

Low-Salt Food Choices

Good Choices	Avoid
<p>Meats and Meat Alternatives:</p> <ul style="list-style-type: none"> • Fresh beef, pork, veal, lamb, poultry, fish • Eggs • Dried beans, peas, lentils • Unsalted nuts, unsalted peanut butter 	<ul style="list-style-type: none"> • Processed meats (bacon, sausage, pepperoni, hot dogs, ham, luncheon/deli meats, corned beef, anchovies, sardines, caviar) • Meat alternatives/vegetarian entrees • Dried meat, smoked fish • Salted nuts, salted peanut butter • Microwave/frozen meals
<p>Milk, Yogurt, Cheeses:</p> <ul style="list-style-type: none"> • Milk or yogurt • Frozen yogurt, ice cream • Natural Swiss cheese • Low-sodium cheeses • Low-sodium cottage cheeses 	<ul style="list-style-type: none"> • Buttermilk, malted milk • Processed cocoa • Processed cheese • Bleu, feta, and other salty cheeses • Regular cottage cheese
<p>Breads, Cereal, Rice, and Pasta:</p> <ul style="list-style-type: none"> • Bread, rolls, breadsticks without salt or cheese • Plain taco shells, tortillas • Pasta, barley, rice cooked without salt • Unsalted cooked cereal • Low-sodium crackers • Homemade soup with low-sodium ingredients 	<ul style="list-style-type: none"> • Breads, rolls, breadsticks made with garlic/onion salt, or cheese • Stuffing mixes • Pasta or rice with seasoning packets • Instant hot cereals, ready-to-eat cereals • Salted crackers • Regular canned or dry soups, broths, bouillons • Baking mixes such as cakes, pancakes, waffle or muffins

Good Choices	Avoid
Vegetables: <ul style="list-style-type: none"> • Fresh/frozen vegetables without salt added • Homemade tomato sauces 	<ul style="list-style-type: none"> • Canned vegetables, vegetable juices • Pre-made spaghetti/tomato sauces • Instant mashed potatoes, boxed • Sauerkraut, olives, pickled vegetables
Fruits: <ul style="list-style-type: none"> • Any kind of fruit or fruit juice, fresh, frozen, or canned 	<ul style="list-style-type: none"> • Adding salt to fruits (such as melon) • Glazed or crystallized fruit
Snacks: <ul style="list-style-type: none"> • Fresh fruits and vegetables • Unsalted popcorn • Unsalted pretzels • Unsalted nuts • Unsalted crackers 	<ul style="list-style-type: none"> • Potato chips, corn chips, taco chips • Regular popcorn • Regular pretzels • Regular nuts • Other salty snack foods
Beverages: <ul style="list-style-type: none"> • Water, fruit juices • Milk • Coffee, decaf coffee, teas • Cocoa made with milk • Soda with no sodium (limit 24 oz or less per day) 	<ul style="list-style-type: none"> • Gatorade • Powerade • Vegetable juices (V-8) • Instant cocoa mixes • Instant cappuccino mixes
Desserts: <ul style="list-style-type: none"> • Gelatin desserts • Homemade tapioca or rice pudding • Custard made with milk • Hard candy • Homemade cake, cookies, pie, sherbet, ice cream (limit to 1 serving or less per day) 	<ul style="list-style-type: none"> • Instant pudding or other pre-packaged dessert mix • Whipped topping • Frozen pies • Minced meat pies

Good Choices	Avoid
<p>Fats and Oils (use sparingly):</p> <ul style="list-style-type: none"> • Vegetable oil and mayonnaise • Unsalted butter or margarine • Unsalted or low-sodium salad dressing • Low-sodium cream, non-dairy creamers • Unsalted nuts • Avocado 	<ul style="list-style-type: none"> • Salted spices (garlic and onion salts, etc) • Soy sauce, tartar sauce, teriyaki sauce • Salsa, Worcestershire sauce, bouillon • Sweet & sour sauces, steak and BBQ sauce • Monosodium glutamate (MSG) • Ketchup, relish, seasoning/coating mix, meat tenderizers, flavored vinegar • Cooking wine
<p>Seasoning and Condiments:</p> <ul style="list-style-type: none"> • Herbs and spices without salt (Mrs. Dash) • Lemon • Fresh garlic, onion • Fresh horseradish • Low-sodium ketchup, low-sodium hot sauce • Low-sodium chili sauce 	<ul style="list-style-type: none"> • Salad dressings containing sodium • Bacon and bacon fat • Gravy made with mixes or bouillon • Snack dips made with processed cheese or instant soup mixes • Avoid “salt substitute” as this contains high levels of potassium