





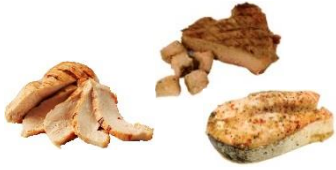



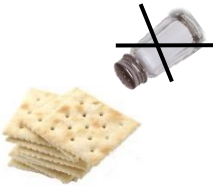












Sodium Foods

Many foods have sodium (salt). This handout can help you choose foods lower in sodium. If you need more support, talk to your healthcare team.

Choose These foods are lower in sodium.

					
Hot cereal with no added salt	Cold cereal	Rice	Eggs	Pasta	Homemade muffins without salt
					
Fresh meat, poultry, or fish	Canned fish, with no added salt	Hard cheese (cheddar, mozzarella, or Swiss)	Garlic, ginger, and onions	Crackers, unsalted	
					
Homemade soups, unsalted	Fresh or frozen fruit	Canned tomatoes or tomato sauce with no added salt	Fresh, frozen, or canned vegetables with no added salt	Peas, No Added Salt	
					
Herbs and spices	Vinegar	Lemon, lime	Homemade gravies and sauces, unsalted	Popcorn, unsalted	

Limit These foods have some sodium.

	
Limit these sauces to 1 Tbsp (15 mL) per day	Barbecue sauce, chutney, hoisin sauce, ketchup, mustard, relish, salad dressing, sambal oelek, steak sauce, teriyaki sauce



Avoid These foods are higher in sodium.



Salt, sea salt, or seasonings that contain salt



Instant hot cereals with added salt



Canned or packaged soup



Packaged meals



Processed meats like canned meat, deli meat, sausages, hot dogs, or bacon



Pickled foods



Restaurant foods



Processed cheese or cheese spreads



Salted nuts or seeds



Salted chips, pretzels, or popcorn



Pancakes or waffles, frozen or from mix



Soy sauce, fish sauce, black bean sauce, or oyster sauce



Packaged rice, noodle, or sauce mixes



French fries, salted



Canned vegetables with added salt



Bouillon cubes and soup broth mixes



Canned tomatoes or tomato sauce with added salt



Tomato juice or vegetable cocktail



Salt substitutes

Ask your healthcare provider if you can use salt substitutes.

Some have too much potassium for people with kidney disease or other health conditions.