

## HIGH SODIUM FOODS

Fast foods and processed foods (canned, frozen, instant) often are high in sodium. Some examples include: Broth, ketchup, soups, french fries, gravies, olives, pickles, potato chips, salted snacks, sandwich meats, sauces, sauerkraut, and tomato based products.

## Meats, Poultry, Fish, Legumes, Eggs, and Nuts

### High Sodium Choices

+Smoked, cured, salted or canned meats/poultry/fish including bacon, cold cuts, ham, frankfurters, sausage, sardines, caviar, and anchovies

+ Frozen breaded meats and dinners

+ Canned meats such as spam or chili

+Salted nuts

+Beans canned with added salt

### Lower Sodium Alternatives

+Fresh or frozen beef, lamb, pork, poultry and fish

+Eggs/egg whites

+Low sodium peanut butter

+Dry peas or beans

+Low sodium packed fish, water packed fish or poultry

## Dairy Prodcuts

### **High Sodium Choices**

+Butter milk

+Regular and processed cheese, cheese spreads, and cheese sauces

### **Low Sodium Alternatives**

+ Milk, yogurt, or ice cream

+ Low sodium cheeses ricotta, cream cheese and mozzarella

## **Breads, Grains and Cereals**

### **High Sodium Choices**

+ Bread and rolls with salted tops

+Quick breads, self rising flour, biscuits, pancake and waffle mixes

+Pizza and salted crackers

+Prepackaged/processed mixes for potatoes, rice, pasta and stuffing

### **Low Sodium Alternatives**

+Breads and bagels without salted tops

+Muffins and most cereals

+Low sodium corn and flour tortillas

+Low sodium crackers and bread sticks

+Unsalted popcorn, chips and pretzels

# Fruits and Vegetables

## High Sodium Choices

- +Canned vegetables and juices
- +Olives, pickles, sauerkraut, and any other pickled vegetables
- + Scalloped or au gratin potatoes, frozen hash browns or tater tots
- +Commercially prepared tomato sauces and salsa

## Low Sodium Alternatives

- +Fresh and frozen vegetables
- +Low sodium canned vegetables, sauces and juices
- + Fresh potatoes, frozen french fries
- +Dried fruits, most fresh, frozen and canned fruit