Low Sodium at the Grocery Store

- Fresh or frozen vegetables and fruits
- Raw nuts / natural peanut butter without salt
- No-salt added products — **READ LABEL!**
- Corn tortillas
- Breads and rolls without salted tops
- Swiss cheese and low-sodium cheeses
- Shredded wheat cereal
- Unsalted crackers and chips
- Rice and pasta — without seasoning packets
- Fresh or frozen meat, poultry and seafood
- Eggs and egg substitutes
- Yogurt, cottage cheese, ricotta cheese and milk (limit to 2-8 oz. glasses per day)
- Dry beans — cooked without salt
- Low-sodium or unsalted butter, salad dressing, soy sauce and condiments
- Pepper, herbs, spices, vinegar, lemon and lime juice — see handout on seasoning without salt

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High Sodium at the Grocery Store

- Instant oatmeal and ready to eat cereals
- Canned vegetables / frozen vegetables with sauces
- Sauerkraut
- Seasoning packet — **READ LABEL!**
- Soups and chilis
- Canned or jarred spaghetti and tomato sauces
- Commercially prepared rice, pasta, stuffing or potato mixes
- Frozen entrees — Lean Cuisine and Healthy Choice are better options
- Bacon, sausage, chipped beef, cold cuts, hot dogs, smoked salmon, tuna fish, sardines and anchovies
- Frozen breaded meats
- Salted nuts, chips and crackers
- Buttermilk
- Regular and processed cheeses — Swiss is the lowest
- Olives
- Quick breads

**Double check at the grocery store, many of these products may have a low sodium version.*

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