## Low-Sodium Food & Flavoring Guide

**Note:** Aim for less than 2,000 mg of sodium per day. 600 mg of sodium per meal, eating 3 meals per day, and a 175 mg of sodium per snack.

<table>
<thead>
<tr>
<th>Food</th>
<th>Choose</th>
<th>Limit</th>
</tr>
</thead>
</table>
| **Bread, Cereals, Rice & Pasta** | • Breads & rolls without salted tops  
• Brown/white rice & whole-grain pasta  
• Cooked & dry cereals with less than 140 mg sodium per serving  
• Aim for whole grains with 3 grams of fiber per serving. | • Quick breads, biscuit & pancake mixes  
• Package rice, pasta & stuffing mixes that have seasoning or sauces  
• Breads, rolls & crackers with salted tops  
• Instant hot cereals |
| **Vegetables**                | • Fresh, frozen, & low-sodium canned vegetables (if canned, rinse with water)  
• Low-sodium & sodium-free vegetable juices | • Regular canned vegetables and juices  
• Sauerkraut & pickled vegetables  
• Potato mixes & vegetable mixes |
| **Fruits**                   | • All fruits & juices | |
| **Meats, Poultry, Fish, Dry Beans & Peas, Eggs, & Nuts** | • Fresh poultry or fish. If frozen, check package to see if there is added salt.  
• Eggs & egg substitutes  
• Low-sodium nut butters  
• Dry peas & beans  
• Unsalted nuts or lightly salted | • Smoked, cured, salted, or canned meat, fish or chicken (including bacon, deli meats, ham, hot dogs, sausage, sardines, & anchovies)  
• Meats with gravies or sauces  
• Salted nuts and regular peanut butter |
| **Milk, Yogurt, & Cheese**    | • Skim or 1% milk (limit to 2 cups per day)  
• Low-fat or nonfat yogurt  
• Low-sodium cheeses | • Buttermilk  
• Canned milks  
• Regular & processed cheese, cheese spreads, & sauces (including cottage & ricotta cheeses) |
| **Fats, Soups, Sweets, Snacks, Condiments, & Beverages** | • Pepper, herbs, & spices  
• Vinegar  
• Lemon or lime juice  
• Low-sodium or sodium-free butter, margarine, salad dressing,  
• Low sodium soups, condiments, & snack foods  
• Plain horseradish | • Salad dressing, soups, gravies, & sauces made from instant mixes  
• Condiments: Ketchup, barbecue sauce, soy sauce, teriyaki, pickles, Worcestershire sauce, & mustard  
• Salted snack foods  
• Meat tenderizers, seasoning salt, “lite” salt, & some “seasoned” vinegars  
• Commercially softened water |
Flavor Your Food With Herbs

**Beef**: Bay leaf, marjoram, nutmeg, onion, pepper, sage or thyme

**Lamb**: Curry powder, garlic, rosemary or mint

**Pork**: Garlic, onion, sage, pepper or oregano

**Veal**: Bay leaf, curry powder, ginger, marjoram or oregano

**Chicken**: Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon or thyme

**Fish**: Curry powder, dill, dry mustard, lemon juice, marjoram, paprika or pepper

**Carrots**: Cinnamon, cloves, marjoram, nutmeg, rosemary or sage

**Corn**: Cumin, curry powder, onion, paprika or parsley

**Green Beans**: Dill, curry powder, lemon juice, marjoram, oregano, tarragon or thyme

**Greens**: Onion or pepper

**Peas**: Ginger, marjoram, onion, parsley or sage

**Potatoes**: Dill, garlic, onion, paprika, parsley or sage

**Summer Squash**: Cloves, curry powder, marjoram, nutmeg, rosemary or sage

**Winter Squash**: Cinnamon, ginger, nutmeg or onion

**Tomatoes**: Basil, bay leaf, dill, marjoram, onion, oregano, parsley, or pepper

---

**Nutrient Content Claims**

That’s the official name for terms like “low-fat” and “low-sodium” on food labels. A food must meet certain guidelines to carry these claims. Keep an eye out for these when you are shopping.

<table>
<thead>
<tr>
<th>If the label says…</th>
<th>One serving of the item must have</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium free</td>
<td>Less than 5 milligrams (mg) sodium</td>
</tr>
<tr>
<td>Very low sodium</td>
<td>35 mg or less</td>
</tr>
<tr>
<td>Low sodium</td>
<td>140 mg or less</td>
</tr>
<tr>
<td>Light in sodium</td>
<td>50% less sodium than the product it is compared to</td>
</tr>
</tbody>
</table>

---

**Tips for Seasoning Low Sodium Diets**

**When Eliminating Salt:**

- Double the marinating time for poultry and meat for more complete flavor penetration.
- Increase the amount of spices and herbs in recipes by about 25 percent.
- When long cooking dishes, reserve about 25 percent of the seasonings to add during the last 10 minutes or cooking; herbs should be finely crushed.
Three Recipes to Help You Cut Sodium
Without Cutting Flavor

No-Salt Spice Mix

5 tsp. onion powder
1 T. garlic powder
1 T. paprika
1 T. dry mustard
1 tsp. thyme
½ tsp. white pepper
½ tsp. celery seeds

Mix thoroughly, store in glass container, & use in place of salt.

Cream Soup Substitute

1 cup cornstarch
1 tsp. onion powder
½ tsp. dry basil
½ cup low-sodium chicken bouillon
½ tsp. dry thyme
2 cups non-fat dried milk
¼ tsp. pepper

Mix all ingredients and store in an airtight container. To use in place of one can cream soup: combine 1/3 cup mix with one cup cold water. Cook in microwave on high for about three minutes. Stir once during cooking until mixture thickens.

Vinaigrette Salad Dressing

1 bulb garlic, separated and peeled
½ cup water
1 T. red wine vinegar
¼ tsp. honey
1 T. virgin olive oil
¼ tsp. black pepper

1. Place the garlic cloves into a small saucepan and pour enough water (about ½ cup) to cover them.

2. Bring water to a boil, then reduce heat and simmer until garlic is tender, about 15 minutes.

3. Reduce the liquid to 2 T. and increase the heat for 3 minutes.

4. Pour the contents into a small sieve over a bowl, and with a wooden spoon, mash the garlic through the sieve into the bowl.

5. Whisk the vinegar into the garlic mixture; incorporate the oil and seasoning.