



## Low Salt Diet / Lifestyle Modifications

- Dietary and environmental factors can impact hearing and balance.
- Triggers of symptoms may include high salt intake, caffeine, alcohol, nicotine, stress, monosodium glutamate (MSG), and allergies.
- Avoidance of identified triggers may help reduce or prevent symptoms.
- Salt restriction is recommended as part of initial therapy
- **Restrict salt to less than 1,500mg-2,000mg of sodium per day**
- Daily salt intake should be evenly spread across meals to avoid a large amount at any one time.
- Limit caffeine to one caffeinated beverage (coffee, tea, or cola) daily
- Limit alcohol to one drink daily