

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
 Vegetables and Fruits All vegetables canned with salt, including creamed corn Regular cream or tomato sauces Pickles including sauerkraut, pickled beets Regular tomato and other vegetable juices 	 No salt added canned vegetables Fresh/frozen vegetables (without salt added in cooking) Low sodium sauces Fresh cucumber, cabbage, beets Low sodium vegetable juices, limit to ½ cup (125mL) per day
 Grain Products Instant cooked cereals (such as instant oatmeal) Higher sodium cold cereals Packaged rice or noodle mixes, instant noodles Baked goods made from dry mixes, including muffins or pancakes Salted crackers 	 Unsalted cooked cereals Lower sodium cold cereals Rice, pasta, barley, couscous, Quinoa Baked goods made from scratch Unsalted crackers
 Protein Foods Processed cheese slices, processed cheese spreads, regular sodium feta, cottage cheese, camembert, parmesan, and blue cheese Instant pudding and custard mixes with sodium or salt 	 Low sodium cheese Regular sodium cheddar /marble/Swiss cheese limited to 1 oz (30g) per day Made from scratch puddings or pudding mixes without added salt



Low Sodium Substitutions (Continued)

Instead of this higher sodium food	Substitute with a lower sodium food
 Protein Foods Canned meat and poultry Fish canned with salt or in brine Beans and lentils canned with salt Salted nuts Salted peanut butter 	 Fresh meat and poultry, prepared with little salt Fresh fish and fish canned in water No salt added canned beans and lentils Beans and lentils canned with salt but drained, and rinsed well Unsalted nuts Unsalted peanut butter
Other Foods	
 Regular soups, dry soup mixes, bouillon/consommé Regular gravies Seasoning mixes containing salt Salt substitutes containing potassium Sauces including barbeque sauce, steak sauce, and soy, oyster, hoisin, and black bean sauces 	 Low sodium soups and broths Herbs and spices, seasoning mixes without salt Use alternate seasonings, such as garlic, onion, herbs, spices, and lemon juice Low sodium soy sauce Note: Even low sodium soy sauce is high in sodium. Use in moderation

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