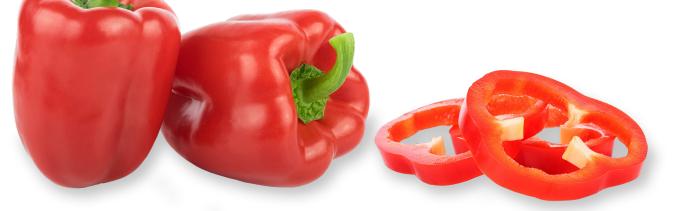


What to Look for at the Grocery Store

Category	Food Choices		
Fruits	• Fresh, canned or frozen (unsweetened or canned in their own juice)		
Vegetables	 Fresh or frozen (avoid sauces or flavor pouches, which may add sodium and/or saturated fat) 	Canned OK if low sodium or no added salt (rinse to remove excess sodium)	
Meats, poultry, fish	 Fresh or frozen fish (not breaded) Canned albacore tuna and salmon (packed in water, no added salt or low sodium) 	Chicken or turkey (skin and all visible fat discarded before serving)	
		 Lean cuts of beef, veal, pork or lamb (all visible fat discarded before serving) 	
Other protein sources	 Dried beans, peas, lentils — canned OK if low sodium or no added salt (rinse to remove excess sodium) Unsalted or low-sodium tofu (soybean curd) 	 Peanut butter (low sodium or no added salt) 	
		 Nuts or seeds (unsalted, dry-roasted), such as almonds, sunflower seeds, peanuts and walnuts 	
		• Eggs	
Drinks (follow your health care team's instructions on limiting fluid intake)	 Water and sparkling water 100% fruit juices, fresh, frozen or canned (with no added sugars) 	 Low-sodium or no-salt-added tomato and vegetable juice 	
		 Tea and coffee in moderation 	
		 Soy or almond milk (unsweetened) 	
Dairy	 Liquid or dry milk or milk substitutes (1%, low-fat, fat-free or non-fat) Low-fat/fat-free low-sodium cottage cheese 	• Low-fat/fat-free low-sodium cheese	
		• Low-fat/fat-free plain yogurt	
Fats, oils	 Unsaturated, nontropical vegetable oils, such as canola, olive, corn, cottonseed, peanut, safflower, soybean and sunflower 	Light tub margarine with liquid vegetable oil as first ingredient	





What to Look for at the Grocery Store

Category	Food Choices	
Breads, cereals, grains, starches	 Whole-grain pasta Brown rice Starchy vegetables, such as corn, potatoes and green peas — canned OK if low sodium or no added salt (rinse to remove excess sodium) Whole-grain bread and rolls Melba toast Matzo crackers Whole-grain pita bread 	 Corn tortilla Cooked cereals, such as corn grits, farina (regular), oatmeal, oat bran, cream of rice and cream of wheat Puffed rice or wheat, shredded wheat or any cereal with 100 to 140 mg of sodium per serving Wheat germ (in small amounts) Unsalted air-popped popcorn
Cooking and baking ingredients, seasonings	 Carob powder and cocoa powder Cornstarch and tapioca Cornmeal (not self-rising because some have high-sodium content) Fresh and dried herbs, salt-free herb seasonings Whole-grain flour (not self-rising) Fresh fruits and vegetables, such as lemons, limes, onions and celery Fresh garlic and ginger root 	 Chili pepper sauce (no added salt or low sodium) Low-sodium baking powder Onion powder and garlic powder (avoid onion salt and garlic salt) Canned tomato paste (no added salt), tomatoes (no added salt) and tomato sauce (no added salt) Vinegar Water chestnuts (no added salt) Yeast
Sweets*	 Flavored sugar-free gelatins Frozen 100% juice bars, fruit ice, sorbet and sherbet (with no added sugars) 	 Jelly, jam, preserves and apple butter made with 100% fruit Whole-grain graham and animal crackers, fig bars and ginger snaps

- *Limit sweets/added sugars from food and beverages:
 - No more than 100 calories/day for most women
 - No more than 150 calories/day for most men



