

What can I eat? Foods low in salt



cereal, potatoes, pasta,
rice, bread



fruit and vegetables (fresh, frozen,
juice, tinned without salt)



meat and fish (tinned without salt,
fresh, frozen) beans, lentils, eggs



milk, yoghurt, cottage cheese, hard
cheese (less than 100g a week)



unsalted popcorn and nuts, jam,
honey, sugar, oil, butter and
margarine (unsalted is best),
pepper, herbs, spices, mustard,
tomato puree, vinegar

Check food labels

This is a little for 100g food

0.25g salt

0.1g sodium