

## HIGH SODIUM FOODS

Many items found in the grocery store can be quite high in sodium. Renal patients can benefit from limiting their sodium intake to 2000-3000 mg per day. Sodium is required on all food labels, so you are encouraged to read the food label for the sodium content. Generally, individual items with a sodium content higher than 200 mg per serving should be counted as a high sodium choice. Use "Low sodium " products with caution as they may contain high amounts of potassium. Consult your renal dietitian if you are unsure of any product.

### AVOID OR LIMIT TO \_\_\_\_ SERVING(S) PER DAY

#### **Meats**

Alaskan King Crab  
"Always tender" meats  
Anchovies  
Bacon  
Boxed entrees and side dishes  
  
Canned fish - unless low sodium  
Canned meats and entrees  
Caviar  
Cheese - processed and spreads  
Chinese and Oriental Food  
Chipped beef  
Corned beef  
Dried meats and fish  
Fast foods  
Frankfurters and hot dogs  
Frozen convenience foods  
Ham  
Imitation seafood - surimi  
Luncheon meats  
Pizza  
Salt pork  
Sardines

#### **Bread and Cereal Products**

Biscuit mixes  
Bread stuffing mixes  
Pancake, waffle, muffin—except homemade  
Salted popcorn  
Snack chips – Potato, corn, taco chips, etc.  
Salted crackers and rolls

#### **Seasonings**

Barbecue sauce  
Catsup  
Chili sauce  
Cocktail sauce  
Gravy, sauce, and seasoning mixes  
Meat tenderizer – Accent  
Miso  
MSG – Monosodium Glutamate  
Oyster sauce  
Regular bottled salad dressing  
Seasoning salts - garlic, onion, celery, sea, Kosher, canning  
  
Salsa  
Soy sauce

Sausages

Smoked meats and fish

**Vegetables**

Canned vegetables - unless salt free

Frozen items in cream / cheese sauces

Olives

Pickles

Relishes

Sauerkraut

Spaghetti Sauce

Tomato juice

Vegetable Juice Cocktail

Steak sauce

Teriyaki sauce

Worcestershire sauce

**Miscellaneous**

Baking powder and baking soda

Bouillon

Buttermilk

Canned and frozen soup and broth

Instant pudding mixes

Salted nuts

Self-rising flour