

# FOR BETTER FAMILY HEALTH EAT LESS SALT!

## EAT LESS OF THESE\*

## EAT MORE OF THESE\*

*(do not add salt in cooking)*

canned or precooked meats; bacon, luncheon meats, ham, sausage, chipped or corned beef, frankfurters, smoked or canned fish, sardines



### Meat, Fish, Poultry



chicken, duck, turkey, pork, lamb, liver, hamburger

fresh fish, such as bluefish, cod, flounder, perch, salmon

instant potatoes; other prepared potato-type products; commercially prepared main-course foods such as lasagna, pizza, macaroni and cheese, cheese blintzes



### Starches



fresh potatoes (white or sweet), macaroni, noodles, rice, spaghetti

canned soups, bouillon cubes, canned vegetables, frozen vegetables processed with salt, such as mixed vegetables



### Soups, Vegetables



homemade soup (without added salt), fresh vegetables, unsalted frozen vegetables

pretzels, salted peanuts, potato chips, salted crackers



### Snacks



fresh fruit: oranges, pears, peaches, plums, grapefruit, apples, grapes, bananas, raisins, granola, yogurt, unsalted crackers and nuts

soy sauce, salt, garlic and onion salt, meat tenderizers, celery salt, celery seed, horseradish, monosodium glutamate (MSG)



### Condiments



herbs, lemon juice, pepper, fresh onion or garlic, garlic powder

relish, catsup, mustard, pickles



### For Your Sandwich



tomato, lettuce, onion, cucumber  
*(try to keep your use of enriched bread and rolls to a minimum)*

# HEALTHY LUNCH BOX STUFFERS

## EAT MORE OF THESE\*

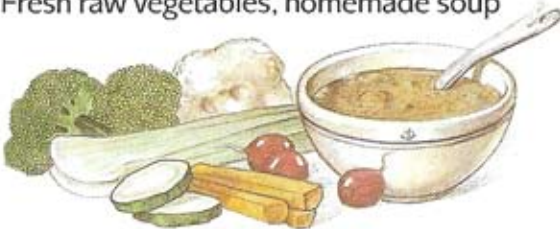
Fish, poultry, peanut butter



Whole grain breads, muffins, and crackers



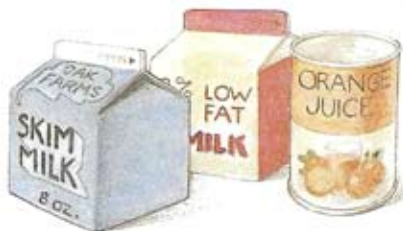
Fresh raw vegetables, homemade soup



Fresh and dried fruit, unsalted nuts



Skim and low-fat milk, natural fruit juice



## LESS OF THESE\*

Cold cuts, fatty meats, frankfurters



White bread, sweet rolls



Canned soups, prepared salads



Candy, potato chips, cake



Whole and chocolate milk, soda pop





	EAT MORE OF THESE <sup>1-3</sup>	MODERATE AMOUNTS OF THESE <sup>1-3</sup>	EAT LESS OF THESE <sup>1-3</sup>
<b>Milk, Cheese, Butter, Oil</b>	Nonfat fortified milk; skim milk; low-fat yogurt; buttermilk (made with skim milk); low-fat cottage cheese; cheeses containing less than 5% butterfat; margarine (soft tub or stick made with corn, cottonseed, soybean, safflower or sunflower oils <i>only</i> ); corn oil; sunflower oil; safflower oil; peanut oil, soybean oil	1% or 2% low-fat milk; frozen yogurt; low-fat, hard cheese; ice milk; soft margarine; mayonnaise; skimmed, evaporated milk (good for cooking in place of cream or whole milk)	Whole and chocolate milk; canned, evaporated whole milk; buttermilk; whole cream; hard and cream cheeses; sour cream; high-fat ice cream; butter, shortening; lard; bacon fat; eggs
<b>Meat, Fish, Poultry</b>	Fresh or fresh-frozen fish; tuna; crab; scallops; chicken, turkey, Cornish hen (without the skin); lean veal	(Trim off fat) Flank steak; beef filet; leg of lamb; sirloin; pork (whole rump, center shank); ham (center slices); rib eye; ground beef; pork loin; boiled ham; chicken frankfurter	(Trim off fat) Corned beef (brisket); hamburger (lean); steaks (club and rib); rib roast; breast of lamb, spareribs; ground pork; deviled ham; breast of veal; regular frankfurter; cold cuts; fried chicken (with skin or prepared with saturated oil); duck and goose; sausage and bacon; liver, heart, and other organ meats; sardines
<b>Vegetables</b>	(Fresh is best, raw or steamed) Asparagus; bean sprouts; beets; broccoli; brussels sprouts; cauliflower; cabbage; carrots; eggplant; green beans; string beans; squash (summer); zucchini; cucumbers; watercress; lettuce; corn; peas	Canned vegetables (some are high in salt; check label); frozen vegetables (without added salt); canned vegetable soups (read label for salt content); stir-fried vegetables prepared in small amount of polyunsaturated fat	Vegetables fried in butter or other saturated fats; frozen vegetables (processed with salt, such as mixed vegetables); vegetables made with cream and butter sauces
<b>Fruits, Fruit juices</b>	Apples/apple juice; apricots (fresh or dried); bananas; berries; cherries; dates; figs; grapes; oranges; peaches; plums; grapefruit; raisins; prunes; fresh fruit juices without added sugar	Fruits canned in juices; fruits canned in water; fruit ice	Fruits canned in heavy syrup; fruit drinks; glazed fruit (all fruits to which sodium, coloring or sodium benzoate has been added)
<b>Starches, Cereals, Grains</b>	Whole-wheat, rye, pumpernickel, raisin breads; cornmeal; whole-wheat pasta; brown rice; potatoes (sweet or white); yams; pumpkin; beans and lentils; grits; wheat germ; oatmeal; puffed rice	White bread; refined pasta; white rice; refined unsweetened cereal; low-salt, whole-wheat crackers made with soybean oil	Instant potatoes; other prepared potato products (these are high in salt); french fries; commercially prepared foods such as macaroni and cheese, lasagna, pizza, cheese blintzes (home-made foods are better); sweetened cereal; sweet rolls; salted crackers made with palm or coconut oil
<b>Snacks, Desserts, Nuts</b>	Fresh fruits and vegetables; dried fruits; low-fat yogurt, popcorn (unsalted, unbuttered); home-made oatmeal cookies (made with safflower, cottonseed, or corn oil); raisins and raw apples	Low-fat or part-skim cheeses; ice milk; peanut butter; unsalted peanuts; walnuts; almonds; pecans (fat content is mainly monounsaturated)	Commercial cakes; cookies; pies; candy; ice cream; soda; potato and corn chips; salted peanuts; pretzels
<b>Dressings, Sauces, Condiments</b>	Natural herbs and spices; fresh onion; garlic powder; pepper; lemon juice; tomato; lettuce; onion; cucumber	Unsalted, low-fat salad dressing; home-made dressing made with polyunsaturated oils (safflower, corn or cottonseed)	All are high in salt: steak sauces; soy sauce; salt; garlic, celery and onion salts; meat tenderizers; celery seed; horseradish; commercial salad dressings; salted meat gravy, chili sauce; butter sauces