

Foods Low in Sodium (Salt)

Food Group	Use	Limit (2 to 3 times a week)	Eat Less
Dairy	<ul style="list-style-type: none"> ■ yogurt: fat-free or low-fat plain, Greek or fruit-flavored ■ low-sodium cheese ■ dry powdered milk ■ liquid milk 	<ul style="list-style-type: none"> ■ buttermilk ■ cottage cheese ■ natural cheese (cheddar, colby, etc.) ■ instant beverage mixes with more than 200 mg sodium per serving 	<ul style="list-style-type: none"> ■ processed cheese such as American ■ cheese spreads ■ soft cheese such as brie, blue, Roquefort
Protein	<ul style="list-style-type: none"> ■ no-salt-added fresh or frozen fish, poultry, beef, pork, lamb, veal ■ low-sodium tuna ■ eggs ■ unsalted nuts 	<ul style="list-style-type: none"> ■ reduced-sodium processed meats and cheeses ■ low-sodium bacon 	<ul style="list-style-type: none"> ■ canned meat and fish ■ processed meats: ham, sausage, cold cuts, bacon, luncheon meats, hot dogs, jerky, smoked/cured meats ■ pickled herring ■ salted nuts ■ anchovies, herring, sardines
Vegetables and fruits	<ul style="list-style-type: none"> ■ fresh or frozen unsalted vegetables ■ no-salt-added or low-sodium canned vegetables or tomato products ■ dried beans, peas, lentils ■ all fruits 		<ul style="list-style-type: none"> ■ sauerkraut ■ vegetables or potatoes with sauces or seasoning mixes ■ pickled vegetables ■ olives ■ canned vegetables and tomato products with salt
Grains	<ul style="list-style-type: none"> ■ saltines with unsalted tops ■ Melba toast, rolls, unsalted bread sticks ■ homemade pancakes and waffles (no salt added) ■ potatoes, rice, pasta ■ unsalted pretzels or popcorn ■ low-sodium chips and crackers ■ potatoes, rice or noodles made without salt 	<ul style="list-style-type: none"> ■ baking powder biscuits ■ English muffins ■ bran cereals ■ graham crackers ■ breads and cereals with more than 180 mg sodium per serving 	<ul style="list-style-type: none"> ■ box mixes: stuffing, rice, pancakes, biscuits, casseroles, potatoes and noodles ■ salted crackers ■ salted snack food: potato chips, pretzels, popcorn ■ instant cooked cereals ■ commercially prepared refrigerated dough

(over)

Food Group	Use	Limit (2 to 3 times a week)	Eat Less
Combination foods	<ul style="list-style-type: none"> ■ homemade combination foods and soups with less or no salt ■ commercial low-sodium soups 	<ul style="list-style-type: none"> ■ TV dinners with less than 600 mg sodium per serving ■ reduced-sodium soups 	<ul style="list-style-type: none"> ■ canned or frozen chow mein ■ frozen pot pies ■ canned stew, casseroles ■ prepared baked beans ■ TV dinners with more than 600 mg sodium per serving ■ canned and dried soups ■ bouillon
Desserts	<ul style="list-style-type: none"> ■ fruit ■ sherbet and fruit ice ■ plain cake or meringue ■ ice cream and frozen yogurt ■ jams, jellies, honey ■ homemade desserts, cooked puddings and boxed mixes with less than 200 mg sodium per serving 	<p>Limit to one sodium-containing dessert each day:</p> <ul style="list-style-type: none"> ■ baked desserts made from commercial mixes ■ commercially prepared cookies ■ instant puddings ■ desserts and candies made with salted nuts ■ cream and fruit pies 	
Beverages	<ul style="list-style-type: none"> ■ sparkling water ■ fruit juices or drinks, lemonade, coffee, tea, pop ■ beverages with less than 70 mg sodium per serving 	<ul style="list-style-type: none"> ■ club soda 	<ul style="list-style-type: none"> ■ commercial sports drinks such as Gatorade®, Instant Preplay® or Take Five® ■ cocktail beverage mixes ■ instant cocoa
Other	<ul style="list-style-type: none"> ■ oil, vinegar, lemon juice ■ fresh or powdered onion or garlic ■ salt-free herbs and spice mixes ■ flavoring extracts ■ homemade gravy with less or no salt ■ salt-free bouillon or broth ■ unsalted ketchup, mustard, barbeque sauce ■ salt-free nuts and seeds ■ table wine (not cooking wine) ■ homemade salad dressings 	<ul style="list-style-type: none"> ■ ketchup and mustard ■ tartar sauce (1 tablespoon) ■ barbeque sauce (1 tablespoon) ■ steak sauce (1 tablespoon) ■ commercial salsa (1 to 2 tablespoons) ■ prepared horseradish ■ regular and low-calorie salad dressing ■ salted margarine and mayonnaise (1 tablespoon) 	<ul style="list-style-type: none"> ■ all pickles, olives ■ seasoned salts ■ MSG ■ soy sauce ■ tenderizers ■ commercial gravy mixes ■ light-salt products ■ cooking wine ■ salted nuts and seeds