

LOW SODIUM: Check out the salt content of your foods you choose!

Low Sodium foods to enjoy!		Too much salt!
Meat Poultry Fish Eggs Tofu Legumes Nuts Seeds	<ul style="list-style-type: none"> • Meat, poultry, fish, seafood • Eggs • Canned seafood in oil or spring water • Fresh tofu • Fresh or dried legumes (lentils, chickpeas, soybeans, kidney beans) • Canned legumes with no added salt • Reduced salt baked beans* 	<ul style="list-style-type: none"> • Cured, smoked, canned or salted meat (e.g. ham, bacon, sausages, corned beef, salami, frankfurters, hot dogs) • Meat pies, sausage rolls, fish fingers, dumplings • Salty takeaway foods (e.g. Hamburgers, BBQ chicken, pizza, Asian meals) • Salted, smoked or pickled fish (e.g. anchovies, smoked oysters, pickled herring) • Canned seafood in brine • Canned legumes with salt, regular baked beans • All salted nuts and seeds
Dairy	<ul style="list-style-type: none"> • Milk • Yoghurt • Cream, sour cream • Custard, dairy desserts, ice-cream • Ricotta or cottage cheese • Low salt cheddar cheeses* 	<ul style="list-style-type: none"> • Other cheeses • Feta cheese • Haloumi • Commercial cheese dips • Cheese logs • Cheese breads or crackers
Bread Cereal Rice Pasta Noodles	<ul style="list-style-type: none"> • Bread, flat bread and bread rolls* • English muffins, crumpets, pikelets, waffles and pancakes* • Fruit bread and buns • Cakes, sweet biscuits and pastries • Plain savoury crackers without salt • Breakfast cereals, oats, porridge* • Rice, quinoa • Fresh and dried pasta or noodles • Unsalted popcorn and pretzels 	<ul style="list-style-type: none"> • Savoury breads, bread or bread rolls with salty ingredients (e.g. bacon, ham, olives) • Packet flavoured rice or pasta • Instant noodles and flavour sachets • Flavoured savoury crackers • Canned spaghetti • Dried noodles with salt as an ingredient • Salty snack foods (e.g. potato chips, corn chips, vegetable chips, pretzels, popcorn)

Low Sodium foods to enjoy!**Too much salt!****Fruit****Vegetables**

- Fresh fruit
- Dried fruit
- Fruit juice
- All vegetables fresh or frozen

- Chutneys and pickles
- Olives, capers, sun-dried tomatoes
- Salted vegetables
- Fermented vegetables (sauerkraut, kimchi)

Stock**Soups****Sauces**

- Salt-reduced stock or stock powder*
- Homemade unsalted soups
- Homemade cooking sauces
- Homemade gravy

- All canned or dehydrated packet soups
- Restaurant/café/ takeaway soups
- Stock cubes and powder
- Commercial cooking sauces and gravy
- Packet sauces, dried or ready to use
- Dashi and miso soups

Condiments

- Herbs and spices with no added salt
- Vinegar, lemon or lime juice
- Chilli, garlic or ginger
- Peanut butter, no added salt
- Oil
- Butter or margarine, no added salt
- Nutritional yeast
- Potassium salt substitute (*Heart Salt*)

- Spice and Herb mixes with salt (e.g. garlic salt, vege salt)
- MSG, flavour enhancer E621, monosodium salt
- Rock salt, sea salt, Himalayan salt
- Soy, oyster, hoisin, teriyaki, black bean and fish sauces
- Miso and dashi stock
- Curry pastes
- Worcestershire sauce
- Vegemite and Marmite

Drinks

- Milk (dairy, oat, soy, almond milks)
- Water
- Tomato or vegetable juice, no added salt
- Fruit juice
- Tea and coffee

- Sports drinks and electrolyte drinks
- Tomato or vegetable juice with added salt
- Soluble Panadol and soluble aspirin
- Effervescent drinks and vitamin drinks
- Licorice root powder or licorice tea (contains glycyrrhizin, that can mimic the effects of aldosterone)

Sweets

- Chocolate and confectionery
- Confectionery

- Chocolate with sea salt
- Some sweets (e.g. licorice, sour lollies, salted caramel)

*Check the food label for SODIUM | SODIUM < 400mg/100g or best if < 120mg/100g