Low-Sodium Shopping List

Fruits: 🍎
- Apples
- Bananas
- Oranges
- Berries
- Cherries
- Melon
- Peaches
- Pears
- Plums
- Tangerines
- Canned fruit in water or juice
- Dried fruit
- Frozen fruit

Veggies: 🥦
- Broccoli
- Cauliflower
- Cucumbers
- Kale
- Lettuce
- Onions
- Peppers
- Potatoes
- Corn
- Tomatoes
- Yams
- Canned vegetables (low in sodium)
- Frozen vegetables (low in sodium, no sauce)

Protein:
- Canned beans (low in sodium)
- Dried beans
- Eggs
- Fish
- Lean beef
- Lean poultry
- Nut butter
- Nuts
- Peas
- Seafood

Dairy:
- Calcium-fortified milks (like almond milk or soy milk)
- Cheese (low-fat or nonfat, look for low-sodium options too)
- Nonfat yogurt
- Skim milk

Grains:
- 100% whole grain bread (look for options light in sodium)
- 100% whole grain crackers (look for options light in sodium)
- 100% whole grain cereal (low sugar)
- 100% whole grain pasta
- Brown rice
- Bulgur
- Oats
- Popcorn (low-sodium, low-fat versions)
- Quinoa

Low-Sodium Success Tips:

MyPlate advises people to "Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number." This is great advice for your next shopping trip. Compare the Nutrition Facts labels for similar products -- which ones have high levels of sodium per serving? The % Daily Value (DV) can be very helpful here, because as a general rule 5% or less is low, while 20% or more is high.

The Centers for Disease Control and Prevention (CDC) have revealed that "More than 75% of the sodium Americans eat comes from restaurant, prepackaged, and processed foods." When you’re shopping, see if you can limit the number of boxed and frozen meals that you buy. Replace them with fresher alternatives! That’s why this sample list is full of fresh fruits and vegetables, along with whole grains, low-fat dairy, and lean protein.