

The foods listed below contain no salt based on the serving size listed.

Zero milligrams of sodium per serving

Baking

- Flax seeds, 3 tablespoons - 0 mg
- Flour, white unbleached, whole wheat, whole grain, 1 cup - 0 mg - Note: do not mistakenly use self rising flour, it has 1,587 mgs per cup.
- Honey, 1 tablespoon - 0 mg
- Sugar, granulated, 1 teaspoon - 0 mg
- Sugar, powdered, 1 tablespoon - 0 mg
- Vanilla extract, 1 teaspoon - 0 mg

Cereal

- Cream of wheat, not instant, 1 packet - 0 mg
- Farina, 3 tablespoons - 0 mg
- Grits, corn, 1/4 cup - 0 mg
- Malt-O-Meal original, 3 tablespoons - 0 mg
- Oatmeal, old fashioned/quick (not instant), 1/2 cup - 0 mg
- Puffed rice, 1 cup - 0 mg
- Puffed wheat, 1 cup - 0 mg
- Shredded wheat, check package, most brands are - 0 mg

Desserts

- Popsicles, most flavors, check packaging - 0 mg

Fruit

- Apples, 1 medium - 0 mg
- Apricot, raw, 1 apricot - 0 mg
- Banana, 1 medium - 0 mg
- Cherries, sweet, raw, 10 cherries - 0 mg
- Dates, dried, 1.4 oz/5-6 pcs - 0 mg
- Fruit leather, apricot, mango, tropical, berry, blackberry, strawberry, .5 oz bar - 0 mg
- Grapes, 1-1/2 cups - 0 mg
- Grapefruit, raw, pink, red and white, 1/2 grapefruit - 0 mg
- Kiwi, 2 medium - 0 mg
- Lemon juice, raw, juice of one lemon - 0 mg

- Lime juice, bottled, 3 oz - 0 mg
- Mango, 1/2 fresh - 0 mg
- Nectarines, 1 medium - 0 mg
- Oranges, 1 medium - 0 mg
- Peaches, raw, 1 cup - 0 mg
- Pears, 1 medium - 0 mg
- Plums, raw, 1 plum - 0 mg
- Raspberries, 1 cup - 0 mg
- Strawberries, raw, 1 strawberry - 0 mg
- Tangerine, 1 medium - 0 mg

Jams, Preserves, and Fruit Spreads

- Most are sodium free, check nutrition facts label to confirm - 0 mg

Nuts, unsalted

- Almonds, 1 oz or 24 nuts - 0 mg
- Brazil nuts, 1/4 cup - 0 mg
- Hazelnuts, filberts, 1 ounce - 0 mg
- Pecans, 1 oz (20 halves) - 0 mg
- Walnuts, 1 oz - 0 mg

Oils and Vinegars

- Garlic oil, 1 teaspoon - 0 mg
- Olive, salad, or cooking oil, 1 tablespoon - 0 mg
- Peanut oil, 1 tablespoon - 0 mg
- Sesame oil, 1 tablespoon - 0 mg
- Soybean, salad, or cooking oil, 1 tablespoon - 0 mg
- Vegetable corn oil, 1 tablespoon - 0 mg
- Vegetable oil, canola, 1 tablespoon - 0 mg
- Vegetable oil, safflower, 1 tablespoon - 0 mg
- Vegetable oil, sunflower, 1 tablespoon - 0 mg
- Vinegar, all, 1 tablespoon - 0 mg

Rice

- Brown, white, Jasmine, 1/4 cup - 0 mg

Salad Dressings

- Oil and vinegar, home recipe, 1 tablespoon - 0 mg

Spices

- Basil, fresh, 1 oz - 0 mg
- Bay leaf, dried, 1 teaspoon - 0 mg
- Cornstarch, 1 tablespoon - 0 mg
- Cucumber, 1/3 medium - 0 mg
- Oregano, 1 teaspoon - 0 mg

Vegetables

- Asparagus, raw, 5 medium spears - 0 mg
- Avocado, 1.1 oz or 1/3 medium - 0 mg
- Beans, green, raw and frozen, 1 cup - 0 mg
- Chives, 1 tablespoon - 0 mg
- Corn, sweet, 2/3 cup - 0 mg
- Edamame, frozen (C&W), 1/2 cup - 0 mg
- Garlic, 1 oz/1 clove - 0 mg
- Lettuce, butterhead, 1 leaf - 0 mg
- Onion, raw, 1 slice - 0 mg
- Peppers, sweet, green, raw, 1 ring - 0 mg
- Potato, 1 medium - 0 mg
- Squash, acorn, 3 oz or 3/4 cup - 0 mg
- Squash, butternut, 3 oz or 3/4 cup - 0 mg
- Tomatillos, 1 medium - 0 mg

List from:

<http://www.alsosalt.com>



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