

What are some alternatives to high-sodium foods?

Read package labels carefully. Products labeled “low sodium” may be lower in sodium than similar products, but still contain a large amount of sodium. Below is a list of foods to choose from to reduce your sodium intake. For labeled items, check the Percent Daily Value for sodium. Try to select foods that provide 5 percent sodium or less per serving.

Avoid:	Choose to eat:
Smoked, cured, salted, and canned meat, fish and poultry	<ul style="list-style-type: none">• Unsalted fresh or frozen beef, lamb, pork, fish, and poultry
Regular hard and processed cheese, regular peanut butter	<ul style="list-style-type: none">• Low-sodium cheese, low-sodium peanut butter
Crackers with salted tops	<ul style="list-style-type: none">• Unsalted crackers
Regular canned and dehydrated soups, broths and bouillons	<ul style="list-style-type: none">• Low-sodium canned soups, broths and bouillons
Regular canned vegetables	<ul style="list-style-type: none">• Fresh and frozen vegetables and low-sodium canned vegetables
Salted snack foods	<ul style="list-style-type: none">• Unsalted tortilla chips, pretzels, potato chips, and popcorn

How can I get more information?

It is often difficult to plan a meal by yourself, especially if your diet has recently been changed. If you have questions about your diet, please call to contact a Greenwich Hospital Registered Dietitian or one of the following resources:

Organization	Phone
Greenwich Hospital Food and Nutrition Services	203.863.5211
American Dietetic Association	800.877.1600
Web Resources	
<input type="checkbox"/> American Dietetic Association www.eatright.org	
<input type="checkbox"/> United States Food and Drug Administration: http://www.cfsan.fda.gov/~dms/foodlab.html .	

For more Patient Education Fact Sheets, see the Greenwich Hospital web site at www.greenhosp.org and click on Patient Services, then Patient Education.