

Healthy Heart Habits Food Guide

What HIGH-SALT foods to avoid when shopping or dining out

Salts: Light salt, sea salt, all seasoning salts (garlic, celery, onion)

Seasonings: Seasoning and coating mixes, meat tenderizer, monosodium glutamate (MSG)

Soups: Bouillon, canned soups, broth (unless low salt), canned/package gravies

Vegetables: Canned, salted vegetables, frozen vegetables with sauce, instant potatoes, sauerkraut

Meats and meat substitutes: Regular peanut butter (Sippy, Jif, etc); canned fish (sardines, salmon, regular tuna); canned meat; sausage; hot dogs – all types (beef, pork, chicken, turkey, Polish, knackwurst); sandwich meats (bologna, salami, pastrami, olive loaf); cured meats (bacon, corned beef, ham, jerky)

Frozen dinners and entrees: Pot pies, pizza, casseroles, TV dinners, pancakes, etc

Condiments: Catsup, canned salsa, all salad dressings (unless low sodium), sauerkraut

Sauces/marinades: Barbecue, chili soy teriyaki, miso, Worcestershire, gravies

Snacks: Salted crackers, nuts, pretzels, chips, pork rinds, olives, pickles (all kinds)

Breads, cereals, grains, starches: Prepared mixes (pancake, waffle, muffin, corn bread, biscuit), instant cooked cereals, rice, pasta, stuffing, packaged potato mixes

Drinks: Canned tomato/vegetable juice (unless unsalted), athletic drinks (like Gatorade)

Sweets: cake or pie crust mix, instant pudding, store-bought pies, cakes, muffins

Dairy products: Buttermilk, processed “American” style cheeses, salted butter or margarine (in excess of 1 tbsp)

Cooking ingredients: Baking Soda, baking powder (use low sodium), self-rising flour

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What LOW-SALT foods to buy when shopping or dining out

Vegetables: Fresh or frozen (without sauce), canned (unsalted)

Fruits: Fresh, frozen, canned, dried

Frozen dinners/entrees: Less than 600mg sodium per serving (check labels)

Meats and high protein: Natural/unsalted peanut butter*; tofu; dried beans, peas, lentils, canned beans (low salt); fish, fresh or frozen (not breaded); canned tuna/salmon, rinsed or unsalted; chicken or turkey; lean cuts of beef, veal, pork, lamb (fresh/frozen); eggs

Soups: Low salt, canned (check labels); homemade

Bouillon/broth: Low sodium, canned or dry

Sauces: Tomato paste; low salt tomato or spaghetti sauce

Condiments/seasonings: Fresh or dried herbs, salt-free herb seasonings, spices, ginger, onion, garlic, pepper, cilantro, parsley, lemon, lime, pepper sauce (such as Tabasco), low sodium salad dressings, vinegars (avoid seasoned rice vinegar), regular mustard, fresh salsa, low sodium catsup (up to 1 tbsp per day)

Breads, cereals, grains: Rice, pasta, potatoes, polenta, couscous (no mixes), yeast bread or rolls, pita bread, taco shells, corn tortillas, low salt flour tortillas, cooked cereals (no instant), dry cereals—less than 200mg sodium per serving

Drinks: Low sodium tomato or vegetable juices; any fruit juices; tea and coffee

Dairy products: Low fat or skim milk – limit to 2-3 cups per day; yogurt, all kinds; natural Swiss cheese; other natural cheeses (cheddar, jack, mozzarella), 1-2 oz per day; low sodium natural cheeses (check labels for <100 mg sodium per ounce); dry curd cottage cheese (low sodium); ricotta (low fat or skim milk); light cream cheese

Sweets: Sherbet, frozen yogurt, light ice cream, Jell-O, graham/animal crackers, fig bars, ginger snaps

Snacks (unsalted only): Pretzels, popcorn, nuts*, chips*, crackers*, matzo, Melba toast, plain Ry-Krisp

Cooking ingredients: low-sodium baking powder, yeast, cornstarch, tapioca, wine, unsalted bread crumbs, Panko bread crumbs, fresh onions, celery, tomatoes, carrots, garlic, shallots

Fats/oils* (use small amounts): Olive, canola, corn, peanut, safflower, sunflower and soybean oils. Up to 1 tbsp per day: soft margarine, mayonnaise, butter, low sodium salad dressing or mayonnaise, soft unsalted margarine, unsalted butter

*Contain fairly high amounts of fat and/or calories.