

Very Low Sodium Foods Shopping List



Jessica has hand-selected this list of healthful foods that have no more than 100 milligrams (mg) of sodium per serving (usually expressed in ounces (oz)). Always check labels for serving sizes and sodium content since ingredients often change.

Fruits & Vegetables

- All fresh fruit 0-10 mg/3.5 oz
- Most fresh vegetables (asparagus, bell and chili peppers, broccoli, brussels sprouts, cabbage, carrots, cauliflower, cooking greens, fennel, garlic, ginger, mushrooms, onions, parsnips, peas, potatoes, salad greens, snap beans, spinach, sweet potatoes, tomatoes, turnips and winter squash) 0-80 mg/ 3.5 oz raw
- Most unsalted frozen vegetables and fruit (except spinach) 0-30 mg
- Most dried fruit 0-20 mg
- *Stretch Island* fruit leather 0 mg
- *Bare Fruit* organic apple chips 17 mg
- *North Coast Organic* or *Natural Directions* unsweetened organic or *Santa Cruz Organic* applesauces 0-20 mg

Bread

- *Alpine Valley* organic breads 60-85 mg
- *Food for Life* Ezekiel 4:9 breads 0-80 mg
- *Food for Life* sprouted corn tortillas 10 mg
- *California Lavash* whole grain lavash wraps 90 mg

Oils & Condiments

- Extra virgin organic olive oil 0 mg
- All unseasoned vinegars (balsamic, wine, champagne, fruit, rice, malt and cider) 0 mg
- *Follow Your Heart* Vegenaize 90 mg
- *French's* yellow or spicy brown mustard 55-80 mg
- *Morehouse* yellow mustard 55 mg
- *Lea & Perrins* Worcestershire sauce original and reduced sodium 45-65 mg
- *Bragg's* Healthy Vinaigrette 60 mg
- *Galeos* world's best miso dressing 75-90 mg
- *Silver Palate* Balsamic Country dressing 15 mg
- *Stonewall Kitchen* Olive Oil and Balsamic dressing 0 mg

Milk Substitutes

- *Westsoy* organic unsweetened vanilla or plain soy milk 30 mg
- *Rice Dream* organic enriched original rice milk 100 mg

Dairy

- *Wallaby* organic Greek yogurt plain lowfat 100 mg
- *Fage* TOTAL 0% or 2% plain Greek yogurt 65 mg
- *Stonyfield Oikos* organic Greek yogurt plain and vanilla 60-65 mg
- *Chobani* plain or vanilla Greek yogurt 80 mg
- *Friendship* no salt added cottage cheese 60 mg
- Ricotta cheese 65-100 mg
- *Gelson's Finest* or *Organic Valley* organic omega-3 eggs 65-70 mg

Cereal, Rice & Grains

- *Familia* or *Bob's Red Mill* muesli 0 mg
- *La Brea Bakery* granola 15mg
- *Café Fanny* organic granola 10 mg
- *Bear Naked Granola* Fit vanilla almond 10 mg
- *Silver Palate* thick and rough oatmeal 0 mg
- *Natural Directions* organic oats 0 mg
- *Quaker Oats* instant organic regular, old fashioned, quick 0 mg
- *McCann's* or *Bob's Red Mill* steel cut oatmeal 0 mg
- *BetterOats* Raw Pure & Simple Bare hot multigrain cereal 80 mg
- *Cream of Wheat* whole-grain hot cereal 85 mg
- *Wheatena* toasted wheat cereal 0 mg
- *Kashi* Autumn Wheat, Cinnamon Harvest, Island Vanilla, Heart to Heart honey toasted cereals 0-85 mg
- *Carman's* apricot almond muesli bars 10 mg
- *Rice Select* Texmati organic brown and royal blend rice 0 mg
- *Lundberg* wild and brown rice 0 mg
- *Wolff's* kasha 10 mg
- *Bob's Red Mill* bulgur and organic quinoa 0-5 mg
- *Nature's Earthly Choice* wheat berries, organic farro and quinoa 0 mg
- *trūRoots* organic quinoa 5 mg
- *Village Harvest* quinoa, organic brown rice and frozen golden quinoa, red quinoa & brown rice, whole grain creations 0-20 mg



If you have any questions, please feel free to call Jessica at 1-800-GELSONS (435-7667) or visit our website www.gelsons.com for more nutrition information and store locations. ©2013 Gelson's Markets

Chocolate

- *Scharffen Berger* or *Green & Black Organic* 70% or 80% bittersweet chocolate 0-10 mg

Beans & Legumes

- *Natural Directions* organic dry black beans, lentils, pinto beans, split peas 0 mg
- *Springfield* pearl barley, dried beans, lentils 0-25 mg
- *Sabarot* green lentils 0 mg
- *Seapoint Farms* frozen unsalted edamame 30 mg
- *Sun Vista* no salt added black beans, pinto beans 10 mg
- *S&W* organic canned black, kidney, garbanzo beans 85-100 mg
- *House Foods* organic tofu 10 mg

Canned Seafood

- *Bumble Bee* very low sodium tuna 35 mg
- *Wild Planet* no salt added Albacore tuna 100 mg
- *Season* sardines in water 80 mg

Soup & Broth

- *Pacific Natural Foods* organic free range low sodium chicken broth 80 mg
- *Health Valley* no salt added soups (not broths) 30-70 mg

Crackers

- *Kavli* crispy thin crispbread 45 mg
- *Manichewitz* or *Streit's* whole-wheat matzos 0 mg

Nuts & Nut Butter

- *Flanigan Farms* raw unsalted nuts and seeds 0 mg
- *Blue Diamond* whole natural almonds 100 calorie packs 0 mg
- *Maisie Jane's* almond butter 0 mg
- *Laura Scudder's* unsalted smooth peanut butter 0 mg
- *Santa Cruz Organic* peanut butters 45-50 mg

Dips & Salsa

- *Casa Sanchez* salt free medium salsa organica 0 mg
- *Gelson's Finest* classic hummus, roasted red pepper hummus and Mediterranean hummus 90 mg
- *Tribe* organic classic hummus 100 mg

Canned Vegetables

- *Muir Glen* organic no salt added diced tomatoes, fire roasted tomatoes, tomato puree, tomato sauce 15-30 mg
- *Pomi* chopped tomatoes, strained tomatoes 5-10
- *Carmelina* organic or conventional chopped tomatoes, peeled tomatoes 20 mg
- *Del Monte* no salt added tomato sauce, no salt added French style and cut green beans, no salt added sweet peas 10- 20 mg
- *Libby's* 100% pure pumpkin 5 mg
- *Farmer's Market* organic pumpkin and sweet potato puree 5-95 mg
- *Gelson's Finest* no added salt whole kernel corn 10 mg

Meat & Seafood

- Fish (wild salmon, tuna, halibut, red snapper, rainbow trout, clams 30-80 mg/4 oz cooked without salt)
- Skinless chicken breast (not kosher) 55 mg/3 oz cooked without salt
- Skinless turkey breast (not kosher) 44 mg/3 oz cooked without salt

Service Deli

- *Boar's Head* Lacey Swiss cheese 35 mg/1 oz