

2013

High Sodium Foods to Avoid

We all need sodium (salt), but too much can be harmful. Too much sodium in our diets can lead to high blood pressure, heart disease, stroke, and kidney disease. If you already have heart or kidney disease, you need to be even more careful of your intake.

High Sodium Foods to Avoid

Snack foods

- Salted crackers
- Salted party snacks such as:
 - › Cheezies
 - › Chips
 - › Peanuts
 - › Pretzels
- Salted popcorn:
 - › Bagged popcorn
 - › Microwave popcorn
 - › Movie popcorn

Quick foods (convenience foods)

- Packaged frozen entrées/meals (like microwave dinners)
- Packages/boxed foods with more than 10% daily value of sodium per serving
- Battered frozen fish or chicken
- Bottled or canned spaghetti and pasta sauces
- Canned beans, stews, soups, gravies
- Canned fish (sardines, kippers, oysters, etc.)

- Canned meats:
 - › Devilled ham
 - › Flakes of turkey, ham or chicken
 - › KAM®, SPAM®
 - › Potted meats (such as pâtés)
- Canned tuna and salmon packed in water and rinsed before eating is okay, or use “no salt added” tuna / salmon
- Dry packaged soup mixes, OXO®, bouillon
- Fast food items such as fried chicken, Mexican or Chinese food

Milk products

- Blue, feta, parmesan cheeses
- Processed cheese (cheese slices, Cheez Whiz®)

Salted, smoked, pickled, or cured meats

- Bacon
- Bologna, ham, pepperoni, salami, cold cuts
- Corned beef
- Other deli meats including shaved/sliced turkey and beef as these often have a lot of added sodium
- Hot dogs
- Kosher meats
- Salted, dried, or smoked fish
- Sausages

Vegetables and fruit

- Canned vegetables/fruits with added sodium
- Dried fruit
- Sauerkraut
- Scalloped potato mix, instant potatoes
- Vegetable juices (unless labeled low sodium or no salt added)

Grain products

- Baking mixes such as pancake mixes and biscuit mixes
- Breads, cereals, crackers with more than 10% daily value of sodium per serving
- Seasoned pasta mixes (Hamburger Helper®, Kraft Dinner®)
- Seasoned rice mixes (Rice-a-Roni®)

Condiments

- › Accent®
- › Any mixed spice that has salt
- › Celery salt
- › Chili sauce
- › Garlic and onion salt
- › Meat tenderizers
- › M.S.G. (monosodium glutamate)
- › Picante sauce
- › Pickles
- › Relish
- › Salsa
- › Seasoned pepper
- › Seasoned salt
- › Soy sauce
- › Steak sauce
- › Steak spice
- › Taco sauce

Did you know?

- 75% of our sodium intake is already found in foods we eat. Most of this is in processed foods or convenience foods. Only 25% is added during cooking or at the table.
- The word “seasoned” usually means salt has been added to the food. For example, seasoned chicken breasts have been soaked in brine (salty solution). Do not eat these foods.
- It is important to avoid high sodium foods even if you do not add salt during cooking or at the table.
- Most food labels show the number of mg of sodium per serving or a % daily value (DV). Avoid foods with a % DV over 10%.
- Small amounts (1 tsp / 5mls) of prepared mustard, horseradish, Worcestershire Sauce® or ketchup may be used from time to time.
- The salt substitutes listed below do not contain sodium, but they do contain potassium. Check with your doctor or dietitian before using these products:
 - › HalfSalt®
 - › NuSalt®
 - › NoSalt®

If you have any questions, please ask.
We are here to help you.

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The information in this pamphlet is to be updated every 3 years.