

SODIUM FOOD LIST

	LOW SODIUM	HIGH SODIUM
Milk & Milk Products 1 serving = ½ cup	Whole, 2%, 1%, or skim milk Sour cream, Whipping cream Half & half, evaporated milk (¼cup) Skim milk powder (2 tbsp)	Buttermilk, Malted milk, Commercial milk drinks, Sweetened condensed milk
Meat & Alternatives	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 (¼cup)	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 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	Regular bread or rolls (140mg): White, Whole wheat, Rye, French, Italian, Pumpernickel, Kaiser, Hotdog bun, Hamburger bun, Bagels, English muffin As desired: Unsalted bread Unsalted dry cereal: Puffed wheat, Puffed rice, Mini wheats, Muffets, Natural bran, Shredded wheat, Wheat germ Unsalted cooked cereal: Cream of wheat, Cream of rice, Oat bran, Oatmeal, Cornmeal, Red River cereal Crackers without salt or sodium: Matzoh, Melba toast, rice cakes White flour, Whole wheat flour, Cornstarch pasta, Rice, Couscous Other grains prepared without salt Unsalted popcorn	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 1 serving = ½ cup	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	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.

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Soups 1 serving = 1 cup	Homemade unsalted soups, low sodium canned soups if sodium content is less than 80mg/cup of soup.	Regular canned soups/broths. "1% salt added", dried soup mixtures, instant soups, bouillon cubes or powder, commercial meat extracts.
Fats & Oils	As desired: Unsalted butter, Unsalted margarine, Unsalted Peanut Butter, Unsalted mayonnaise, Unsalted salad dressing, Homemade unsalted gravy, vegetable oils, shortening, lard. Cream cheese	Commercial salad dressing and vegetable dips Commercial gravy bases Bacon fat
Desserts & Sweets 1 serving = ½ cup - 1/6 pie	Sherbet, Ice cream, Ice milk, Yogurt, Gelatin dessert, Homemade pudding or custard with no added salt, homemade fruit pies with unsalted crust & filling Brown sugar, White sugar, Hard Candies, Honey, Jam, Marmalade, Pure maple products, Baking & pure Chocolate	Desserts made with salt or sodium products Commercially prepared desserts and mixes Butterscotch or caramel flavored candy, Chocolate candy, Milk Chocolate, "Dutch-process" Chocolate, Corn syrup, Molasses
Miscellaneous	Tea, Coffee, Carbonated drinks Spices, herbs, Flavoring extracts, cranberry sauce, mint sauce, vinegar, dry mustard powder, Tobasco sauce, Tartar sauce	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