

Low sodium suggested list of foods

Food Groups	Use	Limit (2-3 times/week)	Avoid
Milk products	<ul style="list-style-type: none"> ■ yogurt ■ low-sodium cheese ■ dried or fluid milk 	<ul style="list-style-type: none"> ■ buttermilk ■ cottage cheese ■ natural cheese (such as cheddar, colby, etc.) ■ instant mixes with more than 200 mg of sodium per serving 	<ul style="list-style-type: none"> ■ processed cheese (such as American) ■ cheese spreads
Meat	<ul style="list-style-type: none"> ■ fresh or frozen fish, poultry, beef, pork, lamb, veal ■ low-sodium tuna ■ low-sodium bacon ■ eggs 	<ul style="list-style-type: none"> ■ reduced-sodium processed meats and cheeses 	<ul style="list-style-type: none"> ■ canned meat and fish ■ sausage ■ pickled herring ■ ham, bacon, cold cuts ■ corned or dried beef ■ salted nuts ■ beef jerky ■ anchovies, herring, and kosher meats ■ sardines ■ luncheon meats, frankfurters, bratwurst
Vegetables and fruits	<ul style="list-style-type: none"> ■ fresh or frozen, unsalted vegetables ■ canned vegetables or tomato products with no added salt ■ dried beans, peas and lentils ■ all fruits ■ low-sodium canned vegetables 		<ul style="list-style-type: none"> ■ sauerkraut ■ vegetables or potatoes with sauces or seasoning mixes ■ pickled vegetables ■ olives ■ canned tomato products or juice ■ vegetables canned with salt
Grains	<ul style="list-style-type: none"> ■ graham crackers ■ saltines with unsalted tops ■ melba toast, rolls, unsalted bread sticks ■ homemade pancakes and waffles (no salt added) ■ breads and cereals with less than 180 mg of sodium per serving ■ unsalted pretzels or popcorn ■ low-sodium chips and crackers ■ potatoes, rice, or noodles prepared without salt 	<ul style="list-style-type: none"> ■ baking powder biscuits ■ English muffins ■ bran cereals 	<ul style="list-style-type: none"> ■ mixes: stuffing, rice mix, pancake, biscuit, casserole mix, potato and noodle mixes ■ salted crackers ■ salted snack food: potato chips, pretzels, popcorn ■ instant cooked cereals ■ commercially prepared refrigerated dough

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Combination foods	<ul style="list-style-type: none"> ■ homemade combination foods and soups with less or no salt ■ commercial low-sodium soup 	<ul style="list-style-type: none"> ■ TV dinners with less than 600 mg sodium per meal ■ reduced-sodium soup 	<ul style="list-style-type: none"> ■ chow mein ■ 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 box mixes with less than 200 mg or sodium per serving 	<ul style="list-style-type: none"> ■ limited to one sodium-containing dessert per day ■ baked desserts made from commercial mixes ■ commercial cookies ■ instant puddings ■ desserts and candies prepared with salted nuts ■ cream and fruit pie 	
Beverages	<ul style="list-style-type: none"> ■ sparkling water ■ fruit juices or drinks, lemonade, coffee, tea, pop ■ choose beverages with less than 70 mg of sodium per serving 	<ul style="list-style-type: none"> ■ club soda 	<ul style="list-style-type: none"> ■ commercial sport drinks such as Gatorade®, Instant Preplay® or Take Five® ■ softened water ■ 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, BBQ 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 Tbsp) ■ BBQ sauce (1 Tbsp) ■ steak sauce (1 Tbsp) ■ 1 to 2 Tbsp of commercial salsa ■ prepared horseradish ■ regular and low-calorie salad dressing 	<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