



Department of Gastroenterology
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Low-Sodium Diet Guidelines

Low-sodium foods are abundant, with many being natural, organic and easily found. Each food group has low-sodium options, allowing for different meat possibilities.

BREADS, CEREALS, RICE, AND PASTA

Most rice and pastas are very low in sodium. Compare labels to find products with less salt and don't add salt when cooking;

- Whole grain bread ● Granola ● Puffed rice ● Rolled oats ● Shredded wheats
- Unsalted popcorn ● Bread ● Bagels ● English muffins ● Crackers and bread sticks without Salted tops

VEGETABLES

As with fruits, all fresh vegetables are low in sodium. Vegetables may also be frozen or canned if, like fruits, they do not contain sauces.

- Broccoli ● Cabbage ● Cauliflower ● Chickpeas ● Cucumber ● Green peppers ● Lima beans
- Sweet potatoes

FRUITS

Any kind of fruit or fruit juice (fresh, frozen or canned) is low in sodium if it does not contain sauces.

- Apples ● Bananas ● Berries ● Cherries ● Peaches ● Pears ● Watermelons

PROTEIN

Choose fresh meats when possible. Some fresh meats have added sodium, so always check the label.

- 6 ounces daily of any fresh or frozen beef, veal, lamb, pork, poultry and fish without salt or Or sodium in the preparation and without skin.
- Low –sodium, water packed tuna or salmon ● Eggs and eggs substitutes
- Unsalted nuts and seeds ● Low sodium nut butter

FAT

- Olive oil and other cooking oils ● Low-sodium mayonnaise ● Unsalted butter or margarine
- Low-sodium salad dressings



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DAIRY

Milk is a healthy dairy product that contains virtually no sodium. Choose fat-free or low-fat and yogurt more often than cheese, which can be high in sodium. Milk and yogurt are also good sources of potassium, which can help lower blood pressure.

- Low-sodium cottage cheese
- Fat-free or low-fat yogurt
- Skim or 1% milk
- Soy-based drinks with added calcium
- cream
- Non-dairy creamers
- sour cream
- Ice cream

CONDIMENTS AND EXTRAS

Choose condiments that are low in sodium or have no sodium at all and try seasonings instead of salt to flavor food.

● Spices and herbs without sodium or salt ● Vinegar ● Lemon ● Fresh horseradish or prepared without

Salt ● Baking soda and powder ● Cream of tartar ● Mustard ● Tabasco sauce or low-sodium chili Sauces ● Mrs. Dash and other sodium-free seasonings ● Yeast ● Jams and jellies

● Low-sodium ketchup ● Low-sodium tomato sauces and vegetable juices without salt or sodium added

HIGH SODIUM FOODS TO AVOID

- Buttermilk
- Malted milk
- Chocolate milk
- Bacon (all types)
- Sausages
- Hot dogs
- All lunch meats unless low-sodium
- Breaded meats (such as chicken parmesan)
- Canned or frozen vegetables if processed with salt
- Anchovies and other smoked fish; caviar
- Anything pickled (such as sauerkraut, pickles); olives