

FOODS HIGH IN SODIUM (SALT)

MEAT AND MEAT SUBSTITUTES:

Canned meat, fish or poultry (unless without salt), bacon, corned beef, dried or chipped beef, frankfurters, ham, cold cuts and luncheon meats, sausage, salted or smoked fish (sardines, herring anchovies), processed cheeses.

BREADS AND CEREALS

Crackers, pretzels, salted popcorn and potato chips, commercial bread stuffing mixes.

VEGETABLES

Sauerkraut, pickles, olives, relishes and other vegetables in brine. Large amounts of tomato or V-8 juice. Commercial potatoes or vegetables with sauces (i.e. potatoes au gratin)

FATS

Bacon grease, salt pork, regular peanut butter in large amounts, commercial salad dressings (especially low calorie dressings).

SOUPS

All regular canned soups, dehydrated soup mixes, boullion cubes and broth.

SEASONINGS

Garlic salt, onion salt, boullion, catsup, celery salt, chili sauce, barbeque sauces, meat and vegetable extracts, meat sauces, meat tenderizers, soy sauce, worchestershire sauce, prepared mustard, cooking wine, MSG (Accent and most oriental foods), Most "TV" or convenience frozen meals, especially those that are low caloriéd.

DAIRY PRODUCTS

All regular cheeses, buttermilk.

Average sodium intake is recommended at the level of 1000-3000 mg. of Sodium per day. One teaspoon of table salt contains 2000 mg of sodium.