



Nutrition Keynotes



High-Sodium Foods

Goal:

To reduce fluid retention or high blood pressure, limit the amount you eat of these foods and seasonings.

Salt (Sodium Chloride) and Commercial Seasonings		Cured Foods	Canned, Processed, or Fast Foods	
<p>Seasonings</p> <ul style="list-style-type: none"> Lemon Pepper Sea Salt Kosher Salt Onion Salt Garlic Salt Seasoned Salt Celery Salt Meat Tenderizers Monosodium Glutamate (MSG) Packaged Seasonings Bouillon Other Seasonings Containing Salt or Sodium 	<p>Bottled Sauces <i>(choice of 1 daily; limit serving size to 1 tablespoon)</i></p> <ul style="list-style-type: none"> Catsup Mustard Worcestershire Sauce Barbecue Sauce Salad Dressings Salsa <p>Omit</p> <ul style="list-style-type: none"> Soy Sauce Lite Soy Sauce Fish Sauce 	<p>Cured Meats</p> <ul style="list-style-type: none"> Ham Bacon Sausage Pastrami Corned Beef Hot Dogs Lunch Meats Smoked Fish and Meats Imitation Crab <p>Pickles and Other Pickled Foods</p> <p>Olives</p>	<p>Canned Goods</p> <ul style="list-style-type: none"> Soups Vegetables Vegetable Juices Meats Tuna Beans <p>Buttermilk</p> <p>Cheeses</p> <p>Instant Puddings</p> <p>TV Dinners</p> <p>Packaged Dinners and Side Dishes</p> <p>Instant Soups</p>	<p>Baked Goods Containing Baking Powder</p> <ul style="list-style-type: none"> Pancakes/Waffles Pies Biscuits Flour Tortillas <p>Salted Snack Foods</p> <ul style="list-style-type: none"> Chips Nuts and Seeds Crackers Pretzels Microwavable Popcorn <p>Most Fast Food Is High in Sodium</p>

For more information, please contact your registered dietitian or local Health Education Department.