

## Low-Salt Food Choices

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

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

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