

What to Look for at the Grocery Store

Category	Food Choices	
Fruits	<ul style="list-style-type: none"> • Fresh, canned or frozen (unsweetened or canned in their own juice) 	
Vegetables	<ul style="list-style-type: none"> • Fresh or frozen (avoid sauces or flavor pouches, which may add sodium and/or saturated fat) 	<ul style="list-style-type: none"> • Canned OK if low sodium or no added salt (rinse to remove excess sodium)
Meats, poultry, fish	<ul style="list-style-type: none"> • Fresh or frozen fish (not breaded) • Canned albacore tuna and salmon (packed in water, no added salt or low sodium) 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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) 	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • Water and sparkling water • 100% fruit juices, fresh, frozen or canned (with no added sugars) 	<ul style="list-style-type: none"> • Low-sodium or no-salt-added tomato and vegetable juice • Tea and coffee in moderation • Soy or almond milk (unsweetened)
Dairy	<ul style="list-style-type: none"> • Liquid or dry milk or milk substitutes (1%, low-fat, fat-free or non-fat) • Low-fat/fat-free low-sodium cottage cheese 	<ul style="list-style-type: none"> • Low-fat/fat-free low-sodium cheese • Low-fat/fat-free plain yogurt
Fats, oils	<ul style="list-style-type: none"> • Unsaturated, nontropical vegetable oils, such as canola, olive, corn, cottonseed, peanut, safflower, soybean and sunflower 	<ul style="list-style-type: none"> • Light tub margarine with liquid vegetable oil as first ingredient



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Breads, cereals, grains, starches	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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*	<ul style="list-style-type: none"> • 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