

Lower Sodium Alternatives



*This is not a complete list.

Instead of Higher Sodium Items	Try Lower Sodium Alternatives
Canned Foods	
<p>Canned meat, fish, poultry Canned vegetables</p> <p>Canned vegetable juice Canned entrees Canned soups and stews</p>	<p>Fresh or frozen meat, fish, poultry Fresh or frozen “no salt added” vegetables Fresh or “no salt added” juices Homemade entrees Homemade soups and stews</p>
Cured or Pickled Foods	
<p>Ham, bacon Hotdogs, brats, sausage Pickles, olives Packaged lunch meats, deli meats Sauerkraut</p>	<p>Fresh or frozen pork Homemade “low salt” sausage Cucumbers with vinegar Fresh cooked meats, poultry Cabbage, coleslaw</p>
Processed Foods	
<p>Frozen Meals</p> <p>Mixes for rice, noodles or macaroni Processed cheeses</p>	<p>Low sodium frozen meals (less than 700 mg) Homemade rice, noodles, macaroni Natural cheese (limit to 1 oz)</p>

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Instead of Higher Sodium Items

Try Lower Sodium Alternatives

Seasonings

Flavored salts (celery, garlic, onion)
Gravy mixes, canned gravy
BBQ sauce, steak sauce
Salt, MSG, salted seasoning blends
Asian sauces (soy, teriyaki, fish)

Bouillon powder or cubes
Commercial salad dressings,
dressing mixes

Garlic powder, onion powder
Homemade gravy (no salt added)
Lemon juice, lime juice
Salt-free seasoning blends
Vinegar (apple cider, flavored,
white)
Homemade broth
Homemade salad dressings,
mayonnaise

Snack Foods

Salted chips, popcorn, pretzels
Salted crackers

Unsalted chips, popcorn, pretzels
Low sodium crackers, graham
crackers, rice cakes



Salt substitutes contain potassium chloride and are not recommended for use by hemodialysis patients. Processed low sodium foods may also contain potassium chloride. Consider checking labels to see if potassium is an ingredient.

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