

# Low Salt Foods

*The average person eats 5 or more teaspoons of salt daily. That's 20 times more than the body needs!*

*Your body needs only 1/4 teaspoon of salt every day.*

Here are low-sodium foods to fit your healthier lifestyle.

## Proteins

- Fresh or frozen poultry and fish (not breaded)
- Low-sodium canned fish and poultry
- Eggs and egg substitutes
- Low-sodium peanut butter
- Peas and beans (not canned)

## Dairy

- Cream cheese, ricotta cheese, and mozzarella cheese
- No-fat milk
- No- or low-fat yogurt

## Grains

- Whole grain breads, bagels, and rolls without salted tops
- Low sugar breakfast cereals
- Oatmeal (do not add salt when cooking)
- Rice and pasta (but NOT the flavored or prepared kits, like Ramen noodles)
- Corn and flour tortillas
- Low-sodium graham crackers
- Unsalted popcorn (non-microwavable), tortilla chips, and pretzels

## Fruits and Vegetables

- Fresh and frozen vegetables (no sauces)
- No or low-sodium canned vegetables
- Fresh, frozen, dried, and canned fruit (canned in its own juice)
- Fresh potatoes and instant mashed potatoes (do not add salt!)

## Soup

- Low-sodium canned and dehydrated soups, broth, and bouillon

## Flavorings

- Vinegar, unsalted butter, or tub margarine
- Olive oil or vegetable oil
- Low-sodium ketchup or barbeque sauce