

# Lower Sodium Food Listing



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Consumers are responsible for reading ALL PRODUCT LABELS. Ingredients may change at any time. This list is compiled from manufacturers and distributors. All questions or concerns regarding product information should be addressed to the manufacturer directly.

You can call Jennifer Egeland, RD at 913- 573-1273 to get a manufacturer's contact information.

We cannot be held responsible for individual reactions to any product. This list is to aid you in your low sodium shopping. This listing is not to be considered medical advice. Seek a physician or health care provider if you believe you are in need of a low sodium diet.

This may not be a complete list of low sodium items as they are continually added or discontinued from the store.

Healthy adults should consume no more than 2300 mg of sodium per day. This is about 1 teaspoon of sodium chloride (salt) Some people-African Americans, middle-aged and older adults, and people with high blood pressure- need less than 1500 mg per day. Your body only needs about ½ gram of salt (less than 1/3 tsp) or 500 mg of sodium a day.

Sources of sodium- most sodium comes from adding it to foods while it is prepared. Read the food label carefully, it will tell you the amount of sodium per serving. A low sodium food has less than 140 mg of sodium per serving. Here are some sodium compounds you need to limit in your diet: salt, monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, and any compound with "sodium" in the name

## Resources:

-Talk to your doctor

- For information on heart disease: Call 1-800-AHA-USA1 (1-800-242-8721) or visit [www.americanheart.org](http://www.americanheart.org)

- For information on stroke: Call 1-888-4-STROKE (1-888-478-7653) or visit [www.strokeassociation.org](http://www.strokeassociation.org)

\* denotes an item found in the Health & Naturals department



### Can Soup:

Health Valley Vegetable No Salt Added \*  
Health Valley Lentil No Salt Added \*  
Health Valley Tomato No Salt Added \*  
Health Valley Fat Free Garden Vegetable\*  
Amy's Organic Lentil Vegetable- Light in Sodium\*  
Amy's Organic Cream of Tomato-Light in Sodium\*  
Amy's Organic Butternut Squash- Light in Sodium\*  
Pacific Organic Vegetable Broth\*  
Pacific Natural Low Sodium Broths\*  
Progresso 50% Less Sodium Garden Vegetable  
Campbell's Chucky Healthy Request Vegetable  
Campbell's Low Sodium Cream of Mushroom, Chunky Vegetable Beef,  
Chicken Noodle and Tomato with Tomato Pieces  
Healthy Choice Country Vegetable

### Can Vegetables:

Del Monte No Salt Added Green Beans  
Del Monte No Salt Added Peas  
Hunts No Salt Added Tomato Sauce  
Muir Glen\* No Salt Added Diced Tomatoes  
Farmer's Market\* Organic Pumpkin

### Box Potatoes- (plain not flavored potatoes)

Betty Crocker Potato Spuds  
Betty Crocker Mashed Potatoes  
Always Save Instant Mashed Potatoes  
Hungry Jack Mashed Potatoes (not Hungry Jack Easy Mash'd)  
Idaho Spuds Mashed Potatoes

### Crackers

Bistro Multigrain  
Bistro Cornbread  
Wheat Thins Low Salt  
Ritz Low Salt  
Best Choice Saltines No Salt Added  
Always Save Saltines No Salt Added  
Nabisco Unsalted Tops and Low Salt  
Old London Melba Toast- Unsalted Sesame and Whole Wheat  
Ryvita\* Fruit Crunch, Light Rye

### Cookies and Snack Bars

Nilla wafers  
Fig Newtons  
Oreos  
Chips Ahoy  
Quaker Mini Delights Chocolate Drizzle and Cinnamon Streusel  
Nature's Choice\* Cereal Bars  
Healthy Valley\* Tart Bars



### Chips and Snacks

Kettle Potato Chips- Unsalted\*

Garden of Eatin Blue Tortilla Chips No Salt Added\*

Quaker Rice Snacks- Cinnamon Apple

Quaker Rice Cakes- White Cheddar, Chocolate Crunch, Butter Popcorn,  
Carmel Corn, Peanut Butter Chocolate Chip,

Quaker Rice Cakes- Apple Cinnamon and Salt Free have 0 grams sodium

Quaker Multigrain Thins- Honey Graham

Quaker Multigrain Cake- Maple Brown Sugar

Orville Redenbacher Smart Pop

### Frozen Entrees

Amy's Vegetable Lasagna- Light in Sodium\*

Amy's Black Bean Vegetable Enchilada- Light in Sodium\*

Amy's Veggie Loaf Meal- Light in Sodium\*

Amy's Brown Rice and Vegetable Bowl- Light in Sodium\*

### Condiments

Heinz No Salt Added Ketchup- 0 mg sodium

Honey Mustard- French's 30 mg, Hellman 25 mg

Yellow mustard- 55 mg sodium

Real Mayonnaise- Hellman 90 mg, Light 115 mg, 120 mg in fat free

Real Mayonnaise Hellman Canola- 90 mg

Real Mayonnaise-Kraft 70 mg, light 95 mg

Miracle Whip-125 mg or 95 mg in light

Talk O Texas Liquid Smoke -0 mg

Colgin Liquid Smoke Mesquite 0 mg, Hickory 10 mg

Wish Bone Salad Spritzers Red Wine Mist 95 mg

Tabasco Sauce- 30 mg

Zarda BBQ Sweet Hickory-40 mg

Cholula Hot Sauce-20 mg

Go Chicken Go Sauce- 3 mg

Stubbs Wing Sauce-65 mg

Worcestershire- Heinz-60 mg, Best Choice-60 mg, French's 50 mg

White and Red Wine Vinegars- 0 mg- Colavita, Roland, Fanci Food, Best Choices,  
Monari Federzoni

Balsamic Vinegar- Colavita-5 mg, Roland-0 mg, Alessi-0 mg, Bella -0 mg, Mazzetti,  
Monari Federzoni-0 mg

Annie's\* Raspberry Vinaigrette Salad Dressing

Zuk's \*- Creamy Garlic Hummus, Almighty Mild Salsa

### Cereal and Granola

Back to Nature\* Granola- Classic, Raisin, Apple Blueberry, Cherry Vanilla,  
Apple Cinnamon

Bear Naked\* Granola- Apple Cinnamon, Fruit and Nut, Banana Nut

Bakery on Main\* Granola- Cranberry Maple Almond, Pecan Cranberry Crunch

### Miscellaneous

French's Fried Onions

Stove Top Chicken Stuffing (Lower sodium than other stuffing not low sodium)



Foods that are Low Sodium Foods-

Can Fruits

Fresh Fruits and Vegetables

Dried Beans