

Tips to Decrease Salt Intake

Eating less salt can help lower your blood pressure and prevent water retention (edema). Follow these tips to help you reduce the amount of salt you eat:

1. Enjoy more of these low salt foods:

- Fresh fruits and juices
- Fresh or frozen vegetables
- Plain breads, cereals, pasta, rice and low salt crackers
- Fresh lean meats, fish, poultry and shellfish
- Low fat milk and yogurt
- Foods seasoned with herbs, spices, vinegar and lemon
- Foods seasoned with garlic and onion powder instead of garlic and onion salt

2. Eat less of these processed foods:

- Canned or dried soups
- Canned foods
- Sausages, hot dogs, bacon
- Ham and other luncheon meats
- Smoked, dried, cured or salted meats
- Instant pudding
- Instant cereal or pancake/waffle/muffin mixes
- Packaged rice or pasta mixes (e.g. rice pilaf, hamburger helper, and macaroni and cheese)
- Ramen noodles
- Cheese
- Tomato juice and V-8 juice
- Frozen dinners
- Pickles, olives
- Salted chips, pretzels, popcorn and nuts

3. Avoid using salt during cooking or at the table.

4. Limit the use of these high sodium condiments:

- Salt and seasoned salt
- Monosodium Glutamate (MSG)
- Meat Tenderizers
- Ac'cent®, Lawry's® seasonings (except Salt-Free 17), Goya Adobo® or Sazon Goya®
- Regular bouillon cubes or packets
- Soy sauce
- Salad dressings high in sodium
- Regular gravies and sauce



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