

Low Sodium (Salt) Food Choices

Food Group	Foods Low in Sodium	Foods Higher in Sodium
Milk and Alternatives (2-3 servings each day)	Milk, yogurt Buttermilk (limit to 250 mL or 1 cup per week) Low sodium cheeses, including low sodium ricotta, cottage cheese and cream cheese Regular hard cheese (limit to 45 g or 1 ½ oz per day)	Chocolate milk (unless homemade with cocoa), milkshakes, malted milk Processed cheese, (slices, spreads and sauces)
Grain Products (6-8 servings each day)	Whole grains (such as wheat, rye) and enriched grains Breads, rolls, homemade quick breads without salt (muffins, banana bread, cornbread) Crackers and breadsticks with unsalted tops, unsalted breadcrumbs Grains cooked without salt (rice, barley, oats and noodles) Most dry cereals, unsalted cooked cereal	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 Commercially seasoned pasta or rice mixes, commercial bread stuffing Instant hot cereals, pancakes, and waffles
Meat and Alternatives (2-3 servings each day)	Any fresh or frozen lean meat or poultry Fresh fish and shellfish or low sodium canned fish (or regular if drained and rinsed) Eggs and egg substitutes Unsalted nuts, seeds, and unsalted peanut butter, cooked dried peas and beans	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) Pickled eggs Salted nuts and nut butters

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

Food Group	Foods Low in Sodium	Foods Higher in Sodium
Vegetables and Fruit 7-10 servings each day)	Fresh and frozen vegetables Regular tomato paste Low sodium canned vegetables Low sodium, salt free vegetable juices Fresh and frozen fruits Canned fruits All fruit juices	Regular canned vegetables, sauerkraut, pickled vegetables, and others prepared in brine (pickles); frozen vegetables in sauces; vegetables seasoned with ham, bacon, or salt pork Regular vegetable or tomato juices Instant and processed potato or vegetable mixes Dried fruits processed with salt
Soups	Low sodium canned or dried soup, broth, or bouillon Homemade broth and soup without added salt and made with allowed ingredients	Regular canned or dried soup, broth, or bouillon Regular broth cubes or powders
Oils and Fats	Vegetable oils, margarine or butter Unsalted salad dressings Regular salad dressings (limit to 15 mL or 1 Tbsp)	Dips made with dried soup mixes or processed cheese Large amounts of regular salad dressings
Desserts and Sweets	All desserts, sweets, candy, and frozen treats made with allowed ingredients Dry cocoa powder Sugar, honey, syrup, jam, jelly	Instant pudding mixes Cake mixes and pie mixes

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

Food Group	Foods Low in Sodium	Foods Higher in Sodium
Other Foods	<p>Onions, garlic, ginger, horseradish</p> <p>Pepper, herbs, spices, vinegar, lemon or lime juice, hot pepper sauce, salsa (30 mL or 2 Tbsp), low sodium soy sauce (5 mL or 1 tsp)</p> <p>Salt substitute made from potassium chloride with doctor's approval (NuSalt®, NoSalt®, Salt-It®, Spike®). Salt substitutes made from herb/spice blends (Mrs. Dash®)</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) Salt substitutes containing salt (Half Salt®)</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>



Additional Resources

- Heart and Stroke Foundation of Canada www.heartandstroke.ca. Provides useful heart health information, as well as low sodium, heart healthy recipes. Call 1-888-473-4636.
- Canadian Diabetes Association, Dietitians of Canada. "Healthy Eating is in Store for You – Nutrition Labelling Fact Sheets" www.healthyeatingisinstore.ca/pdf/ENG_RGB_Factsheet.pdf

These resources are provided as sources of additional information believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.



Notes

Distributed by:

© 2009 HealthLink BC. All rights reserved.
May be reproduced in its entirety provided source is acknowledged.

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian.
It is intended for educational and informational purposes only.