

Meniere's Diet

Meniere patients know that foods can trigger Meniere attacks. **The number 1 food item to avoid is SALT; most recommend limiting sodium to 2,000mg/day.** To truly avoid a high salt diet in the American diet, you need to get familiar with reading nutrition labels and paying attention to serving sizes. Just a few slices of pizza can put you over for the day.

FOODS HIGH IN SODIUM

Bouillon Cheese

Soy sauce

Cold cuts

Dill Pickles

Pancakes

Peanut Butter

Hot Dogs

Canned Anything

Processed Foods/Meat

Country Ham

Biscuits

Saltines

Tomato juice

Potato chips

Onion salt Waffles Celery Green Olives

Fast Food Salad Dressing

FOODS LOWER IN SODIUM - unless salt is added

Most Fresh Fruits

Most Fresh Veggies

Macaroni, Pastas

Rice

Shredded Wheat

Unseasoned Meats

Fresh Fish