diet at Disney World

USDA Guideline: less than 2300 mg daily. Low sodium food: 160 mg or less per serving. Low sodium diet: 1500 mg or less daily.

Low Sodium Food to Pack and Order for Delivery

Pack plastic bags or food containers and bring a refillable water bottle and bring low-sodium food when traveling and to theme parks.

Use the toaster and microwave (baked potato/sweet potato) in your hotel's food court. Room coolers do not reliably preserve dairy and perishable foods but may keep beverages, fruit and vegetables cool. Pack or order low-sodium foods to be delivered to your hotel:

- Hydration packets: True Lemon brand (no sodium)
- Seltzer, juices and soda (Caffeine is a diuretic)
- Unsalted almonds or mixed nuts (Kirkland brand is wonderful)
- Dried fruit; prunes (if you don't have to watch potassium)
- Berries, cantaloupe, watermelon, oranges, bananas, grapes
- Veggies! Leafy greens, salad, baked potato/sweet potato
- Salt-free rice cakes; "Hint of Salt" Triscuits; Wheat Thins
- Peanut butter (2 Tbsp=130 mg); jam; avocado
- Kroger Round Top Low Sodium Wheat Bread or
- Pepperidge Farm Light Style Soft Wheat Bread
- Target brand instant plain oatmeal (no sodium)
- Frosted mini wheats (only 10 mg sodium!)
- Plain M&Ms (35 mg); 4 marshmallows (25 mg)
- Belvita coconut flavor cookie packs (85 mg)
- Mini vanilla wafer packs (110 mg sodium).

Lower Sodium Dining at Disney World

Low sodium is difficult to achieve but LOWER sodium is possible.

Best Bets: Kids Disney Check meals have less than 800 mg sodium.

Magic Kingdom: Columbia Harbor House - ask for shrimp/salmon (no sauce); green beans w/o salt. **Epcot:** Sunshine Seasons - ask for roast or grilled chicken without salt; dressing on side. **Animal Kingdom:** Harambe Market (chicken bowl); Satuli Canteen.

Hollywood Studios: ABC Commissary pork carnitas tacos.

Ask Disney cooks to prepare food for you without salt, gravy, sauce, or salsa, e.g., oatmeal, eggs, salad, chicken, steak, burgers, vegetables, pasta, rice, baked potatoes, mashed potatoes, fries. Ask for oil & vinegar for salads. Avoid pickled foods and soup.

Cheese: Swiss, 1 slice: 45 mg; cream cheese, 2 Tbsp: 64 mg, fresh mozzarella, 1 oz: 80 mg; grated parmesan, 2 tsp.: 85 mg; goat cheese, 2 Tbsp: 148 mg; Babybel: 150 mg. Avoid high sodium American cheese (450 mg) and feta cheese (350 mg).

Low Sodium Snacks and Treats at the Parks and Resorts

- ☐ Greek yogurt, hummus, cream cheese, eggs, salad, fruit
- ☐ Sorbet, gelato, Italian ice, popsicles, frozen fruit bars
- ☐ Any soda. Body Armour Sports Drink: 30 mg.
- ☐ Dole Whip (50 mg) and soft serve ice cream
- ☐ Mickey Ice Cream Bar: 50 mg
- ☐ Campfire s'mores: 80 mg per s'more

High Sodium Disney Foods (mg)

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|---|--|
| ☐ Turkey leg 3,000+ | ☐ Brkfst sand 500-900 |
| *with bag chips + 250 | ☐ Tater tots 450-750 |
| ☐ Ohana noodles 1,924 | ☐ Cupcake 450 |
| ☐ CB spring rolls 1,800 | ☐ 2 Eggo waffles 450 |
| ☐ Fr chick sand 1,400 | ☐ Pickle in a Pouch 370 |
| ☐ Chic tenders 1,390 | ☐ Pretzel, no salt 360 |
| *with Buffalo sauce +520 | ☐ Funnel ck/donut 350 |
| ☐ Cuban sandwich 1340 | ☐ Cheesecake 350 |
| ☐ Fish & chips 1200-1800 | ☐ Onion rings 350 |
| ☐ Jumbo pizza slic 1200 | ☐ Mickey waffle 300 |
| *with Ranch veggies +300 | ☐ Ohana bread pud 310 |
| ☐ Ft long hot dog 1200 | ☐ 3 Beignets 240 |
| ☐ Jumbo corn dog 1170 | *with salted caramel + 100 |
| ☐ P.O. Jambalaya 1000 | ☐ Salt packet 220 |
| *with cornbread +500 | ☐ 2 Tbsp salsa 230 |
| ☐ Mickey cinn roll 1000 | ☐ 2 Tbsp guac 230 |
| ☐ Popcorn bucket 900 | ☐ 2 Tbsp BBQ 230 |
| ☐ Mac & cheese 900 | ☐ PBJ Uncrustable 220 |
| ☐ 2 China eggrolls 830 | ☐ Popcorn box 210 |
| *with soy sauce pkt +500 | ☐ Mickey ice cream sandwich 210 |
| ☐ Veggie Burger 750 | ☐ 1 Churro 200 |
| *with American cheese +468 | ☐ Fries, small 190 |
| ☐ 6 Mini corn dogs 600 | *with ketchup pack + 90 |
| *with Cheddar sauce + 500 | |
| ☐ Marinara ½ c. 500 | |