Many foods contain sodium (salt). Ask your dietitian how you can limit foods high in sodium.

Choose These foods are low in sodium.

- Hot cereal with no added salt
- Cold cereal
- Rice
- Bread
- Pasta
- Homemade muffins without salt
- Fresh meat, poultry, or fish
- Canned tuna or salmon, rinsed
- Hard cheese (cheddar, mozzarella, marble, Swiss)
- Crackers, unsalted
- Homemade soups, unsalted
- Fresh fruit
- Pasta sauce, canned tomatoes, and tomato juice with no added salt
- Fresh, frozen or canned vegetables with no added salt
- Herbs and spices
- Vinegar
- Lemon, lime
- Homemade gravies and sauces, unsalted
- Popcorn, unsalted

Limit These foods have some sodium. Limit them to the amounts listed below.

- Salad dressings (1 Tbsp/15 mL per day)
- Condiments (ketchup, mustard, relish) (1 Tbsp/15 mL per day)
Avoid

These foods are high in sodium.

- Salt, sea salt, or seasonings that contain salt
- Hot cereals, instant, with added salt
- Soup, packaged or canned
- Packaged dinners
- Processed lunch meat and frozen meats
- Pickled products
- Ham
- Sausage
- Bacon
- Salted nuts or seeds
- Processed cheese or cheese spreads
- Hot dog
- Salted chips, pretzels, or popcorn
- Pizza
- Pancakes or waffles, frozen or from mix
- Soya, fish, or steak sauce and marinades
- Packaged rice, noodle, and sauce mixes
- Salt substitutes with potassium*
  *Ask your dietitian or doctor if you can use salt substitutes.
- French fries, salted
- Canned vegetables, salt added
- Canned pasta sauce, tomato sauce, canned tomatoes with added salt
- Tomato juice, vegetable cocktail