



SODIUM....Foods to Choose When You Shop

Today there are many foods low in sodium (salt) to choose when you shop. Use the list below to help you make low sodium food choices.

TYPES OF FOOD	CHOOSE THESE FOODS	AVOID THESE FOODS
Breads & Grains	<ul style="list-style-type: none">• Breads: white, wheat, rye, buns, etc.• No salt added or low sodium crackers• Plain rice, pasta, noodles	<ul style="list-style-type: none">• Breads with salt on top• Salted crackers• Rice or noodle mixes
Condiments	<ul style="list-style-type: none">• Mrs. Dash Steak Sauce, lemon juice, vinegar• Low sodium ketchup• Low sodium soy sauce• Basil, chili powder, oregano, pepper, Mrs. Dash	<ul style="list-style-type: none">• Regular steak sauce, steak tenderizers• Limit to 1 Tbsp: regular ketchup & barbecue sauce• Limit to 1 tsp. regular mustard
Fruit & Vegetables	<ul style="list-style-type: none">• Low sodium vegetable juice or V-8 Juice, no salt added canned vegetables• Fresh and frozen vegetables• No salt added tomato sauce• No salt added spaghetti sauce with less than 400 mg (milligrams) of sodium	<ul style="list-style-type: none">• Regular vegetable or V-8 Juice, regular canned vegetables including pickled foods, such as: sweet/dill pickles, olives, relishes, sauerkraut, eggs, etc.• Commercial tomato sauce• Commercial spaghetti sauce
Dairy	<ul style="list-style-type: none">• Low sodium processed cheese• "Fresh" deli cheese such as colby & mozzarella	<ul style="list-style-type: none">• Processed cheese• Velveeta, Cheez Whiz

Turn the Page

Nutrition Tip

Cincinnati VA Medical Center

Frozen or Canned Meats	<ul style="list-style-type: none"> Meals with less than 800 mg (milligrams) of sodium per serving 	<ul style="list-style-type: none"> Meals with more than 800 mg of sodium per serving (such as canned stew or canned chili)
Meats & Other Protein	<ul style="list-style-type: none"> Fresh pork, beef, chicken, turkey, fish, peanut butter, eggs Unseasoned frozen meats such as plain, un-breaded frozen chicken, fish or beef patties Reduced sodium lunch meat (limit to 2 oz. or 500 mg or less of sodium per serving) Regular dried beans or frozen dried beans 	<ul style="list-style-type: none"> Canned, smoked or cured pork (salt pork), beef, chicken, fish such as sardines or anchovies Seasoned frozen meats Cured or smoked ham, bologna, salami, hot dogs, brats, metts, sausage or bacon Canned dried beans
Snacks	<ul style="list-style-type: none"> Unsalted or low sodium pretzels, tortilla chips, potato chips Regular popcorn or microwave popcorn with 100 mg or less sodium per 3 cup serving (popped) 	<ul style="list-style-type: none"> <u>Salted</u> pretzels, tortilla chips, potato chips, etc. All popcorn with more than 100 mg of sodium per 3 cup serving (popped)
Soups	<ul style="list-style-type: none"> Canned “no salt added” or low sodium soups Low sodium bouillon cubes 	<ul style="list-style-type: none"> Regular canned, or dry soup mix Regular bouillon cubes

Label Lingo

Low Sodium: has less than 140 mg of sodium per serving

Very Low Sodium: has less than 35 mg of sodium per serving

Sodium Free & Salt Free: contains less than 5 mg of sodium per serving

Reduced Sodium: has no more than 50% of the sodium present in the regular product

