

# Low Salt Diet

## Do Not Eat

Fast Foods: Burgers  
Breaded Chicken and Fish  
Pizza

Hot Dogs  
Lunch Meats  
Sausage  
Bacon  
Cheese  
Ham  
Sardines  
Salt Pork  
Pickled Foods

Snack Foods: Chips  
Peanuts  
Popcorn  
Pretzels  
Crackers

Tomato or V-8 Juice  
Tomato Sauce  
Soy Sauce  
Canned Soups



## Eat

Fruits  
Vegetables  
Bread, Cereal, Rice  
Macaroni, Spaghetti, Noodles  
Dried Beans and Peas  
Unsalted or No Salt Added Snack Foods  
Low Sodium Soups

Rinse any canned vegetables with water before heating. Add new water and heat.



**MORRISON**