



EAT LESS SALT



LIMIT THE USE OF THESE HIGHLY SALTED FOODS



MEATS

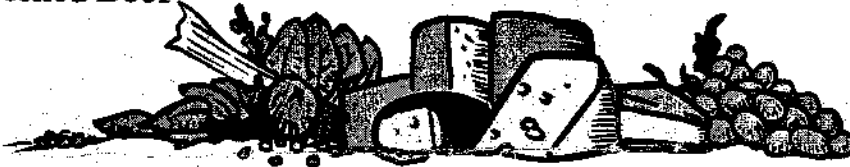
Ham
 Bacon
 Sausage
 Hot Dogs
 Lunch Meats
 Anchovies
 Sardines
 Corned Beef

CHEESE

Cheddar
 Swiss
 American
 Parmesan
 Velveeta
 Cheese Spread

SOUPS

Canned
 Dry soup mixes
 Dry gravy mixes
 Canned Broth
 Bouillon



VEGETABLES

Canned types
 Pork & Beans
 Sauerkraut
 Frozen vegetables
 with cheese sauce

SNACKS

Salted Nuts
 Salted Popcorn
 Cheese Curds
 Salted Pretzels
 Salted Crackers
 Salted Chips
 Pretzels

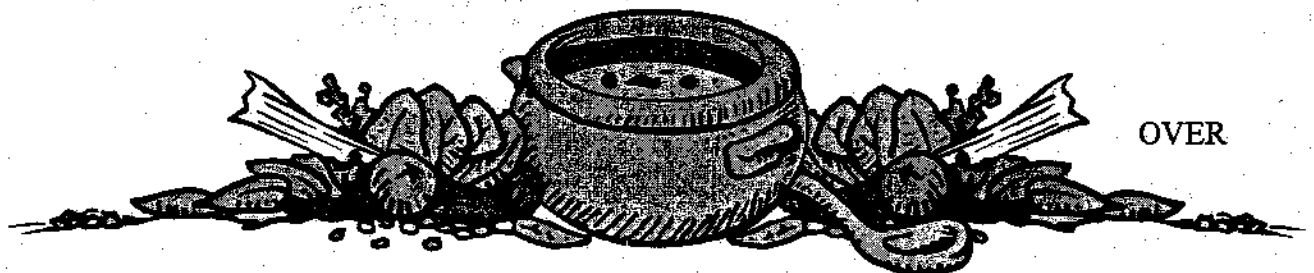
SAUCES/ SEASONINGS

Soy Sauce
 Teriyaki Sauce
 BBQ Sauce
 Steak Sauce
 Worcestershire Sauce
 Dry Sauce Mixes
 Garlic & Onion Salt
 Celery Salt

OTHERS

TV Dinners
 Pickles, Olives, Relish
 Ketchup, Mustard
 Meat Tenderizer
 Buttermilk

Note: This handout DOES NOT replace diet counseling. Please have appointment scheduled with REGISTERED DIETITIAN for more details.



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