# Low Sodium Shopping List

## Fresh Vegetables:
- _____ lettuce, dark green
- _____ spinach
- _____ tomatoes
- _____ cucumbers
- _____ bell peppers
- _____ mushrooms
- _____ avocado
- _____ carrots
- _____ celery
- _____ broccoli
- _____ zucchini/squash
- _____ kale, collards, etc.
- _____ cauliflower
- _____ cabbage
- _____ corn
- _____ herbs
- _____ onions
- _____ garlic
- _____ potatoes
- _____ other

## Fresh Fruits:
- _____ berries
- _____ bananas
- _____ apples
- _____ pears
- _____ peaches
- _____ plums
- _____ melons
- _____ pineapple
- _____ oranges
- _____ grapefruit
- _____ lemons/limes
- _____ grapes
- _____ kiwi
- _____ other

## Cereal:
*Look for these elements in each serving of whole grain cereal:*
- More than 3 g fiber
- Less than 10 g sugar
- 5% (or less!) daily value for sodium

- _____ shredded wheat
- _____ oatmeal (not instant)
- _____ other

## Canned:
*Choose no-salt-added options:*
- _____ tomatoes
- _____ tomato paste
- _____ tomato sauce
- _____ pasta sauce
- _____ beans
- _____ low-fat soup or broth
- _____ canned fruit in juice
- _____ canned salmon

## Dried:
*Avoid boxed mixes because they have a lot of salt. Instead, buy plain foods and season them with fresh or dried herbs.*
- _____ beans
- _____ lentils
- _____ brown rice
- _____ macaroni
- _____ lasagna/fettuccine/linguini/spaghetti/penne
- _____ barley
- _____ walnuts/almonds
- _____ vanilla extract
- _____ cocoa powder
- _____ prune puree
- _____ peanut butter
- _____ herbs
- _____ spices

## Low-Sodium Bread:
- _____ 100% whole wheat bread
- _____ whole wheat pitas
- _____ low-fat tortillas

## Condiments:
*Choose no-added salt varieties:*
- _____ ketchup
- _____ light-sodium soy sauce*
- _____ balsamic vinegar
- _____ olive oil or vegetable oil
- _____ vinegar
- _____ Worcestershire sauce
- _____ low-fat salad dressing*
- _____ mayonnaise*
- _____ low-sugar jam
- _____ light chocolate syrup
*not low in sodium, use sparingly*

## Dairy:
- _____ fat-free, light yogurt
- _____ skim milk
- _____ nonfat ricotta cheese
- _____ Swiss cheese

## Frozen:
*Plain fruits and veggies are best.*
- _____ vegetable medley
- _____ plain corn
- _____ frozen fruits
- _____ spinach/kale
- _____ winter squash
- _____ brussels sprouts
- _____ black eyed peas
- _____ lima beans

## Poultry/Fish/Meat:
*Beware of poultry items that contain brine. Read the label to find low-sodium items.*
- _____ chicken breast
- _____ fish (non-breaded)
- _____ lean meat

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