

Low Sodium (Salt) Food Choices

| Food Group | Foods Low in Sodium | Foods Higher in Sodium |
|---|--|--|
| Milk and Milk Products (2-3 servings each day) | <p>Milk, yogurt</p> <p>Buttermilk (limit to 1 cup or 250 mL per week)</p> <p>Low sodium cheeses, including low sodium ricotta, cottage cheese and cream cheese</p> <p>Regular hard cheese (limit to 1 ½ oz or 45 g per day)</p> | <p>Malted milk, chocolate milk (unless homemade with cocoa), milkshakes</p> <p>Processed cheese, (slices, spreads and sauces)</p> |
| Breads and Cereals (5-12 servings each day) | <p>Whole grains (such as wheat, rye) and enriched grains</p> <p>Breads, rolls, homemade quick breads without salt (muffins, banana bread, cornbread)</p> <p>Crackers and breadsticks with unsalted tops, unsalted breadcrumbs</p> <p>Grains cooked without salt (rice, barley, oats and noodles)</p> <p>Most dry cereals, unsalted cooked cereal</p> | <p>Salt-topped or coated breads, rolls, and crackers, self-rising flour and biscuit mixes, salted breadcrumbs or cracker crumbs, home made quick breads made with salt</p> <p>Commercially seasoned pasta or rice mixes, commercial bread stuffing</p> <p>Instant hot cereals, pancakes, and waffles</p> |
| Meat, Fish, Poultry and Alternates (2-3 servings each day) | <p>Any fresh or frozen lean meat or poultry</p> <p>Fresh fish and shellfish or low sodium canned fish (or regular if drained and <u>rinsed</u>)</p> <p>Eggs and egg substitutes</p> <p>Unsalted nuts, seeds, and unsalted peanut butter, cooked dried peas and beans</p> | <p>Any meat, poultry, fish or shellfish that has been salted, smoked, cured, koshered, marinated, pickled, canned or commercially breaded (bacon, chipped beef, cold cuts, ham, hot dogs, sausage, sardines, anchovies, imitation seafood)</p> <p>Pickled eggs</p> <p>Salted nuts and nut butters</p> |

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|---|--|---|
| Fruits and Vegetables (5-10 servings each day) | <p>Fresh and frozen vegetables</p> <p>Regular tomato paste</p> <p>Low sodium canned vegetables</p> <p>Low sodium, salt free vegetable juices</p> <p>Fresh and frozen fruits</p> <p>Canned fruits</p> <p>All fruit juices</p> | <p>Regular canned vegetables, sauerkraut, pickled vegetables, and others prepared in brine (pickles); frozen vegetables in sauces; vegetables seasoned with ham, bacon, or salt pork</p> <p>Regular vegetable or tomato juices</p> <p>Instant and processed potato or vegetable mixes</p> <p>Dried fruits processed with salt</p> |
| Soups | <p>Low sodium canned or dried soup, broth, or bouillon</p> <p>Homemade broth and soup without added salt and made with allowed ingredients</p> | <p>Regular canned or dried soup, broth, or bouillon</p> <p>Regular broth cubes or powders</p> |
| Fats and Oils | <p>Vegetable oils, margarine or butter</p> <p>Unsalted salad dressings</p> <p>Regular salad dressings (limit to 1 Tbsp or 15 mL)</p> | <p>Dips made with dried soup mixes or processed cheese</p> <p>Large amounts of regular salad dressings</p> |
| Desserts and Sweets | <p>All desserts, sweets, candy, and frozen treats made with allowed ingredients</p> <p>Dry cocoa powder</p> <p>Sugar, honey, syrup, jam, jelly</p> | <p>Instant pudding mixes</p> <p>Cake mixes and pie mixes</p> |
| Other Foods | <p>Onions, garlic, ginger, horseradish</p> <p>Pepper, herbs, spices, vinegar, lemon or lime juice, hot pepper sauce, salsa (2 Tbsp or 30 mL), low sodium soy sauce (1 tsp or 5 mL)</p> <p>Salt substitute made from potassium chloride with doctor's approval (<i>NuSalt®</i>, <i>NoSalt®</i>, <i>Salt-It®</i>, <i>Spike®</i>). Salt substitutes made from herb/spice blends (<i>Mrs. Dash®</i>)</p> <p>Low-sodium condiments (low sodium ketchup, dry mustard)</p> <p>Unsalted snack foods (popcorn, pretzels, tortilla chips, potato chips)</p> <p>Low sodium carbonated beverages</p> | <p>Salt (Sea salt, rock salt, kosher salt)</p> <p>Salt substitutes containing salt (<i>Half Salt®</i>)</p> <p>Any seasoning with salt (garlic salt, celery salt, onion salt, seasoned salt)</p> <p>Meat tenderizers, monosodium glutamate (MSG)</p> <p>Regular soy sauce, Worcestershire sauce</p> <p>Most processed sauces (barbecue, teriyaki, steak sauces)</p> <p>Canned or dried gravy or sauce</p> <p>Regular condiments (ketchup, mustard, relish)</p> <p>Salted snack foods, olives</p> |

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More Information For You

- BC HealthFile #68b [Lifestyle Steps to Lower Your Blood Pressure](http://www.bchealthguide.org/healthfiles).
www.bchealthguide.org/healthfiles

References Used For This Factsheet:

- American Dietetic Association, Dietitians of Canada. Sodium Restricted Diet. In: Manual of Clinical Dietetics. 6th ed. Chicago: American Dietetics Association, 2000. p.769-777.
- Shield J, Mullen M. Sodium-Controlled Diet. In: Patient Education Materials: Supplement to the Manual of Clinical Dietetics. 3rd ed. Chicago: American Dietetic Association, 2001.



Notes

This handout distributed by:

The following resources are also available on sodium:

Low Sodium (Salt) Cooking
Low Sodium (Salt) Eating
Low Sodium (Salt) Eating Out
Low Sodium (Salt) Eating Resources
Reading Food Labels for Sodium (Salt)

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