

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

**Always read food labels for serving size and sodium content.**

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

**Always read food labels for serving size and sodium content.**