

High Sodium Foods



Salted Potato
Chips



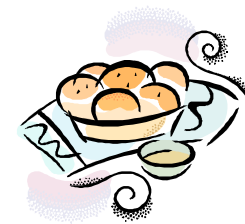
Hot Dog



Pizza



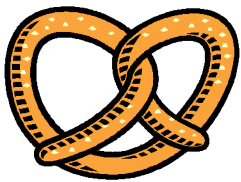
Cheese



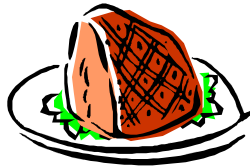
Biscuits



Hot Cereal



Salted Pretzels



Ham



Canned Soup



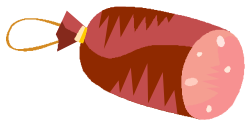
Canned Vegetables



Sardines



Salted Nuts



Cold Cuts: Salami,
Bologna, Corned
Beef, Pastrami &
Liverwurst



Salted Popcorn



Bacon



Chinese Food &
Soy Sauce



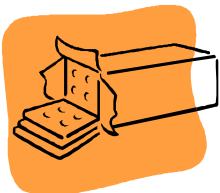
Frozen Dinners



Pickles



Ketchup



Salted Crackers



Waffles & Pancakes



Olives



Salt



Salted Canned Fish



Sausage

Measurement Key

Ounce = oz.

Milligram = mg

Tablespoon = tbsp.

Teaspoon = tsp.

Examples of low sodium spices, herbs, seasonings and condiments:

Allspice	Cloves	Garlic Powder	Parsley
Basil	Cocoa Powder	Ginger	Pimento
Bay Leaves	Cumin	Lemon Juice	Red Pepper
Black Pepper	Curry	Low-Sodium Ketchup (1-2 tbsp.)	Sage
Cayenne Pepper	Dill	Nutmeg	Salt Substitute
Chili Powder	Dry Mustard	Onion Powder	(with Dr. approval)
Chives	Flavored Extracts:	Oregano	Tabasco (1tbsp.)
Cinnamon	Vanilla, Almond, etc.	Paprika	Thyme
			Vinegar

Examples of high-sodium spices, seasonings and condiments:

Alfredo mixes	Generic Sauce Mixes	Pickle Relish	Soy Sauce
Barbeque Sauce	Horseradish	Plum Sauce	Steak Sauce
Celery Salt	Kosher Salt	Poultry Seasoning	Stir Fry Mix
Cocktail Sauce	Lite Salt	Regular Ketchup	Stir Fry Sauce
Dry Meat Marinade Mixes	Lite Soy Sauce	Salt	Taco Sauce
Dry Salad Dressing Mixes	Meat Tenderizer	Salt Sense	Taco Seasoning
Fish Sauce	MSG	Sea Salt	Teriyaki Sauce
Garlic Salt	Onion Salt	Seasoned Salt	Worcestershire Sauce