

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: _____

Packaged Snacks:

- no-salt chips
- low-sodium crackers
- nuts (roasted, no salt)
- dried fruits

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
- tuna (packed in water)
- 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