

Health Literacy Now

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Low Salt Diet

How do I lower salt in my diet?

- * **Try to cook food with little salt in it.**
- * **Avoid instant foods and fast foods. Eat home cooked meals.**
- * **Read the food labels. Try to use foods with [low sodium](#) or [low salt](#).**

Foods to Eat

[Dairy](#)

- * Use Milk and Youghurt.
- * Use low sodium or low salt cheese.

Foods to avoid

Avoid Cheese and Buttermilk.

Snacks

- *Use unsalted nuts and raisins.
 - *Carrots, celery and broccoli can be used as snacks.
- *Avoid salted nuts, chips, crackers, pretzels and other salty snacks.

Vegetables

- *Eat fresh or frozen vegetable.
- *Rinse canned vegetables.

*Avoid pickled and canned vegetables.

Dressing

- *Use lemon juice, mustard or yogurt to dress salads.

*Avoid soy sauce, horse radish and other salad dressings.

Meat and Fish

- *Use fresh and frozen meat and fish.

*Avoid canned, smoked, salted and pickled meat and fish

*Avoid bacon, ham and corned beef.