



# LOW SODIUM FOODS CHART



Food Group:	Choose these lower sodium foods:	Limit these high sodium foods:
<b>Breads, Grains, and Cereals</b>	<ul style="list-style-type: none"> <li>Loaf bread, dinner rolls, English muffins, bagels (limit to 2-3 servings daily)</li> <li>Plain pasta, noodles, plain rice</li> <li>White or sweet potatoes, unsalted</li> <li>Dried beans, peas, and lentils (<i>cook with onion and garlic for flavor</i>);</li> <li>Unsalted hot cereals like oatmeal and wheat farina</li> <li>Unsalted or low sodium snack foods (read labels, some chips are low in salt)</li> <li>Low sodium ready to eat cereals such as puffed rice, cornflakes, oat Os, shredded wheat</li> </ul>	<ul style="list-style-type: none"> <li>Biscuits and Bisquick</li> <li>Pancake, muffin, and cornbread mixes</li> <li>Seasoned rice and noodle mixes like ramen noodles, Noodle Roni®, Rice-a-Roni®, macaroni and cheese</li> <li>Coating mixes like seasoned bread crumbs, Shake'n' Bake®</li> <li>Salted snacks like potato chips, nachos, peanut butter crackers, pretzels, pork rinds)</li> <li>Instant mashed potatoes</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>Milk</li> <li>Yogurt</li> <li>Cream cheese, especially whipped</li> <li>Sour cream</li> <li>Ice cream and frozen yogurt</li> <li>Whipped cream</li> <li>Low sodium cheeses: Swiss, mozzarella, grated Parmesan</li> </ul> <p><i>Note: Low Fat does not mean low sodium!</i></p>	<ul style="list-style-type: none"> <li>Buttermilk</li> <li>Processed cheeses: American, Nacho cheese, Cheez Whiz®, Easy Cheese®</li> <li>Blue cheese</li> <li>Pimento cheese</li> <li>Cottage cheese</li> <li>Queso fresco</li> <li>Feta cheese</li> </ul> <p><i>Read the labels, cheese varies in sodium content.</i></p>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>All fruits and fruit juices</li> </ul>	<ul style="list-style-type: none"> <li>No need to limit any! (Canned fruits do not contain sodium.)</li> </ul>
<b>Fats</b>	<ul style="list-style-type: none"> <li>Unsalted butter</li> <li>Lard</li> <li>Olive or vegetable oil</li> <li>Tub or squeeze margarine</li> <li>Low sodium or homemade salad dressings</li> <li>Mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>Bacon and bacon grease</li> <li>Salt pork</li> <li>Fat back</li> <li>Regular commercial salad dressings</li> </ul>
<b>Seasonings and condiments</b>	<ul style="list-style-type: none"> <li>Fresh or dried herbs and spices</li> <li>Vinegar, lemon juice and fruit juices for marinades</li> <li>Onion and garlic (fresh, minced, dried in flakes or powdered)</li> <li>Pepper, celery seed, and dried vegetable flakes</li> <li>Mustard, low sodium bouillon</li> <li>Spice and herb blends without added salt (Mrs. Dash®)</li> </ul>	<ul style="list-style-type: none"> <li>Salt, sea salt, lite salt, bouillon cubes</li> <li>Potassium-containing salt substitutes (Nu-Salt®, No Salt®)</li> <li>Seasoning salts (garlic salt, onion salt, celery salt)</li> <li>Spice and herb mixes with added salt, including Old Bay®</li> <li>Commercially prepared sauces (teriyaki, soy)</li> <li>Large amounts of ketchup or BBQ sauce</li> </ul>