

Low Sodium Diet – Food List

High-sodium foods:

- Smoked, cured, salted or canned meat, fish or poultry including bacon, cold cuts, ham, frankfurters, sausage, sardines, caviar and anchovies
- Frozen breaded meats and dinners, such as burritos and pizza
- Canned entrees, such as ravioli, spam and chili
- Salted nuts

Low-Sodium Alternatives:

- Any fresh or frozen beef, lamb, pork, poultry and fish
- Eggs and egg substitutes
- Low-sodium peanut butter
- Dry peas and beans (not canned)
- Low sodium canned fish
- Drained, water or oil packed canned fish or poultry

Dairy Products

High-sodium foods:

- Buttermilk
- Regular and processed cheese, cheese spreads and sauces
- Cottage cheese

Low-Sodium Alternatives:

- Milk, yogurt, ice cream and ice milk
- Low sodium cheeses, cream cheese, ricotta cheese and mozzarella

Breads, Grains and Cereals

High-sodium foods:

- Bread and rolls with salted tops
- Quick breads, self-rising flour, biscuit, pancake and waffle mixes
- Pizza, croutons and salted crackers
- Prepackaged, processed mixes for potatoes, rice, pasta and stuffing

Low-Sodium Alternatives:

- Breads, bagels and rolls without salted tops
- Muffins and most ready-to-eat cereals
- All rice and pasta, but do not to add salt when cooking
- Corn and flour tortillas and noodles
- Low sodium crackers and breadsticks

- Unsalted popcorn, chips and pretzels

Vegetables and Fruits

High-sodium foods:

- Regular canned vegetables and vegetable juices
- Olives, pickles, sauerkraut and other pickled vegetables
- Vegetables made with ham, bacon or salted pork
- Packaged mixes, such as scalloped or au gratin potatoes, frozen hash browns and tater tots
- Commercially prepared pasta and tomato sauces

Low-Sodium Alternatives:

- Fresh and frozen vegetables without sauces
- Low sodium canned vegetables, sauces and juices
- Fresh potatoes, frozen French fries and instant mashed potatoes
- Low salt tomato or V-8 juice.
- Most fresh, frozen and canned fruit

Soups

High-sodium foods:

- Regular canned and dehydrated soup, broth and bouillon

Low-Sodium Alternatives:

- Low sodium canned and dehydrated soups, broth and bouillon

Homemade soups without added salt

Fats, Desserts and Sweets High-sodium foods:

- Bottled salad dressings, regular salad dressing with bacon bits
- Salted butter or margarine
- Instant pudding and cake

Low-Sodium Alternatives:

- Unsalted butter or margarine
- Vegetable oils and sodium free salad dressings
- All desserts made without salt

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