




















# 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.

					
Hot cereal with no added salt	Cold cereal	Rice	Bread	Pasta	Homemade muffins without salt
					
Fresh meat, poultry, or fish	Canned tuna or salmon, rinsed	Hard cheese (cheddar, mozzarella, marble, Swiss)	Crackers, unsalted		
					
Homemade soups, unsalted	Fresh fruit	Pasta sauce, canned tomatoes, and tomato juice with no added salt	Fresh, frozen or canned vegetables with no added salt		
					
Herbs and spices	Vinegar	Lemon, lime	Homemade gravies and sauces, unsalted	Popcorn, unsalted	



## Limit

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

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



# Avoid

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\*

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



French fries, salted



Canned vegetables, salt added



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



Tomato juice, vegetable cocktail