



## Low Sodium Substitutions


Some residents may need a diet that is low in salt (sodium). Most of the salt we eat comes from packaged and processed foods such as canned goods, premade seasonings, and sauces. Sodium can also be added as salt during cooking and at the table. Reduce sodium and salt in cooking where possible.

Flavour food with vinegar, lemon juice, a salt-free mixed spice seasoning, or fresh or dried spices and herbs such as garlic, onion, ginger, basil, and oregano. Salt substitutes are not recommended as these contain high amounts of potassium which may be a concern for residents.

The chart below lists low sodium substitutions

Instead of this higher sodium food	Substitute with a lower sodium food
<p><b>Vegetables and Fruits</b></p> <ul style="list-style-type: none"> <li>• All vegetables canned with salt, including creamed corn</li> <li>• Regular cream or tomato sauces</li> <li>• Pickles including sauerkraut, pickled beets</li> <li>• Regular tomato and other vegetable juices</li> </ul>	<ul style="list-style-type: none"> <li>• No salt added canned vegetables</li> <li>• Fresh/frozen vegetables (without salt added in cooking)</li> <li>• Low sodium sauces</li> <li>• Fresh cucumber, cabbage, beets</li> <li>• Low sodium vegetable juices, limit to ½ cup (125mL) per day</li> </ul> 
<p><b>Grain Products</b></p> <ul style="list-style-type: none"> <li>• Instant cooked cereals (such as instant oatmeal)</li> <li>• Higher sodium cold cereals</li> <li>• Packaged rice or noodle mixes, instant noodles</li> <li>• Baked goods made from dry mixes, including muffins or pancakes</li> <li>• Salted crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Unsalted cooked cereals</li> <li>• Lower sodium cold cereals</li> <li>• Rice, pasta, barley, couscous, Quinoa</li> <li>• Baked goods made from scratch</li> <li>• Unsalted crackers</li> </ul> 
<p><b>Protein Foods</b></p> <ul style="list-style-type: none"> <li>• Processed cheese slices, processed cheese spreads, regular sodium feta, cottage cheese, camembert, parmesan, and blue cheese</li> <li>• Instant pudding and custard mixes with sodium or salt</li> </ul>	<ul style="list-style-type: none"> <li>• Low sodium cheese</li> <li>• Regular sodium cheddar /marble/Swiss cheese limited to 1 oz (30g) per day</li> <li>• Made from scratch puddings or pudding mixes without added salt</li> </ul>

## Low Sodium Substitutions (Continued)

Instead of this higher sodium food	Substitute with a lower sodium food
<p><b>Protein Foods</b></p> <ul style="list-style-type: none"> <li>• Canned meat and poultry</li> <li>• Fish canned with salt or in brine</li> <li>• Beans and lentils canned with salt</li> <li>• Salted nuts</li> <li>• Salted peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh meat and poultry, prepared with little salt</li> <li>• Fresh fish and fish canned in water</li> <li>• No salt added canned beans and lentils</li> <li>• Beans and lentils canned with salt but drained, and rinsed well</li> <li>• Unsalted nuts</li> <li>• Unsalted peanut butter</li> </ul> 
<p><b>Other Foods</b></p> <ul style="list-style-type: none"> <li>• Regular soups, dry soup mixes, bouillon/consommé</li> <li>• Regular gravies</li> <li>• Seasoning mixes containing salt</li> <li>• Salt substitutes containing potassium</li> <li>• Sauces including barbecue sauce, steak sauce, and soy, oyster, hoisin, and black bean sauces</li> </ul>	<ul style="list-style-type: none"> <li>• Low sodium soups and broths</li> <li>• Herbs and spices, seasoning mixes without salt</li> <li>• Use alternate seasonings, such as garlic, onion, herbs, spices, and lemon juice</li> <li>• Low sodium soy sauce</li> </ul> <p><b>Note:</b> Even low sodium soy sauce is high in sodium. Use in moderation</p> 