

Choosing Lower Sodium (Salt) Foods

Food Group	Lower in Sodium	Higher in Sodium
Beverages	Milk, non-dairy milk, coffee, tea, carbonated beverages Low sodium V-8 juice	Tomato juice or V-8 Juice, Sports drinks
Breads	3-4 servings daily of white, whole wheat, rye or French bread, graham crackers, rolls, unsalted crackers	More than 4 servings of bread, rolls, salted crackers. More than 1 serving of quick breads (like biscuits) made with baking powder, baking soda, or self-rising flour.
Cereals & Grains	Some dry cereals, oatmeal, cream of wheat, puffed rice, grits, cornmeal, barley, quinoa and rice	Processed and pre-packaged cereals and grains
Desserts & Snacks	Fruit, yogurt, unsalted nuts and popcorn, fresh vegetables, pudding, Jell-O, applesauce	Potato chips, Salted nuts Baked desserts with baking powder or baking soda Soft pretzels Olives
Fats	Avocado, unsalted butter, Smart Balance spread, cream cheese, vegetable oil, mayonnaise, and low sodium salad dressing	Bacon fat, salt pork, salted butter
Protein	Beef, poultry, eggs, lamb, liver, pork, veal Frozen or fresh fish No salt added canned fish Natural peanut butter Dried beans and peas cooked without salt Rinsed canned beans and peas Tofu, Swiss cheese, fresh mozzarella, ricotta cheese, low sodium cottage cheese.	Smoked meat such as: chipped or corned beef, turkey, hot dogs, sausage, scrapple, bacon, canned fish. Processed cheese, cheese spreads, cottage cheese Baked beans

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Potatoes, Rice and Pasta	Potatoes, rice, macaroni, noodles, spaghetti, sweet potatoes.	Seasoned rice or pasta mixtures. Pasta sauce
Soups	Homemade or low sodium canned or frozen soup	Canned soups, regular broth, bouillon cubes, ramen noodle seasoning packets
Vegetables	Fresh or frozen vegetables without sauce Low sodium canned or dried vegetables.	Sauerkraut, pickles or other vegetables prepared in brine
Seasoning	Mrs. Dash, Chili powder, cinnamon, cloves, cocoa, coconut, ginger, dry mustard, nutmeg, oregano, paprika, parsley, pepper, pimento, sugar substitute, vinegar, vanilla extract, Tabasco, mustard, ketchup (1Tbsp)	Garlic salt, horseradish (prepared with salt), meat tenderizers, MSG, Relishes, salt, soy sauce, Worcestershire sauce

- Salt can be omitted or decreased in most recipes for baked goods.
- Season vegetables with herbs, spices, or lemon juice instead of ham, bacon, or salt pork.
- Use convenience foods and processed meats sparingly or buy low-sodium, reduced-sodium, or salt-free varieties.
- Choose frozen dinners with less than 500 mg sodium per serving.
- Remember to avoid adding salt to your food.
1 teaspoon of table salt = 2,000 mg sodium.