

Meniere's Diet Information

Dietary Goals:

The overall goal is to provide stable fluid/blood levels so that secondary fluctuations in the inner ear fluid can be avoided.

To achieve this follow these guidelines:

- Distribute your food intake evenly throughout the day, and from day to day.
- Avoid foods high in sugar and/or salt. Aim for a diet high in fresh fruits, vegetables, and whole grains, and low in canned, frozen and processed foods.
- Drink adequate amounts of fluid daily (water, milk and low sugar fruit juices). Coffee, tea and soft drinks should not be counted as part of this intake.
- Avoid caffeine-containing foods such as coffee, tea and chocolate. Caffeine is a diuretic that causes excessive urinary loss of fluids. Caffeine also has stimulant qualities, which make your condition worse.
- Limit or eliminate alcohol intake. Alcohol can affect the inner ear directly, changing the volume and concentration of the inner ear fluid and increasing symptoms.
- Avoid foods containing MSG (monosodium glutamate). This is often present in prepackaged foods and in Chinese foods and can increase symptoms in some patients.
- Keeping a food/drink diary for a period of time may allow you to identify specific foods or fluids that worsen your disease.

Drug considerations:

- Avoid aspirin and medications that contain aspirin.
- Avoid caffeine-containing medications.
- Pay attention to the content of all over-the-counter medications as well as drugs prescribed for other problems. Some may increase your symptoms.
- Avoid cigarettes. The nicotine present in cigarettes constricts blood vessels and will decrease the blood supply to the inner ear, making symptoms worse.

Low salt diet:

The recommend daily intake for sodium (the technical name for salt) is less than 2,300mg (1teaspoon) a day. Evidence exists that restricting sodium to 1,000mg a day may help those with Meniere's Disease.

Eating less salt does not have to be difficult.

Following are five keys to decreasing salt in your diet:

- Read labels, especially on processed foods, to see how much sodium (salt) foods contain.
- Ask for low-salt meals at restaurants.
- If you use canned vegetables, rinse them thoroughly.
- Call your local water company to find out the salt content of your water supply. If you drink bottled water, read the label and choose a salt-free brand.
- Don't add salt to your food.