



Sodium in Foods

Choose **MORE** Often




Foods LOWER in Sodium

- Low-sodium sauces, such as light soy sauce
- Chicken and turkey (with skin removed)
- Fresh seafood or rinsed canned fish, such as tuna* or sardines 
- Canned foods packed in water
- Low-sodium or reduced-sodium cheeses
- Low-salt chips, nuts, seeds, and crackers 
- Plain noodles (pasta) or steamed rice
- Homemade, low-sodium, or reduced-sodium soups
- Fresh, frozen, “no-salt-added,” or rinsed canned† vegetables
- Spices, herbs, and flavorings, such as bay leaf, green onion or onion powder, fresh garlic or garlic powder, saffron, ginger, lemongrass, parsley, tamarind leaf, vinegar, and watercress



Choose **LESS** Often

Foods HIGHER in Sodium

- *Balut* (fertilized egg)
- Smoked and cured meats, such as bacon, ham, sausage, hotdogs, and bologna 
- Canned seafood,* such as tuna, sardines, and squid (that are not rinsed†)
- Canned meat, such as pork, corned beef, and sausage
- Canned foods packed in broth or salt†
- Most cheeses 
- Salty chips, crackers, nuts, and pretzels
- Quick-cooking rice and boxes of mixed rice, potatoes, or noodles
- Regular canned and instant soups
- Regular canned vegetables and pickled vegetables†
- Condiments and seasonings, such as soy sauce, monosodium glutamate (MSG), fish sauce, salted shrimp paste, salty, dried fish, dried salty shrimp, dried squid, ketchup, garlic salt, seasoning salt, bouillon cubes, and meat tenderizer 

* Pregnant and nursing mothers: Talk to your health care provider to find out the types of fish you can eat that are lower in mercury.

† Rinse canned foods to reduce the sodium.