

UW HEALTH - ONLINE HEALTH FACT

How to Decrease Salt in Your Diet

These are guidelines to reduce salt (sodium chloride) from your diet.

- Do not add salt at the table.
- Use half the normal amount of salt in cooking.
- Try using a salt substitute unless potassium is controlled in your diet.
- Use frozen, fresh, or canned foods without salt.
- Avoid foods that contain large amounts of salt.

Avoid the foods listed below which have been processed using large amounts of salt.

Avoid all salted or smoked meat or fish.

bacon	smoked fish	herring
canadian bacon	luncheon meats	ham
corned beef	smoked sausage	hrankfurters
sardines	bratwurst	canned meat entrees
canned tuna		

Avoid cheeses.

Camembert	processed cheese	Gorgonzola
cheese Spreads	(Velveeta, American Cheese)	
Roquefort	party dips	

Avoid breads and rolls with salt toppings.

Avoid fast foods and processed foods

(Unless labeled low or very low sodium)

frozen dinner	potato chips	gravy mixes
oriental foods	pretzels	sauce mixes
spaghetti sauce	salted nuts	pickles, olives, relish
(unless home made)	salted popcorn	salted crackers
pot pies	sauerkraut	soda crackers
packaged entrees	tomato juice	snack crackers
packaged rice mixes	canned tomatoes,	soups: canned, frozen
packaged potatoes and	tomato sauce & paste	or dried
noodle mixes	bouillon cubes	

Avoid seasonings with salt.

celery salt	horseradish	onion salt
lite salt	meat sauces	seasoned salt
chili sauce	meat tenderizers	soy sauce
garlic salt	monosodium glutamate (MSG)	worcestershire sauce
lemon pepper		barbeque sauce

Reading food labels can also help you reduce your salt intake. Check the label of a product for the words *salt* or *sodium*. High sodium foods do not always taste salty because sodium may be in other forms. Be aware of salt compounds labeled *sodium nitrate*, *sodium citrate*, or *sodium saccharin*. Also monosodium glutamate (MSG), baking powder, baking soda, soy sauce, soy isolates, and whey solids add to the salt content of a food.

If you have more questions please contact UW Health at one of the phone numbers listed below.

Nutrition Clinic Room 193
University Station
2880 University Avenue
Madison, WI 53705
(608) 263-5012

Nutrition Clinic Room 1296
UW Health West Clinic
451 Junction Road
Madison, WI 53717
(608) 265-7526

Nutrition Clinic Room 2085
UW Health East Clinic
5249 East Terrace Drive
Madison, WI 53718
(608) 265-0963