

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*

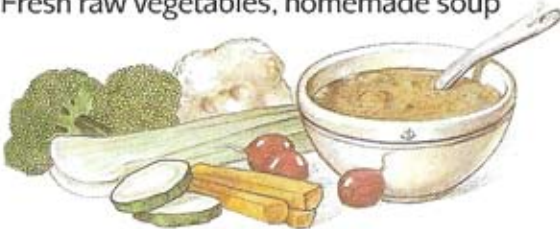
Fish, poultry, peanut butter



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 ¹⁻³	MODERATE AMOUNTS OF THESE ¹⁻³	EAT LESS OF THESE ¹⁻³
Milk, Cheese, Butter, Oil	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
Meat, Fish, Poultry	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
Vegetables	(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
Fruits, Fruit juices	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)
Starches, Cereals, Grains	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
Snacks, Desserts, Nuts	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
Dressings, Sauces, Condiments	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