



Low Sodium Grocery Store, Recipe and Meal Service Suggestions



This list is not all-inclusive and may not meet every patient's dietary needs.
Please discuss with your provider before making dietary changes.

Eating out? Before you go, check out fastfoodnutrition.org and look at the sodium content.

Nutrition info, including sodium content, can be found online for nearly any chain restaurant and some local restaurants as well.

*Remember: Look for low sodium or no salt added, rather than reduced sodium on the label.
Reduced sodium items can still contain high amounts of sodium.*

Food Name/Brand	Sodium Content
Sauces	
Prego Lower Sodium Traditional Italian Pasta Sauce	360 mg per 1/2 cup
Mrs. Dash's Salt-Free Sweet Teriyaki/Garlic/Lime Marinades	0 mg
Heinz No Salt Ketchup	5 mg per tbsp
Mr. Spice Salt-Free Honey BBQ sauce (caution if kidney disease)	5 mg per 2 tbsp
Mr. Spice Salt-Free Ginger Stir Fry	1 mg per tbsp
The Silver Plate Low Sodium Pizza Sauce	70 mg per 1/4 cup
Canned Foods	
Hunt's No Salt Added Canned Tomato Sauce (to make your own)	15 mg per 1/4 cup
HyVee No Salt Added Black Beans	10 mg per 1/2 cup
HyVee No Salt Added Cut Green Beans	20 mg per 1/2 cup
Packaged/Convenience Foods	
Starkist Low Sodium Tuna (not the reduced sodium recipe)	220 mg per pouch Note: Whole Foods sells tuna that is lower in sodium. Be sure to read label.
<i>Meal Starter Kits (Some fit within your sodium budget)</i>	
Good & Gather Garlic Herb Chicken Cavatappi (Target)	650 mg for 1/3 meal kit
Tyson Instant Pot Kits Creamy Stroganoff Beef/Noodle (Target)	600 mg per cup, cooked
Local Crate Indian Butter Chicken with Jasmine Rice (Target)	250 mg per 1/2 container
Soups/Broth/Stock	
Amy's Organic Light in Sodium Minestrone	440 mg/can
Amy's Organic Light Sodium Chunky Tomato Bisque	470 mg/can
Campbells' Healthy Request Chunky Beef with Country Veg	410 mg in 1/2 can
Progresso Lower Sodium Roasted Chicken Noodle	470 mg in 1/2 can
HerbOX Sodium Free Beef and Chicken Broth	0 mg
Rachel Ray Low Sodium Chicken Broth	140 mg per cup
Campbell's No Salt Added Cream of Mushroom or Chicken Condensed	60 mg per 1/2 cup
HyVee No Salt Added Chicken Broth	105 mg per cup



Seasonings	
Great Value Everything Bagel Seasoning (Walmart)	65 mg per 1/4 tsp
Paul Prudhomme Magic Salt-Free Seasoning	0 mg per 1/4 tsp
Bragg's Organic Sprinkle	0 mg per 1/4 tsp
Lawry's Salt-Free 17 Seasoning	0 mg per 1/4 tsp
Mrs. Dash Salt-Free Taco and Chili Seasoning	0 mg
Great Value Reduced Sodium Taco Seasoning	180 mg per 1/6 pouch
Slap Ya Mama Low Sodium Cajun Seasoning	100 mg per 1/4 tsp
Weber Salt-Free Steak/Chicken Seasoning (avoid if kidney disease)	0 mg
Weber Salt-Free Burger Seasoning	0 mg
Old El Paso 25% Less Sodium Taco Seasoning	220 mg per 2 tsp
Dak's Spices Taco Knight Salt-Free Taco Seasoning	0 mg
Dak's Spices Nothin' But Ranch Seasoning	0 mg
Dak's Spices Everything But the Salt	0 mg
Note: Dak's Spices sells a salt-free 6-seasoning pack on Amazon	
Lawry's Salt-Free Seasoning	0 mg
Trader Joe's 21 Seasoning Salute	0 mg in 1/4 tsp
Beverages	
LaCroix Flavored Sparkling Water	0 mg
Processed/Cured Meats	
HyVee Lower Sodium Sweet Smoked Bacon	190 mg per 2 slices
Boar's Head No Salt Added Turkey	55 mg per 2 ounces
Boar's Head No Salt Added Roast Beef	55 mg per 2 ounces
Snacks	
Blue Diamond Lightly Salted Low Sodium Almonds	40 mg per 28 nuts
Blue Diamond Nut Thins, Hint of Sea Salt	55 mg/19 crackers
Skinny Pop Popcorn	75 mg per 3 3/4 cups
Favorite Day Peanut Butter Monster Trail Mix (Target)	60 mg per 1/4 cup
Note: If non-diabetic and you have a sweet tooth, might be reasonable for an occasional treat.	
Triscuit Hint of Sea Salt	50 mg per 6 crackers
Wheat Thins Hint of Sea Salt	55 mg per 16 crackers
Ritz Crackers	25 mg per 5 crackers
Kirkland Signature Nut Bars (Costco)	125 mg/bar (also 8 grams of fiber)

Other	
Jif Natural Low Sodium Creamy Peanut Butter	80 mg per 2 tbsp
Breads/Tortillas	
Pepperidge Farm's 100 Percent Whole Wheat Stone Ground, Food for Life's Ezekiel 4:9 Low Sodium Sprouted Whole Grain, Sara Lee's Soft & Smooth 100 Percent Honey Wheat and Oroweat's Master's Best Winter Wheat are classified as low sodium bread products. Each bread has 140 mg or less per serving.	
La Banderita Low Sodium 8" Flour Tortillas	86 mg per tortilla
Toufayan Low Sodium Smart Pockets	50 mg per pocket
Toufayan Low Carb Low Sodium Wrap	125 mg per wrap
Pereg Natural Foods Low Sodium Whole Wheat Panko Bread Crumbs (Amazon)	45 mg per 1/8 cup
Edward & Sons Lightly Salted Bread Crumbs (Amazon)	120 mg per 1/3 cup
4C Premium Bread Crumbs (caution if kidney disease)	0 mg per 1/4 cup

Other Low Sodium Food Sources (Aim for < 650 mg sodium per meal)

- **Tastyhealthyheartrecipes.com**
- **Pinterest** has many low sodium recipes.
- **Healthyheartmarket.com**
- **Momsmeals.com** or call **1-844-657-8721**
They offer a heart healthy menu as well as diabetic. Ready to heat and eat.
- **Social Suppers** offers several ready-to-cook (ie. crockpot) meals each month that are low sodium. Call 913-381-3910.
- **Modifyhealth.com**
Voted best low sodium meal delivery service on Mealplanpros.com.
- **MagicKitchen.com**
Voted best variety on Mealplanpros.com.
- **BistroMD.com**
They offer several specialty menus designed for weight loss. The heart healthy meals have < 650 mg sodium.

The **MyFitnessPal app** is free and is a great way to track sodium intake.

feel whole™


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