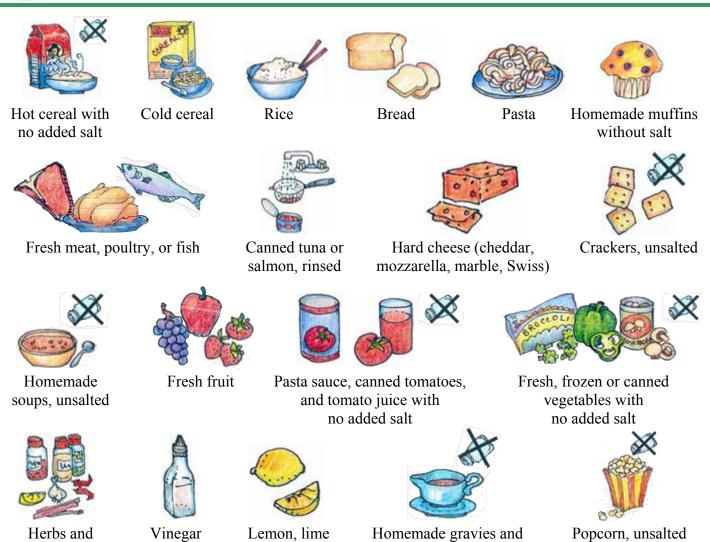
Sodium Foods

Many foods contain sodium (salt). Ask your dietitian how you can limit foods high in sodium.



Choose

These foods are low in sodium.





Limit

spices

These foods have some sodium. Limit them to the amounts listed below.

sauces, unsalted



Salad dressings (1 Tbsp/15 mL per day)



Condiments (ketchup, mustard, relish) (1 Tbsp/15 mL per day)





These foods are high in sodium.



Salt, sea salt, or seasonings that contain salt



Hot cereals, instant, with added salt



Soup, packaged or canned



Packaged dinners



Processed lunch meat and frozen meats



Pickled products



Ham



Sausage



Bacon



Salted nuts or seeds



Processed cheese or cheese spreads



Hot dog



Salted chips, pretzels, or popcorn



Pizza



Pancakes or waffles, frozen or from mix



Soya, fish, or steak sauce and marinades



Packaged rice, noodle, and sauce mixes



Salt substitutes with potassium*



French fries, salted



Canned vegetables, salt added



Canned pasta sauce, tomato sauce, canned tomatoes with added salt



Tomato juice, vegetable cocktail

*Ask your dietitian or doctor if you can use salt substitutes.