



# Low-Sodium Shopping Guide

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At Martin's Super Markets, we are committed to providing our guests with information, recipes and products they need for serving friends and family members with dietary restrictions. Please use this guide as a tool to assist in adhering to a physician recommended low-sodium diet.

*Disclaimer: We strongly encourage guests review all ingredient lists before purchasing any items to ensure they meet individualized dietary needs.*

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## Quick Tips

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1. Choose fresh instead of processed foods as often as you can
2. Always compare nutrition labels and choose the brand that is lower in sodium
  - a. Beware: some companies add more fat and sugar when salt is reduced
3. When looking at the Nutrition Facts label look for foods with 5% Daily Value (DV) or less. A sodium content of 20% DV or more is high.
4. Low-sodium items are those with no more than 140 mg of sodium per serving
5. Look for foods labeled: "low-sodium", "reduced sodium" or "no salt added"
6. The daily limit for healthy adults is 2,300 mg of sodium = 1 tsp.
  - a. Adults who are pre-hypertensive or hypertensive should limit daily intake to 1,500 mg

## Fruits and Vegetables

Avoid all regular canned vegetable and vegetable juices, pickled products (olives, pickles, sauerkraut), packaged mixes (ex: tater tots or scalloped potatoes), prepared pasta sauces and salsa.

- All fresh fruits and vegetables are naturally low in sodium 😊
  - Frozen vegetables without added salt or sauces
  - Fresh potatoes, frozen hash browns
  - Canned vegetables labeled “low sodium” or “no salt added”
  - Low-sodium vegetable juice
  - Low-sodium jarred pasta sauce or “no added salt” canned tomato sauce
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- **Note:** Drain and rinse canned foods to help reduce sodium
  - **Products to Locate:** Bolthouse Farms Italian Dressing, Fresh Pico de Gallo or Salsa, Newman’s Mild Salsa, Bona Vita Fra Diablo Pasta Sauce, Victoria’s Low Sodium Marinara Sauce
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## Breads, Grains, & Cereals

When cooking rice or pasta, do not add salt. Packaged, seasoned rice or pasta mixes are typically high in sodium. If you must use, try using  $\frac{1}{4}$  of the seasoning packet when preparing. Avoid bread and rolls with salt on top, quick breads and pancake/waffle mixes, and croutons.

- Whole wheat rice and pasta
  - Unsalted popcorn, chips and pretzels
  - Low-sodium corn tortillas
  - Breads and rolls without salted tops
  - Oatmeal (unflavored)
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- **Products to Locate:** Ezekial Low Sodium Bread (frozen section), Triscuit Hint of Salt Crackers, Snyder’s Unsalted Pretzels, Nut Thins Hint of Salt, Wasa Crackers, Mission Corn Tortillas, Boom Chicka Pop Popcorn, Skinny Pop Popcorn, Tostitos Oven Baked Lays, Garden of Eatin’ Blue Chips No Added Salt, Unsalted Saltines
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## Meat, Beans, & Nuts

Choose fresh meat when possible. Limit intake of smoked, cured, processed meat (hot dogs, sausage, bacon), canned meats (ex: spam), and cold-cuts. Limit intake of pre-seasoned or marinated meat and seafood.

- Fresh or frozen lean meat and seafood: skinless poultry, pork tenderloin/chops, beef sirloins
  - Low-sodium canned fish
  - Eggs and egg substitutes
  - Unsalted nuts, seeds and nut butters
  - Dried peas and beans or “no added salt” canned beans varieties
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## Dairy Products

Be sure to check the labels on cheese, which is often high in sodium. Try to find varieties with less than 150 mg of sodium. Processed cheese, cottage cheese and buttermilk are high in sodium.

- Low-fat milk or yogurt
- Low-fat, low-sodium cheese, cream cheese, ricotta cheese and mozzarella
  - Swiss, parmesan, and mozzarella cheese are lower in sodium

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## Soups & Broths

- Low-sodium canned and dehydrated soups, broth and bouillon
- Homemade soups, made without added salt
- **Products to Locate:** Healthy Valley Organic No Added Salt Soups, Swanson's Unsalted Chicken and Beef Broths, Imagine Low Sodium Vegetable Broth

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## Dressing & Condiments

Soy sauce, seasoning salts, horseradish, barbeque and Worcestershire sauce are often high in sodium. Compare labels for mayo and mustard.

- Low-sodium or homemade dressings
- Unsalted margarine and spreads
- Vegetable oils (canola, olive)
- Low-sodium or "no salt added" ketchup
- Vinegars
- **Products to Locate:** Coconut Aminos (Soy Sauce Alternative), 3Zeros Italian Dressing

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## Seasonings

- Pepper
- Herbs, spices or salt-free seasonings
- Lemon or lime juice
- Garlic and ginger
- **Products to Locate:** Mrs. Dash (any variety)

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## Frozen Entrée

Try to limit intake of frozen entrees and frozen pizza. They are often loaded with sodium. Always compare labels and limit entrees to those with less than 600 mg or 30% of your Daily Value of Sodium.

- **Products to Locate:** Smart Made, Amy's Light in Sodium, Healthy Choice
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# Tips for Low-Sodium Living

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## 1. Identify sources of salt on ingredient lists

- Don't let hidden sources fool you! Look for the words **sodium**, **baking powder**, **baking soda**, and **brine**.

## 2. Lean to season the low sodium way

- Dressing and seasoning packets can be filled with sodium. Make your own to take the place of high-sodium versions on the shelf.
  - **Taco Seasoning:** 1 Tbsp. chili powder, ¼ tsp. onion powder, ¼ tsp. dried oregano, 1 ½ tsp. ground cumin, ¼ tsp. garlic powder, ¼ tsp. cayenne, ½ tsp. paprika
  - **Italian Dressing:** 1 ½ tsp. garlic powder, 1 Tbsp. onion powder, 2 tsp. oregano, 1 Tbsp. dried parsley, ¼ tsp. thyme.
    - Mix 2 Tbsp. with ¼ cup red wine vinegar, ½ cup olive oil
  - **Cajun Seasoning:** 2 ½ tsp. paprika, 1 ½ tsp. chili powder, ½ tsp. cayenne pepper, ¼ tsp. black pepper, ¼ tsp. oregano, ¼ tsp. dried thyme
  - **Chili Powder:** 1 tsp. paprika, 2 tsp. cumin, 1 tsp. cayenne, 1 tsp. oregano, 2 tsp. garlic powder
  - **Ranch Seasoning:** 2 Tbsp. dried parsley, 2 tsp. dried dill, 1 tsp. garlic powder, 1 tsp. onion powder, ½ tsp. black pepper, ½ dried chives
    - For dip: mix 2 Tbsp. with 8 oz. plain Greek yogurt
    - For dressing: mixing 1 Tbsp. with 1/3 cup plain Greek yogurt and ¼ cup low-fat milk

## 3. Snack Smart

- Keep plenty of low-salt snacks around. Examples: banana chips, unsalted rice crackers, unsalted nuts, air-popped popcorn, rice cakes.

**More Questions? Ask your Martin's Dietitian!**

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**Martin's**  
**eat smart.**  
**— be well. —**