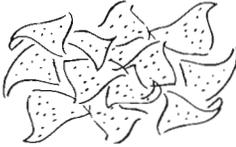


Sodium in Foods

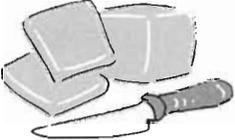
Choose MORE Often

Foods LOWER in Sodium

- Chicken and turkey (with skin removed)
- Fresh fish or rinsed canned fish such as tuna* or sardines 
- Canned foods packed in water
- Low-sodium or reduced-sodium cheeses 
- Low-salt chips, nuts, and pretzels
- Plain rice, noodles, or pasta
- Homemade, low-sodium, or reduced-sodium soups
- Fresh, frozen, “no salt added,” or rinsed canned† vegetables
- Spices, herbs, and flavorings such as cilantro, parsley, garlic powder, onion powder, vinegar, and chili powder 

Choose LESS Often

Foods HIGHER in Sodium

- Smoked and cured meats such as bacon, ham, sausage, hotdogs, and bologna 
- Canned fish such as tuna* and sardines (that are not rinsed) and salted/dried codfish (*bacalao seco y salado*)*
- 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, pickles, olives, and pickled vegetables† 
- Condiments and seasonings such as soy sauce, ketchup, garlic salt, seasoning salt, bouillon cubes, meat tenderizer, and monosodium glutamate (MSG)

* 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.