



Meniere's Disease sodium diet and lifestyle recommendations

The goal of a MD sodium restrictive diet is to keep daily sodium intake to about 2000-3000 mg and to keep the sodium intake balanced throughout the day. A "no-salt added" diet of 500-1000 mg of sodium per meal is recommended. The body needs sodium, so any diet with less than 2000 mg of daily sodium is not recommended. Patients who exercise regularly and perspire significantly during exercise should consider drinking sports drinks or electrolyte replacement fluid to replace the salt lost during perspiration. Limiting caffeine and alcohol is also recommended since they can cause large fluid shifts among physiologic fluid compartments. MD patients are encouraged to have a regular daily routine, consume meals at the same time during the day, get plenty of sleep, and exercise regularly. All of these measures can help maintain homeostasis in a fragile MD ear.