

IATA CODE: LSML – (LOW SALT MEALS)

The **LSML or Low Salt meal** is suited for people with high blood pressure, heart disease, fluid retention or kidney problems. No salt will be used during the preparation of food, and airlines try to avoid using food that contain added salt. Meals will not contain: MSG or glutamates, shellfish, salt-cured meats or fish, gravies, canned vegetables, fish, pickles, salty cheese, sauces, dressings, baking powder and baking soda are used in minimal amounts.

Expect to receive a meal that includes: Raw vegetables, crackers, pasta, lean meat, diet margarine, high- fibre breads, salads and fruit.

Please note:

- Advance notice for special foods is required for all airlines.
- You will need to confirm with airline which route provides the salt free (but most listed are for long haul flights)
- Low sodium – please check with airline if you have questions
- If all fails, most long haul airlines have a “Vegetarian Raw Meal (RVML)” option. The RVML or raw vegetarian meal is a meal consisting of only raw fruits and vegetables. The meal does not contain any processed foods, meats, eggs, dairy, additives, caffeine products or preservatives. Meals can include: Salads, vegetable juices and the raw fruits/vegetables
- Wording below is as advertised on their website.

Airline	Special Low Salt Meals
Air Canada (AC)	Low salt meals - on international flights
American Airlines	Low sodium meals - on international flights
British Airways	Low salt meals - Excludes salt, MSG and baking soda/powder, instead the meal is flavoured with herbs and spices.
Cathay Pacific	Low salt meals - highly salted food omitted and no added salt
Delta Airlines	Low sodium meals - Use of salt, processed foods (MSG and baking soda/powder) are either eliminated or restricted in preparation of these meals. Herbs and spices are used to flavour the meal
Emirates	Low Salt Meal (LSML) - For passengers who suffer from cardiovascular and/or kidney problems. For passengers who suffer from cardiovascular and/or kidney problems. It can contain salt-free margarine, foods low in sodium and fresh or frozen foods. It does NOT contain salty cheese, sauces, dressings, cured and brined meals or canned food, and baking powder and baking soda are

	restricted in amount
Etihad	Low sodium meal (LSML). Does not contain salt, MSG and baking soda/powder
Japan Airlines (JAL)	Low sodium meals (LSML). This meal is designed for passengers who restrict their sodium intake. It contains no high sodium foods or seasonings
Korean Airlines	Low-Salt Meal - A meal prepared to support daily sodium restriction.
Lufthansa	Low-sodium diet - For cardiovascular and renal problems: salt-free, low fat, does not cause bloating, no alcohol
Malaysian Airlines	Low Salt Meal (LSML) - These meals are prepared especially for those with heart problems, hypertension, kidney problems or edema (fluid retention). No salt is used during their preparation and foods containing added salt are avoided. It may contain any fresh or frozen foods, which are low in salt. Meals can be flavoured with herbs and spices. Does not contain additional salt, MSG or glutamates, baking powder, shellfish, salt-cured meats or fish, gravies, canned vegetables, fish, pickles, and salty cheese.
Qatar Airways	Low-Salt/Sodium Meal (LSML) - This meal is for customers who are on a low-sodium diet where no salt is added during preparation. It may contain: Any fresh or frozen food, which is low in salt. Meal can be flavoured with herbs and spices. Does not contain: Free of additional salt, MSG, baking powder, shellfish, salt-cured meats or fish, gravies, canned vegetables, fish, pickles, and salty cheese
Philippine Airlines	Low Salt Meal - LSML Meals prepared with either omitted or restricted salt use. No added salt and salt substitutes including MSG, soups/sauce mixes, gravies, salt-cured meats, condiments, baking powder/soda, pickled meats and vegetables, and processed cheese. May include a variety of food that naturally contain sodium. May contain salt-free margarine, low-sodium breakfast cereals, low-sodium cheeses, herbs and spices, salt-free seasoning mixes.
Singapore Airlines	Low Salt Meal (LSML). Salt, as well as naturally salted and processed foods (e.g. baking powder, soda and MSG) are either eliminated or restricted in amount in the preparation of this meal.
Virgin Atlantic	A meal prepared for passengers with a diet low in sodium or salt. This meal will contain no added salt. Available on all flights.