Hello Doctor

My ankles swell-up

I have fever, bronchitis or cough

I put on 2 to 3 Kg in a few days

I feel tired, breathless, even at rest

I am more breathless than usual
Low salt foods

- Eggs
- Fresh or frozen fish
- Milk and dairy products
- Meat
- Oil, margarine, butter, cream
- Salt-free cooked meals
- Fresh or tinned fruit, stewed fruit
- Fresh or frozen vegetables
- Pasta, rice, Potatoes
- Dried fruit
- Sugar and sugary foods
- Non effervescent drugs
- Tea, coffee, mineral or mountain spring waters, some sparkling waters
- Spices and herbs
- Homemade pastry and biscuit
- Salt-free bread and rusk
- Homemade soup
- Pulses
WARNING: High salt foods

- Cheese
- Cooked meats
- Seafood
- Some biscuits, pastries, bread, breakfast cereals
- Crisps
- Effervescent drugs
- Baking powder
- Some sparkling waters (Na+>50mg/l)
- Mustard, mayonnaise, pickles, ketchup, anchovy,
- Canned foods
- Ready-cooked meals
- Cooked meats
- Seafood