

Nutrition



OSF[®]
NUTRITION SERVICES NETWORK

Low Sodium Guidelines

Food Group and daily Suggested servings

Foods lower in sodium for regular use:

Foods higher in sodium to select less often:

Breads, cereals, rice and pasta (6-11 servings)

Bread and English muffins
Dinner rolls
Rice
Pasta noodles
Cooked cereals, regular
Corn & wheat tortillas
Ready-to-eat Cereals-
Shredded Wheat,
Puffed Wheat and
Rice

Bagels and Biscuits
Pancakes or Waffles
Fried rice
Canned pasta
Cooked cereals, instant
packets
Packaged noodle, pasta and
rice dishes
Salted Snacks-chips or
pretzels

TIPS

- Choose hot & cold cereals with less than 360 mg of sodium per serving
- Choose snack foods with less than 150 mg of sodium per serving
- Cook rice, pasta, cereals, and beans with no salt
- Flavor rice and pasta with low sodium soups or herbal seasoning blends

Vegetables (3-5 servings)

Fresh Potatoes
Fresh vegetables
Plain, frozen vegetables
Canned vegetables with “no
added salt”

Au gratin, instant mashed or
scalloped potatoes
Canned vegetables and
tomato products
Sauerkraut
Frozen vegetables in butter,
cream, or cheese sauce
Spaghetti sauce
Tomato sauce, juice or paste
Ready made salads, such as
Potato salad or cole slaw

TIPS

- Add more vegetables to your cooking for flavoring
- Canned vegetables may be drained and rinsed to reduce sodium
- Choose spaghetti sauce with less than 400 mg per serving
- Look for low sodium vegetable or tomato juice

*For more information or to speak with a Registered Dietitian, call OSF Saint Francis
Nutrition Access Line (309) 655-3705.*

Food Group and daily Suggested servings

Foods lower in sodium for regular use:

Foods higher in sodium to select less often:

Fruits (2-4 servings)

Fresh, frozen or canned fruit or juice

Dried fruits containing sodium preservatives

TIPS

- Use fruit juices for marinating or flavoring
- Use fresh lemon juice and pepper to flavor meats or salads

Meats, fish, poultry, dried Beans, eggs and nuts (2-3 servings)

Lean, fresh meats such as:
beef pork
chicken turkey
fish shrimp
Lunch meats with less than 250 mg of sodium per serving
Low sodium canned meats or fish
Unsalted nuts and seeds
Eggs/Egg substitute
Dried beans, lentils, and peas

Processed, cured meats such
hot dogs sausage
bacon ham
luncheon meats
Canned meats or fish
Corned beef
Salted nuts and seeds
Canned Beans, such as pork and beans, black beans

TIPS

- Use wine and vinegar to marinate fresh, lean meats
- Make your own spice mixes for coating on chicken or fish
- Drain and rinse canned tuna
- Drain and rinse canned beans

Frozen entrees, convenience foods and soups

Frozen entrée with less than 500 mg sodium per serving
Frozen dinners with less than 800 mg sodium per serving
Soup and Broth (low sodium canned) containing less than 400 mg sodium per serving

Frozen entrees with more than 500 mg sodium per serving
Frozen dinners with more than 800 mg sodium per serving
Pizza
Soup (canned, dry mix, reduced sodium) containing more than 400 mg sodium per serving

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Food Group and daily suggested servings

Foods lower in sodium for regular use:

Foods higher in sodium to select less often:

Milk, yogurt and cheese
(2-3 servings)

Milk
Yogurt/frozen yogurt
Ice cream/sherbet
Cooked pudding
Cheese containing less than 95 mg sodium per ounce
Low sodium or dry curd cottage Cheese
Ricotta cheese (1/4 cup)
Grated parmesan cheese (1 tablespoon)

Evaporated milk
Condensed milk
Buttermilk
Instant milk mixes
Instant pudding mix
Processed cheese
Blue cheese
Parmesan (hard)
Provolone cheese
Low fat or creamed cottage cheese
Cheese spreads

TIPS

- These cheese contain 130-225 mg of sodium per ounce:
Cheddar or Colby Muenster
Monterey jack Provolone
Mozzarella Some reduced fat cheese (check label)
- Look for “low sodium” cheeses
- Use natural cheese rather than processed
- Even if an item says “reduced sodium” on the label, check the sodium amount
- Rinse cottage cheese

Beverages

All types of regular or diet soda pop
Tea, brewed or instant
Coffee, brewed or instant
Tap water
Lemonade
Fruit flavored drink mixes

Softened water

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Food Group and daily Suggested servings	Foods lower in sodium for regular use:	Foods higher in sodium to select less often:
Fats, oils and sweets (use sparingly)	Butter or margarine (1-2 teaspoons) Homemade vinegar and oil Salad dressings with less than 75 mg sodium per tablespoon Gravy made without added salt Cooking oils Mayonnaise Sour cream Cream cheese Cookies Gelatin Honey, jelly, syrup Hard candy Peanut Butter “no added salt”	Olives Salad dressings with more than 75 mg sodium per tablespoon Gravy-canned, jar or frozen Cake, pie or pastry products Bottled or packaged salad dressing

TIPS

- Keep plenty of fruit on hand for snacks/desserts

Condiments/Seasonings	Low sodium bouillon cubes or granules Condiments such as: Hot pepper sauce Low sodium or No salt added Catsup Malt vinegar Seasonings such as: Spices and herbs Garlic powder Onion powder Salt-free herb blends	Bouillon cubes or granules Condiments such as: Dill pickles Olives Sweet pickle relish Catsup Mustard BBQ sauce Steak sauce Soy sauce-regular & low sodium Seasonings such as: Salt Garlic salt Onion salt Celery salt Seasoning salts
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TIPS

- Use condiments sparingly
- Use low sodium baking powder
- Use products that are sodium-free like Mrs. Dash, Galliant Garlic- garlic powder and onion powder

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