

## Tips to help you eat less salt

- Most of the salt (sodium) in our diet is from canned, processed or convenience foods.
- Read labels to find and compare foods lower in sodium.
- Do not add salt at the table or in cooking.
- Over time, your taste buds will adjust to eating less salt.

Eat more	Eat less or avoid
<p><b>Vegetables and Fruit</b></p> <ul style="list-style-type: none"> <li>• vegetables – canned, no salt added</li> <li>• vegetables – fresh or frozen, not packaged in sauce</li> <li>• vegetable juices – low sodium or salt free</li> <li>• fruits and fruit juices</li> </ul> <p><b>Meat and Alternatives</b></p> <ul style="list-style-type: none"> <li>• meat, fish or poultry – fresh or frozen</li> <li>• nuts or seeds – unsalted</li> <li>• peanut butter and other nut butters – regular or unsalted</li> <li>• tuna or salmon – canned, low sodium or rinse well</li> <li>• legumes, such as kidney beans, chick peas and lentils – dried or canned (rinsed)</li> </ul> <p><b>Grain Products</b></p> <ul style="list-style-type: none"> <li>• crackers – unsalted</li> <li>• popcorn – unsalted</li> <li>• whole grain breads</li> <li>• cereals – cooked</li> <li>• cereals – dry with less than 200 mg sodium/serving</li> <li>• rice, barley, quinoa, couscous, bulgur, kasha or millet</li> <li>• spaghetti, macaroni and other pastas</li> </ul>	<p><b>Vegetables and Fruit</b></p> <ul style="list-style-type: none"> <li>• vegetables – canned</li> <li>• pasta or tomato sauce – store bought</li> <li>• pickles and other pickled vegetables</li> <li>• tomato and vegetable juices</li> <li>• instant potato mixes</li> </ul> <p><b>Meat and Alternatives</b></p> <ul style="list-style-type: none"> <li>• smoked, salted or koshered meats such as sausages, hot dogs, bacon, ham, pickled fish, canned meats</li> <li>• deli meats or cold cuts such as bologna, turkey breast, ham</li> <li>• pickled eggs</li> <li>• frozen, convenience foods such as lasagna, TV dinners, pizza, hamburgers, french fries or breaded meat, fish or chicken such as chicken fingers</li> <li>• nuts and seeds – salted</li> <li>• baked beans – canned</li> </ul> <p><b>Grain Products</b></p> <ul style="list-style-type: none"> <li>• pancake, waffle, pasta, rice, muffin and bread mixes</li> <li>• instant hot cereals</li> <li>• crackers – salted</li> </ul>

Eat more	Eat less or avoid
<p><b>Milk Products</b></p> <ul style="list-style-type: none"><li>• milk, soy milk, yogurt</li><li>• cheese - hard or block (1½ ounces or 50 grams a day)</li><li>• cottage cheese – low sodium or reduced sodium</li><li>• ricotta cheese</li></ul> <p><b>Other</b></p> <ul style="list-style-type: none"><li>• soups (homemade) or canned/packaged soups with less than 400 mg sodium per serving</li><li>• desserts (homemade)</li><li>• herbs, spices</li><li>• seasonings such as McCormicks No Salt Added®, Mrs. Dash®, PC Blue Menu No Salt Seasoning Blends®</li><li>• salad dressings, dips (homemade)</li><li>• ketchup, mustard, relish or BBQ sauce (limit to 1 Tbsp a day)</li><li>• soy sauce, reduced sodium (1/2 tsp a day) or low sodium (1 serving as labeled)</li></ul>	<p><b>Milk Products</b></p> <ul style="list-style-type: none"><li>• buttermilk</li><li>• processed sliced cheese, cheese spreads and sauces</li><li>• cottage cheese</li></ul> <p><b>Other</b></p> <ul style="list-style-type: none"><li>• soups or broths – canned/packaged with 400 mg or more sodium per serving</li><li>• bouillons - cubed, powdered, concentrated liquid</li><li>• steak sauces</li><li>• snack foods such as pretzels, chips, salted crackers</li><li>• restaurant and take out foods</li><li>• gravy mixes</li><li>• garlic salt, onion salt, celery salt, sea salt, meat tenderizers</li><li>• dips made from dehydrated mixes</li><li>• bread stuffing - packaged</li></ul>

Talk to your health care provider before you use a salt substitute such as Half Salt® or No Salt®, as they contain high levels of sodium or potassium.

**Dietitian’s or Dietetic Assistant’s suggestions:**

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3. \_\_\_\_\_