



GOOD CHOICES

MEATS & MEAT ALTERNATIVES

- Fresh beef, pork, veal, lamb, poultry, fish
- Eggs
- Dried beans, peas, lentils
- Unsalted nuts, unsalted peanut butter

MILK, YOGURT, CHEESES

- Milk or yogurt
- Low-sodium cheeses
- Frozen yogurt, ice cream
- Low-sodium cottage cheese
- Natural Swiss cheese

BREADS, CEREAL, RICE, AND PASTA

- Bread, rolls, breadsticks without salt or cheese
- Plain taco shells, tortillas
- Pasta, barley, rice cooked without salt
- Unsalted cooked cereal
- Low-Sodium Crackers
- Homeade soup with low-sodium ingredients

VEGETABLES

- Fresh/frozen vegetables without salt added
- Homeade tomato sauces

FRUITS

- Any kind of fruit or fruit juice, fresh, frozen, or canned

SNACKS

- Fresh Fruit and vegetables
- Unsalted nuts
- Unsalted popcorn
- Unsalted crackers
- Unsalted pretzels

BEVERAGES

- Water, fruit juices
- Cocoa made with milk
- Milk
- Soda without sodium
- Coffee, decaf coffee, teas (limit 24 oz or less per day)

DESSERTS

- Gelatin desserts
- Homeade tapioca or rice pudding
- Custard made with milk
- Hard Candy
- Homeade cake, cookies, pie, sherbert, ice cream (limit 1 serving or less per day)

FATS & OILS (USE SPARINGLY)

- Vegetable oil and mayonnaise
- Unsalted butter or margarine
- Unsalted or low-sodium salad dressing
- Low-sodium cream, non-dairy creamers
- Unsalted nuts
- Avocado

SEASONING & CONDIMENTS

- Herbs and spices without salt (Mrs. Dash)
- Lemon
- Fresh garlic, onion
- Fresh horseradish
- Low-sodium ketchup, low-sodium hot sauce
- Low-sodium chili sauce



MEATS & MEAT ALTERNATIVES

- Processed meats (bacon, sausage, pepperoni, hot dogs, ham, luncheon/deli meats, corned beef, anchovies, sardines, caviar)
- Meat alternatives/vegetarian entrees
- Microwave/frozen meals
- Dried meat, smoked fish
- Salted nuts, salted peanut butter



MILK, YOGURT, CHEESES

- Buttermilk, malted milk
- Bleu, feta, and other salty cheese
- Processed cocoa
- Regular cottage cheese
- Processed cheese



BREADS, CEREAL, RICE, AND PASTA

- Bread, rolls, breadsticks made with garlic/onion salt, or cheese
- Pasta or rice with seasoning packets
- Stuffing mixes
- Instant hot cereals, ready-to-eat cereal
- Salted crackers
- Regular canned or dry soups, broths, bouillions
- Baking mixes such as cakes, pancakes, waffles or muffins



VEGETABLES

- Canned vegetables, vegetable juices
- Instant mashed potatoes, boxed
- Pre-made spaghetti/tomato sauces
- Sauerkraut, olives, pickled vegetables



FRUITS

- Adding salt to fruits (such as melon)
- Glazed or crystallized fruit



SNACKS

- Potato chips, corn chips, taco chips
- Regular nuts
- Regular popcorn
- Other salty snack foods
- Regular pretzels



BEVERAGES

- Gatorade
- Instant cocoa mixes
- Powerade
- Instant Cappuccino mixes
- Vegetable juices (v-8)



DESSERTS

- Instant pudding or other pre-packaged dessert mix
- Whipped topping
- Frozen pies
- Minced meat pies



FATS & OILS

- Salted spices (garlic and onion salts, etc)
- Soy sauce, tartar sauce, teriyaki sauce
- Salsa, Worcestershire sauce, bouillon
- Sweet & sour sauces, steak and BBQ sauce
- Monosodium glutamate (MSG)
- Ketchup, relish, seasoning/coating mix, meat tenderizers, flavored vinegar
- Cooking wine



SEASONING & CONDIMENTS

- Salad dressings containing sodium
- Bacon and bacon fat
- Gravy made with mixes or bouillon
- Snack dips made with processed cheese or instant soup mixes
- Avoid "salt substitute" as this contains high levels of potassium