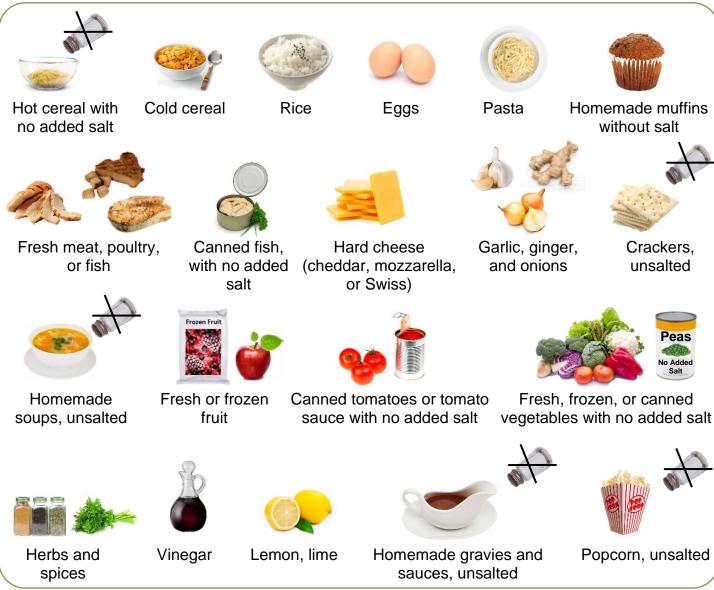
Sodium Foods

Many foods have sodium (salt). This handout can help you choose foods lower in sodium. If you need more support, talk to your healthcare team.



Choose These foods are lower in sodium.





Limit These foods have some sodium.



Limit these sauces to 1 Tbsp (15 mL) per day











Barbecue sauce, chutney, hoisin sauce, ketchup, mustard, relish, salad dressing, sambal oelek, steak sauce, teriyaki sauce





Avoid These foods are higher in sodium.



Salt, sea salt, or seasonings that contain salt



Instant hot cereals with added salt



Canned or packaged soup



Packaged meals



Processed meats like canned meat, deli meat, sausages, hot dogs, or bacon













Cheese Spread

Pickled foods

Restaurant foods

Processed cheese or cheese spreads

Salted nuts or seeds



Salted chips, pretzels, or popcorn



Pancakes or waffles, frozen or from mix



Soy sauce, fish sauce, black bean sauce, or oyster sauce



Packaged rice, noodle,

or sauce mixes



French fries, salted



Canned vegetables with added salt



Bouillon cubes and soup broth mixes



Canned tomatoes or tomato sauce with added salt



Tomato juice or vegetable cocktail



Salt substitutes

Ask your healthcare provider if you can use salt substitutes. Some have too much potassium for people with kidney disease or other health conditions.

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