

Foods High in Salt

Here are some helpful hints when you need to watch the amount of salt you eat:

- Read the labels on food packages to check the ingredients for added salt, brine and monosodium glutamate
- When cooking at home, reduce the amount of salt used. Try spices, herbs, seasonings and lemon juice instead of adding salt.
- Try these for flavour:
 - ▶ **Beef:** bayleaf, marjoram, pepper, sage, thyme
 - ▶ **Chicken:** lemon juice, paprika, parsley, sage, thyme
 - ▶ **Fish:** bayleaf, curry powder, dry mustard powder, lemon juice, marjoram, paprika

Limit these high salt foods:

- Buttermilk, instant breakfast or malted milk – do not have more than 1 cup or 250 ml a day
- Salted crackers, meat extenders such as Hamburger Helper, convenience casserole mixes, gravy bases
- Smoked, salted, cured and pickled meat, fish and poultry such as corned beef, bacon, wieners, sausages, ham, herring, sardines and luncheon meat such as salami and bologna
- Processed cheese slices and cheese spreads such as Cheese Whiz
- V-8 juice, sauerkraut, pickled vegetables, pickles
- Bouillon cubes, dried soup mixed, regular canned soup, instant soup, commercial meat extracts
- Commercial salad dressings, vegetable dips made from dehydrated mixes
- Ketchup, soy sauce, chili sauce, prepared mustard, Worcestershire sauce, steak sauces, monosodium glutamate, meat tenderizers, seasoned salt such as garlic salt, celery salt, onion salt
- Relishes, sea salt, salted snack foods such as popcorn, pretzels, salted nuts, potato chips