| **SODIUM FOOD LIST** |  
|----------------------|---------------------------------------------------|
| **Milk & Milk Products** | **LOW SODIUM**  
Whole, 2%, 1%, or skim milk  
Sour cream, Whipping cream  
Half & half, evaporated milk (¼ cup)  
Skim milk powder (2 tbsp)  
1 serving = ½ cup | **HIGH SODIUM**  
Buttermilk, Malted milk,  
Commercial milk drinks,  
Sweetened condensed milk |
| **Meat & Alternatives** | **LOW SODIUM**  
Beef, Pork, Lamb, Chicken, Turkey, Fish  
(without added salt or sodium)  
1 egg per day if desired  
Unsalted canned tuna & salmon,  
Dried peas, beans, lentils, legumes  
Unsalted nuts & seeds  
Tofu, Unsalted cheese, Unsalted cottage cheese,  
Natural hard cheese (1 ounce)  
Cottage cheese (¼ cup) | **HIGH SODIUM**  
Meat, Fish, Poultry that is cured, salted,  
smoked, canned, pickled:  
Bacon, Ham, Sausage, Wieners, Corned beef,  
Luncheon meats, Sardines, Regular canned  
salmon & tuna, pickled eggs.  
Canned beans, Legumes  
Kosher meat, shell fish, organ meats  
Salted nuts & seeds  
Processed cheese slices, Cheese spreads, Blue  
cheese, Feta cheese  
Products purchased with batter or breading  
Convenience casseroles, mixes  
Prepared meat patties |
| **Breads & Cereals** | **LOW SODIUM**  
Regular bread or rolls (140mg): White, Whole  
shoot, Rye, French, Italian, Pumpernickel,  
Kaiser, Hotdog bun, Hamburger bun, Bagels,  
English muffin  
1 serving =  
- 1 slice of bread  
- 1 small dinner roll  
- ½ hamburger/ hot  
dog bun  
- ½ pita bread  
- ½ bagel  
- ½ Kaiser roll  
- ½ English muffin | **HIGH SODIUM**  
Cheese bread  
Commercial breading or coating mixes  
Instant cooked cereals, Other cereals, Bran  
cereals, Pancakes, Waffles  
Other crackers, Cookies, Commercial cakes &  
pastries containing salt  
Self-rising flour, Rice or pasta convenience  
products  
Salted snack foods |
| **Fruits & Vegetables** | **LOW SODIUM**  
Fresh, canned or frozen fruit or fruit juice  
without sodium products.  
Fresh or canned unsalted vegetable juices  
Fresh or frozen fruit without added salt or  
sodium products  
Canned vegetables labeled “No Salt Added”  
Potato – prepared without salt | **HIGH SODIUM**  
Artificial fruit – flavored drink crystals  
Regular canned vegetable juices  
Celery  
Greens – beet, chard, rapini, kale, mustard,  
dandelion, spinach  
Frozen lima beans, frozen green peas, frozen  
vegetables in sauce  
Regular canned vegetables, sauerkraut,  
pickled vegetables, pickles, relishes, olives  
Commercially prepared potato or convenience  
products, including instant potatoes. |
<table>
<thead>
<tr>
<th>LOW SODIUM</th>
<th>HIGH SODIUM</th>
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<tbody>
<tr>
<td><strong>Soups</strong> 1 serving = 1 cup</td>
<td>Regular canned soups/broths. “1% salt added”, dried soup mixtures, instant soups, bouillon cubes or powder, commercial meat extracts.</td>
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<td>Homemade unsalted soups, low sodium canned soups if sodium content is less than 80mg/cup of soup.</td>
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<td><strong>Fats &amp; Oils</strong></td>
<td>Commercial salad dressing and vegetable dips</td>
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<td>As desired: Unsalted butter, Unsalted margarine, Unsalted Peanut Butter, Unsalted mayonnaise, Unsalted salad dressing, Homemade unsalted gravy, vegetable oils, shortening, lard. Cream cheese</td>
<td>Commercial gravy bases</td>
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<td>Bacon fat</td>
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<td><strong>Desserts &amp; Sweets</strong> 1 serving = ½ cup - 1/6 pie</td>
<td>Desserts made with salt or sodium products</td>
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<td>Sherbet, Ice cream, Ice milk, Yogurt, Gelatin dessert, Homemade pudding or custard with no added salt, homemade fruit pies with unsalted crust &amp; filling Brown sugar, White sugar, Hard Candies, Honey, Jam, Marmalade, Pure maple products, Baking &amp; pure Chocolate</td>
<td>Commercially prepared desserts and mixes Butterscotch or caramel flavored candy, Chocolate candy, Milk Chocolate, “Dutch-process” Chocolate, Corn syrup, Molasses</td>
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<td><strong>Miscellaneous</strong></td>
<td>Ketchup, Mustard, Soy sauce, Chili sauce, Baking soda, Baking powder, Cream of tartar, Meat tenderizers, Seasoned salt, Sea salt, Regular salt, MSG, Artificial sweeteners, Ovaltine, Diet/Regular Cola, Club Soda</td>
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<tr>
<td>Tea, Coffee, Carbonated drinks Spices, herbs, Flavoring extracts, cranberry sauce, mint sauce, vinegar, dry mustard powder, Tobasco sauce, Tartar sauce</td>
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