

LOW SALT SHOPPING GUIDE

GRAINS

- Enriched white & whole wheat bread
- Dry & cooked cereals
- Cereal bars
- Unsalted crackers & breadsticks
- Rice, pasta, burghul
- Some sweet biscuits

MEAT

- Fresh or frozen meat, poultry & fish
- Eggs

MILK

- Milk (prefer low fat)
- Yogurt (prefer low fat)
- Low salt white cheeses
- Unsalted labni (prefer low fat)
- Ice cream (prefer low fat)
- Fruited yogurt, rice pudding

FATS

- Unsalted butter & margarine
- Low salt salad dressing
- Oils
- Low salt peanut butter
- Unsalted seeds, nuts, popcorn & chips

FRUITS / VEGETABLES

- All fresh, frozen & low salt, canned vegetable/ fruits, dried fruit, ready prepared fruit snacks
- Low salt vegetables
- Juices

MISCELLANEOUS

- Low salt condiments (ketchup, mustard, etc)
- Lemon, vinegar, spices, herbs, garlic
- Jell-O

