



## 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
- Reduced-sodium cheeses
- Low-salt or salt-free 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, bologna, fatback, ham hocks, scrapple, and liver pudding
- Canned fish (not rinsed)<sup>†</sup> such as tuna and sardines, and salted/dried codfish\*
- Frozen meals
- Canned foods packed in broth or salt<sup>†</sup>
- Most cheeses
- Salty chips, crackers, nuts, popcorn, and pretzels
- Quick-cooking rice or rice pilaf, potatoes, noodles, or macaroni and cheese
- Regular canned and instant soups
- Regular canned vegetables, pickles, olives, and pickled vegetables<sup>†</sup>
- Condiments and seasonings such as soy sauce, ketchup, garlic salt, seasoning salt, bouillon cubes, meat tenderizer, monosodium glutamate (MSG), and commercial Cajun or seafood seasonings

\*Pregnant women and nursing mothers: Some types of fish may contain unsafe levels of mercury. Talk to your health care provider to find out the types of fish you can eat safely.

<sup>†</sup>Rinse canned foods to reduce the sodium.