

Lower Sodium (Salt) Food Choices

| <i>Food Group</i> | <i>Foods Lower in Sodium (Less than 120mg per serving)</i> | <i>Foods Higher in Sodium (More than 120mg per serving)</i> |
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| Milk and Alternatives (2-3 servings each day) | Milk, yogurt, fortified soy beverage Dry, unsalted cottage cheese | Chocolate milk (unless homemade with cocoa), milkshakes, malted milk Regular hard cheese Processed cheese (slices, spreads and sauces), ricotta, cottage cheese Buttermilk |
| Grain Products (6-8 servings each day) | Grains cooked without salt (rice, barley, oats, quinoa) Unsalted cooked cereal, pasta and noodles Homemade quick breads without salt or baking soda (muffins, banana bread, cornbread) Crackers and breadsticks with unsalted tops, unsalted breadcrumbs | Most commercial breads 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 Most dry cereals Commercially seasoned pasta or rice mixes, commercial bread stuffing Instant hot cereals, pancakes, and waffles |

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| Meat and Alternatives (2-3 servings each day) | <p>Any fresh meat, poultry, fish or shellfish</p> <p>Low sodium canned fish and beans (or regular if drained and rinsed)</p> <p>Eggs and egg substitutes</p> <p>Unsalted nuts, seeds, and unsalted nut/seed butter</p> <p>Cooked dried peas, beans and lentils</p> <p>Tofu</p> | <p>Any meat, poultry, fish or shellfish that has been salted, smoked, cured, koshered, marinated, pickled, canned or commercially breaded</p> <p>Frozen meat, poultry, fish and shellfish can be high in salt. Check the label.</p> <p>Processed meats: bacon, cold cuts, ham, hot dogs, sausage, imitation seafood</p> <p>Sardines, anchovies</p> <p>Pickled eggs</p> <p>Salted nuts and seeds and their butters</p> |

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| Vegetables and Fruit (7-10 servings each day) | <p>Fresh and frozen vegetables</p> <p>All fruit including fresh, frozen, canned and juices</p> <p>Low sodium or no sodium added canned vegetables</p> <p>Regular tomato paste</p> <p>Low sodium vegetable juices</p> | <p>Regular canned vegetables, sauerkraut, pickled vegetables, and others prepared in brine (pickles, olives)</p> <p>Frozen vegetables in sauces</p> <p>Regular vegetable or tomato juices</p> <p>Instant and processed potato or vegetable mixes</p> |

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| Soups | <p>Low sodium canned broth or bouillon</p> <p>Low sodium broth or bouillon cubes/granules</p> <p>Homemade broth and soup made with low sodium ingredients</p> | <p>Dips made with dried soup mixes or processed cheese</p> <p>Regular salad dressings</p> |
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| Other Foods | <p>Onions, garlic, ginger, horseradish</p> <p>Pepper, herbs, spices, vinegar, lemon or lime juice, hot pepper sauce, salt substitute made from potassium chloride, with doctor's approval (NuSalt®, NoSalt®, Salt-It®, Spike®).</p> <p>Salt substitutes made from herb/spice blends (e.g. Mrs. Dash®)</p> <p>Low-sodium condiments (low sodium ketchup, low sodium barbecue sauce)</p> <p>Homemade salsa</p> <p>Unsalted snack foods (popcorn, pretzels, tortilla chips, potato chips)</p> | <p>Salt (Sea salt, rock salt, kosher salt)</p> <p>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, sodium-reduced soy sauce, Worcestershire sauce</p> <p>Most processed sauces (barbecue, regular and reduced sodium teriyaki, and steak sauces)</p> <p>Canned or dried gravy</p> |

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| | <p>Carbonated beverages</p> <p>Sugar, honey, syrup, jam, jelly</p> <p>Dry cocoa powder</p> | <p>Regular condiments (ketchup, mustard, relish)</p> <p>Salsa</p> <p>Instant pudding mixes</p> <p>Cake and pie mixes</p> |
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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.

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Notes

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