

Sodium

AVOID Foods High in Sodium (greater than 300 mg per serving):

1 serving is about 1 cup or as stated

MEATS,: Anchovies, canned in olive oil (5); Bacon (2 slices), Beef Jerky (1 oz); Canned Meats (1 oz); Corned Beef (2 oz); Cured or Smoked Meats (2-3 oz); Fish Sticks (6); Ham (2-3 oz); Hot Dogs (1 each); Imitation Crab (1 oz); Luncheon Meats (1-2 oz); Pepperoni (3 slices); Sausage, pork or beef (1 link)

BREAD: Biscuits, plain or butter milk (1); Bisquick (2 pancakes); Cornbread (1 slice); English Muffins (1 whole); Kellogg's Raisin Bran; Noodles, boxed mixes; Potatoes, boxed mixes; Rice, boxed mixes; rolls, commercial (1); Waffles, plain (1)

VEGETABLES Baked Beans, Sauerkraut (2 Tbsp); Soup or Broth, regular canned; Spaghetti Sauce, canned; Tomato Juice (6 Fluid oz) Vegetables, frozen with sauce; Vegetables, pickled; Vegetables, regular canned; V-8 Juices (6 fluid oz)

DAIRY: Blue Cheese (1 oz); Cottage Cheese; Processed Cheese (1 oz); Roquefort Cheese (1 oz)

SNACKS/DESSERTS: Chex Mix; Pudding, dry mix instant

OTHERS: Kraft Cheese Whiz (2 Tbsp); Olives, green (5); Pickles, dill (1 medium); Pretzels (1 oz); Salted Nuts; Soy Sauce (2 tsp)

AVOID Foods Moderately High in Sodium (100 - 300 mg per serving): 1 serving is about 1 cup or as stated

MEATS: Shrimp, cooked (3 oz); Fried Egg (1); Poached Egg (1); Some Healthy Choice and Butterball Luncheon Meats (2 oz); Regular Canned Tuna (3 oz)

BREAD: Commercially Prepared Breads (whole wheat, white, rye, etc.), Cheerios; Crescent Dinner Rolls (1); Frosted Flakes; Golden Grahams; Kix; Homemade Muffins (1); Instant Oatmeal (1 pkt); Rice Chex; Rice Krispies; Special K; Tortillas (1); Wheaties; Bagels (1 whole); Basic 4 Cereal

VEGETABLES: Artichoke Hearts, boiled with salt; Low Sodium Tomato Juice, V-8 Light Tangy

DAIRY: American cheese (1 oz); Buttermilk; Brie Cheese (1 oz); Cheddar Cheese (1 oz); Cream Cheese, fat-free (2 Tbsp); Feta Cheese (1 oz); Mozzarella (1 oz)

SNACKS/DESSERTS: Wheat Thins, reduced fat (16 crackers); Triscuits (7 crackers); Snickers Bar (2 oz bar); Reese's Peanut Butter cups (2 Cups); Potato Chips (1 oz); Nabisco Cheese Nips (29 crackers); Milky Way

Bar (2.15 oz bar); Jell-O Chocolate Pudding Snacks (1); Graham Crackers, plain or honey (1 oz); Gingersnaps; Corn Chips (1 oz); Cheese Balls (1 oz); Betty Crocker Bugles (1-1/3 cup); Better Cheddars (22 crackers); Angel Food Cake (1 oz)

OTHER: A1 Steak Sauce (1 Tbsp); KETCHUP (1 Tbsp) Doughnut (1); Hot Chocolate (1oz packet); Kaukauna cheese Spread (2 Tbsp); Black Olives (12); 2 Slices Bread and Butter Pickles (1 oz); Commercial Salad Dressing (2 Tbsp); Hellmann's Tartar Sauce (2 Tbsp)

OK TO EAT Foods Low in Sodium (less than 100 mg per serving):

1 serving is about 1 cup or as stated

MEATS: All Meats that are NOT Cured, Smoked or Highly Processed; Boiled Eggs (1); Egg Beaters; Tofu, raw firm; Low Sodium Canned Tuna (1 can)

BREAD: Salt Free Bread (1 slice); Corn Pops; Cream of Wheat, instant cooked (3/4 cup); Frosted Mini-Wheats; Pasta, Noodles, Rice, white/brown

VEGETABLES: Canned Vegetables without Salt, All Fresh Vegetables, Frozen Vegetables without Sauce, Campbell's Low Sodium Soup

FRUITS: All Fruits are Low Sodium

DAIRY: Butter (1 Tbsp); Colby Jack Cheese (1 slice); Cream Cheese (2 Tbsp); Evaporated Milk, canned (1 Tbsp); Milk (whole, 2%, 1%, skim); Muenster Cheese (1 slice); Neufchatel Cheese (1 oz); Parmesan, Grated (1 Tbsp); Ricotta (1 oz); Sour Cream (1 Tbsp); Swiss Goat's Milk; Yogurt

SNACKS/DESSERTS: Apple Newtons, fat-free (2 cookies); Animal Crackers (11 pieces); Ice Cream (1/2 cup); Jell-O, sugar-free; Kit-Kat Wafer Bars (1.5 oz bar) Mr GoodBar (1.74oz bar); Redenbacher Popcorn, microwave no salt (2 Tbsp unpopped); Rice Cakes (1 cake); Rice Krispies Treats Squares (0.8 oz sq); Ritz Crackers (5 cracker); Snackwell's fat-free Devil's Food Cookie Snack (1 cookies); Sorbet; Vanilla Wafers (8 cookies); Low sodium Wheat Thins (16 crackers); Zestidos (11 chips)

OTHER: Apple Butter (1Tbsp); Bac-Os (1-1/2 Tbsp); coffee; Coffee-Mate Creamer (1 Tbsp); Croutons (1 Tbsp); Egg Nog; Hellmann's Mayonnaise (1 Tbsp); Honey; Horseradish; Mrs. Dash; Mustard; Nestle Crunch Bar; Nutri-Grain Bars; Soda Pop; Soy Milk, Tea