

Low Sodium Diet

Choose	Avoid
Breads: English muffin; white, wheat, pumpernickel, other types of regular or unsalted bread and rolls	sweet rolls, breads or rolls with salted tops, packaged cracker or bread crumb coatings, packaged stuffing mixes, biscuits, corn bread
Cereals: regular cooked cereals such as oats, cream of wheat, rice, or farina; puffed wheat; puffed rice; shredded wheat	instant hot cereals, any other regular ready-to-eat cereals
Crackers and snack foods: all unsalted crackers and snack foods, unsalted peanut butter	salted crackers and snack items, regular peanut butter, party spreads and dips
Pasta, rice and potatoes: all types of pastas such as macaroni, spaghetti, rigatoni, ziti; potatoes, rice	macaroni and cheese mix; seasoned rice, noodle, and spaghetti mixes; canned spaghetti; frozen lasagna; macaroni and cheese, rice, and pasta dishes; instant potatoes; seasoned potato mixes
Dried beans and peas: pinto beans, white northern beans, black-eyed peas, lima beans, lentils, split peas, etc.	any beans or peas prepared with ham, bacon, salt pork, or bacon grease; all canned beans
Meats and alternatives: fresh or frozen meat, poultry, and fish; low sodium canned tuna and salmon; eggs	salted, smoked, canned, spiced, and pickled meats, poultry and fish; bacon; ham; sausage; scrapple; regular canned tuna or salmon; cold cuts; luncheon meats; hot dogs; pre-breaded frozen meats, fish and poultry; TV dinners; meat pies; kosher meats
Fruits and vegetables: fresh, frozen, or low-sodium canned vegetables or vegetable juices; low-sodium tomato paste and sauce; fresh, canned, or frozen fruit and juices	regular canned vegetables and vegetable juices, regular tomato sauce and tomato paste, olives, pickles, relishes, sauerkraut or vegetables packed in brine, frozen vegetables in butter or sauces, crystallized and glazed fruit, maraschino cherries, fruit dried with sodium sulfite
Dairy products: milk, cream, sour cream, non-dairy creamer, yogurt, low-sodium cottage cheese, low-sodium cheese	buttermilk, Dutch processed chocolate milk, processed cheese slices and spreads, regular cheese, cottage cheese
Fats and oils: margarine, regular butter, or mayonnaise limited to 4 tps per day; unsalted butter, margarine, cooking oils, or shortenings; salt-free gravies, cream sauces, and salad dressings	bacon grease; salt pork; commercially prepared sauces, gravies, and salad dressings

<p>Soups: salt-free soups and low-sodium bouillon cubes</p>	<p>regular commercially canned or prepared soups, stews, broths, or bouillon; packaged and frozen soups</p>
<p>Desserts: gelatin, sherbet, fruit ices, pudding and ice cream as part of milk allowance, angel food cake, salt-free baked goods, sugar, honey, jam, jelly, marmalade, syrup</p>	<p>regular commercially prepared and packaged baked goods, chocolate candy</p>
<p>Beverages: coffee, tea, soft drinks, fruit flavored drinks that do not contain sodium</p>	<p>softened water; carbonated beverages with sodium or salt added; check with physician about alcoholic beverages</p>
<p>Condiments: fresh and dried herbs; lemon juice; low-sodium mustard, vinegar, Tabasco sauce; low-sodium or no-salt-added ketchup; extracts (almond, lemon, vanilla); baking chocolate and cocoa; seasoning blends that do not contain salt</p>	<p>Table salt, lite salt, bouillon cubes, meat extract, Worcestershire sauce, tartar sauce, ketchup, chili sauce, cooking wines, onion salt, prepared mustard, garlic salt, meat flavorings, meat tenderizers, steak and barbecue sauce, seasoned salt, monosodium glutamate (MSG), Dutch processed cocoa</p>