

Very Low Sodium Foods Shopping List



Jessica has hand-selected this list of healthful foods that have no more than 100 milligrams (mg) of sodium per serving (usually expressed in ounces (oz)). Always check labels for serving sizes and sodium content since ingredients often change.

Fruits & Vegetables

- All fresh fruit 0-10 mg/3.5 oz
- Most fresh vegetables (asparagus, bell and chili peppers, broccoli, brussels sprouts, cabbage, carrots, cauliflower, cooking greens, fennel, garlic, ginger, mushrooms, onions, parsnips, peas, potatoes, salad greens, snap beans, spinach, sweet potatoes, tomatoes, turnips and winter squash) 0-80 mg/ 3.5 oz raw
- Most unsalted frozen vegetables and fruit (except spinach) 0-30 mg
- Most dried fruit 0-20 mg
- *Stretch Island* fruit leather 0 mg
- *Bare Fruit* organic apple chips 17 mg
- *North Coast Organic* or *Santa Cruz Organic* applesauces 0-20 mg

Bread

- *Alpine Valley* organic breads, select varieties 80-100 mg
- *Food for Life Ezekiel 4:9* breads 0-80 mg

Oils & Condiments

- Extra virgin organic olive oil 0 mg
- All unseasoned vinegars (balsamic, wine, champagne, fruit, rice, malt and cider) 0 mg
- *Follow Your Heart* Vegenaïse and *Fabannaïse* avocado oil mayo 70 mg
- *French's* yellow or spicy brown mustard 55-80 mg
- *Morehouse* yellow mustard 55 mg
- *Lea & Perrins* Worcestershire sauce original and reduced sodium 45-65 mg
- *Bragg's* Healthy Vinaigrette 60 mg
- *Galeos* world's best miso dressings 75-90 mg
- *Mina* harissa 65 mg
- *Stonewall Kitchen* Olive Oil and Balsamic dressing 0 mg

Milk Substitutes

- *Westsoy* organic unsweetened plain soy milk 30 mg
- *Rice Dream* organic original rice milk 100 mg

Dairy

- *Straus* organic plain Greek yogurt 75 mg
- *Wallaby* organic Greek yogurt plain lowfat or nonfat 65 mg
- *Fage* TOTAL 0% or 2% plain Greek yogurt 65 mg
- *Chobani* plain, hint of vanilla, strawberry, or blueberry Greek yogurt 55 mg
- *Friendship* no salt added cottage cheese 60 mg
- Ricotta cheese 50-100 mg
- *Gelson's Finest* or *Organic Valley* organic omega-3 eggs 65-70 mg

Cereal, Rice & Grains

- *Familia* or *Bob's Red Mill* muesli 0 mg
- *Kind* granola select varieties 20-40 mg
- *Café Fanny* organic granola 10 mg
- *Quaker* simply granola with oats, honey, raisins, and almonds 10 mg
- *Silver Palate* thick and rough oatmeal 0 mg
- *Quaker Oats* instant organic regular, old fashioned, quick 0 mg
- *McCann's* or *Bob's Red Mill* steel cut oatmeal 0 mg
- *Cream of Wheat* whole-grain hot cereal 85 mg
- *Wheatena* toasted wheat cereal 0 mg
- *Kashi* Autumn Wheat, Cinnamon Harvest, Island Vanilla, Heart to Heart honey toasted cereals 0-75 mg
- *Grain Trust* frozen steamed brown rice 0 mg
- *Lundberg* wild rice 0 mg
- *Wolff's* kasha 10 mg
- *Bob's Red Mill* bulgur, organic quinoa, and organic farro 0-5 mg
- *Nature's Earthly Choice* organic farro 0 mg
- *Village Harvest* quinoa or black rice 0 mg
- *Ancient Harvest* quinoa 0 mg

Chocolate

- *Scharffen Berger* or *Green & Black Organic* 70% or 80% bittersweet chocolate 0-10 mg

Gelson's

Beans & Legumes

- *Natural Directions* organic dry black beans, lentils, pinto beans, split peas 0 mg
- *Springfield* pearl barley, dried beans, lentils 0-25 mg
- *Sabarot* green lentils 0 mg
- *Seapoint Farms* frozen unsalted edamame 15 mg
- *Sun Vista* no salt added black beans, pinto beans 10 mg
- *S&W* organic canned black, kidney, garbanzo beans 85-100 mg

Canned Seafood

- *Bumble Bee* very low sodium tuna 35 mg
- *Wild Planet* no salt added Albacore tuna 25 mg
- *Season* sardines in water 80 mg

Soup & Broth

- *Pacific Natural Foods* organic free range low sodium chicken broth 70 mg
- *Health Valley* no salt added soups (not broths) 30-70 mg

Crackers

- *Finn Crisp* or *Sigdal Bakeri* crispbread 75-100 mg
- *Manichewitz* or *Streit's* whole-wheat matzos 0 mg

Nuts & Nut Butter

- *Flanigan Farms* raw unsalted nuts and seeds 0 mg
- *Blue Diamond* whole natural almonds 100 calorie packs 0 mg
- *Maisie Jane's* almond or cashew butter 0 mg
- *Laura Scudder's* unsalted smooth peanut butter 0 mg
- *Santa Cruz Organic* peanut butters 45-50 mg
- *Once Again* sunflower seed butter, almond butter, and tahini 0-50 mg

Regular Deli

- *Gelson's Finest* classic hummus, roasted red pepper hummus and Mediterranean hummus 90 mg
- *Diestel* organic no salt added turkey breast 20 mg
- *House Foods* organic tofu 10 mg
- *GOAVO* avocado spread 65 mg
- *Homeboy* avocado chunks 0 mg
- *Jarlsberg* cheese snacks 100 mg

Canned Vegetables

- *Muir Glen* organic no salt added diced tomatoes or fire roasted tomatoes 25 mg
- *Pomi* organic or conventional chopped tomatoes, strained tomatoes, or tomato sauce 5-10 mg
- *Carmelina* chopped tomatoes or peeled tomatoes 10 mg
- *Del Monte* no salt added French style and cut green beans, no salt added sweet peas 10- 20 mg
- *Libby's* 100% pure pumpkin 5 mg
- *Farmer's Market* organic pumpkin and sweet potato puree 5-95 mg

Meat & Seafood

- Fish (wild salmon, tuna, halibut, red snapper, rainbow trout, clams 30-80 mg/4 oz cooked without salt)
- Skinless chicken breast (not kosher) 55 mg/3 oz cooked without salt
- Skinless turkey breast (not kosher) 44 mg/3 oz cooked without salt

Service Deli

- *Boar's Head* Lacey Swiss cheese 35 mg/1 oz
- *Jessica's* Super Antioxidant Chopped Salad 100 mg/4 oz
- *Jessica's* Mediterranean Tomato and Cucumber Salad 60 mg/4 oz