

Low-Sodium Eating

Eating too much salt (or sodium) can make your body retain too much fluid. Processed, canned, packaged, and frozen foods are often high in sodium. Use the following tips and the table below to lower your sodium intake.

To follow a low-sodium diet:

- ✓ Do not add salt when cooking or after cooking.
 - 1 teaspoon salt = 2,400 mg sodium
- ✓ Remove the salt shaker from the dinner table.
- ✓ Read food labels to find foods with less sodium.
- ✓ Choose “low-sodium” or “no salt added” foods.
- ✓ Avoid fast foods and food prepared in restaurants.
- ✓ Use salt substitutes only as allowed by your doctor.



Limit your daily sodium intake to _____ mg per day.

FOOD GROUP	CHOOSE	AVOID
FRUITS AND VEGETABLES	Fresh, frozen, or canned fruit Fruit juice Fresh or frozen vegetables Canned vegetables (<i>without added salt</i>) Canned tomatoes, tomato sauce, tomato paste (<i>without added salt</i>)	Canned or bottled vegetables Pickled vegetables Vegetable juice Tomato, spaghetti, pizza sauce 
MEATS AND OTHER PROTEINS 	Fresh meat, fish, chicken, turkey Low-sodium canned tuna Tofu Eggs Unsalted nuts Peanut butter (<i>without added salt</i>) Dried beans, canned beans (<i>without added salt</i>) Low-sodium lunch meats	Corned beef Pepperoni Meat jerky Bacon, sausage, Canadian bacon Hot dogs, Spam [®] , Vienna sausage Lunch meats (such as ham, bologna, salami, turkey, roast beef) Bacon fat, salt pork Sardines, anchovies, canned tuna Salted nuts Canned beans, baked beans, refried beans

FOOD GROUP	CHOOSE	AVOID
DAIRY	Milk Yogurt Swiss or low-sodium cheese Low-sodium cottage cheese	Cheese Processed cheese, cheese spreads (such as Velveeta® or American cheese) Cottage cheese Buttermilk
STARCHES	Oatmeal, cream of wheat, grits (<i>without added salt</i>) Ready-to-eat cereals Rice Pasta Yeast breads Corn tortillas Flour tortillas Homemade biscuits, cornbread, muffins, pancakes, waffles, cakes, pastries, fruit cobblers (<i>made using low-sodium recipes or without salt</i>) Unsalted popcorn Unsalted crackers, pretzels	Instant oatmeal Boxed mixes of biscuits, cornbread, muffins, pancakes, waffles, cakes Store-bought cakes, pastries, muffins, fruit cobblers Frozen waffles, pancakes, toaster pastries Pastries, cakes Rice, stuffing, or noodle mixes (such as Rice-A-Roni® or Hamburger Helper®) Ramen noodles or Cup-O-Noodles® Salted popcorn Pita bread Salted crackers, pretzels Potato chips, tortilla chips, pita chips, cheese puffs
SEASONINGS	Salt-free seasonings – examples: Pepper Fresh garlic, garlic powder Fresh onion, onion powder, granulated onion Fresh or dried herbs Mrs. Dash® Low-sodium salad dressings (homemade or store-bought)	Salt, sea salt, kosher salt, “lite salt” Seasoned salt Celery salt, onion salt, garlic salt Meat tenderizers Monosodium glutamate (MSG) Soy sauce, low-sodium soy sauce Worcestershire sauce Steak sauce Barbeque sauce Ketchup, mustard Chili sauce Teriyaki sauce Bouillon cubes Instant soup mixes
OTHER	Homemade soups (<i>without added salt</i>) Low-sodium canned soups Ice cream, sherbet, sorbet Fruit crisps Cookies Brownies Olive, canola, vegetable oil Unsalted butter Margarine	Canned soup, stew, chili Olives, pickles, relishes, sauerkraut, capers Bottled or canned peppers Salsa Bottled salad dressings Packaged gravies Pesto sauce, alfredo sauce Salted butter Macaroni and cheese Instant cocoa mix Frozen dinners and snacks

