

HEALTHY AND LOW SODIUM SHOPPING GUIDE



Fruit, Canned (Eg. sliced peaches, pears)

Choose: "light syrup"

Caution: "with fruit juice" and "no sugar added"

Avoid: If possible "heavy syrup". Canned fruit with high fructose corn syrup

Applesauce

Choose: "Unsweetened"

Caution: with added sugar

Avoid: High fructose corn syrup (Motts Regular Applesauce)

Green Beans, canned

Choose: no salt added varieties.

Caution: If salt is added choose <140 mg of sodium or less per serving.

Corn, canned

Choose: no salt added varieties.

Caution: If salt is added choose <140 mg of sodium or less per serving.

Vegetables, cut or whole, frozen

Generally okay as is

Tomato paste, canned

Choose: no salt added varieties.

Caution: If salt is added choose <140 mg of sodium or less per serving.

Crushed tomatoes, diced tomatoes, canned

Choose: no salt added varieties.

Caution: If salt is added choose <140 mg of sodium or less per serving.

Stewed tomatoes, canned

Choose: No sodium, "Low Sodium", "Low in Sodium", "Less in Sodium" OR 140 mg of sodium or less per serving.

Caution: Stewed tomatoes with added sugar.

Spaghetti Sauce

Choose: No sodium, "Low Sodium", "Low in Sodium", "Less in Sodium" OR 140 mg of sodium or less per serving.

Caution: Sauces with added sugar.

Vegetable soup, canned

Choose: "Low Sodium", "Low in Sodium", "Less in Sodium" OR "Healthy Request" (Campbells specific) OR 140 mg of sodium or less per serving.

Caution: Some low sodium vegetable soup products have increased sugar and fat. Compare labels when possible.

Avoid: If possible, avoid products where per serving sodium is >40% DV**. Soups with high fructose corn syrup.

Potential Swap: look for these brands:

Amy's Organic Lentil Vegetable Soup, Light in Sodium, Campbell's Chunky Healthy Request Savory Vegetables Soup, Venice Maid Foods Condensed Vegetarian (Foodservice Brand)

Cream/cheese based soups, canned (eg. Cream of mushroom soup)

Choose: "Low Sodium", "Low in Sodium", "Less in Sodium" OR 140 mg of sodium or less per serving. "Healthy request" (Campbells),

Caution: Some low sodium cream and cheese based soup products have increased sugar and fat. Compare labels when possible.

Avoid: If possible, avoid products where per serving sodium is >40% DV**. Soups with high fructose corn syrup. Soups with more than 5 grams of saturated fat per serving (about ½ cup)**.

Beef soups, canned, ready to eat (eg. Beef Stew, Chunky Beef with Vegetables, Chili)

Finding a low cost "healthy swap" is generally difficult for this product.

Ready-to-eat beef soups and meat stews are a filling and easy to eat food.

Meat based pastas canned, ready to eat (eg. Beef Ravioli)

Finding a low cost "healthy swap" is generally difficult for this product.

Ready-to-eat meat based pastas are a filling and easy to eat food.

Beans, plain, canned

Generally okay as is. If possible opt for no salt added.

Tuna, in water, broth, or oil, canned

Choose: consider "low sodium" and "no salt" varieties* and/or opt for tuna products that have <300 mg of sodium per serving.

Chicken, canned

Choose: consider "low sodium" and "no salt" varieties and/or opt for chicken products that have <350 mg of sodium per serving.

Canned salmon

Choose: consider "low sodium" and "no salt" varieties* and/or opt for tuna products that have <300 mg of sodium per serving.

Cup of soup and instant noodle products

Finding a "healthy swap" is generally difficult for this product. Cup of soup and instant-noodle products are a easy to eat food product.

Mac and Cheese, dry, box

Potential swap: Annie's Macaroni and Cheese* has fewer additives and preservatives. Relatively comparable in sodium, fat, and added sugars.

Mac and cheese, single serving pouches or cups

Finding a "healthy swap" is generally difficult for this product. Single serving mac and cheese pouches and cups are an easy to eat food,

Rice-A-Roni

Choose: If possible opt for "lower sodium" varieties

Dr Breakfast Cereal

Choose: No sugar added varieties

Caution: Added sugar, refined flour, and hydrogenated oils.

Avoid: >10 grams of added sugar per serving

Instant Oatmeal, dry, boxed or single serving sachets

Choose: No sugar added varieties

Caution: Added sugar

Avoid: >10 grams of added sugar per serving

Pancake mix

Generally okay as is

Trail mix

Choose: <140 grams of sodium per serving

Caution: added sugars*

Avoid: >10 grams of sugar per serving and >20 grams of fat per serving

Crackers

Choose: low sodium

Caution: added sugars*

Avoid: >10 grams of sugar per serving and >20 grams of fat per serving

Fruit leather

Generally okay

Mixed blend Spices (eg. Seasoning/Fajita Mix/Taco Seasoning)

Generally okay as is

Spices (eg. ground coriander)

Generally okay as is

Shelf stable milk (cow)

Generally okay as is

Shelf stable milk alternatives (soy milk, rice milk, almond milk)

Generally okay as is

Peanut butter/almond butter and other nut butters

Choose: if possible choose peanut butter with limited ingredients and ideally only the roasted nut.*

Caution: ingredients with hydrogenated oils and added sugars

Juice boxes

Choose: juices with <10 grams of sugar per serving

Caution: labels on juice boxes can be misleading, compare labels when possible.

Avoid: >17 grams of sugar per serving. High fructose corn syrup.