

Low-Salt Choices

Eating salt (**sodium**) can make your body retain too much water. Excess water makes your heart work harder. Canned, packaged, and frozen foods are easy to prepare, but they are often high in sodium. Here are some ideas for low-salt foods you can easily prepare yourself.

For Breakfast

- Fruit or fruit juice
- Bread or an English muffin
- Shredded wheat
- Corn tortillas
- Steamed rice, unsalted
- Hot cereal, regular (not instant) made without salt

Stay away from:

- Sausage, bacon, ham
- Flour tortillas
- Packaged muffins, pancakes, and biscuits

For Lunch and Dinner

- Fresh fish, chicken, turkey, or meat—baked, broiled, or roasted without salt
- Dry beans, cooked without salt
- Tofu, stir-fried without salt

Stay away from:

- Lunch meat
- Cheese
- Tomato juice and catsup
- Canned vegetables, soups, fish
- Packaged gravies and sauces
- Olives, pickles, relish
- Bottled salad dressings

For Snacks and Desserts

- Yogurt
- Popcorn, air popped, unsalted

Stay away from:



- Pies
- Canned and packaged puddings
- Pretzels, chips, crackers, and nuts—unless the label says unsalted

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