

# Low-Sodium Shopping List



LS = Low Sodium (Less than 140 mg per serving)  
 NAS = No Added Salt

<p><b>Fresh Vegetables</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Arugula</li> <li><input type="radio"/> Asparagus</li> <li><input type="radio"/> Beets</li> <li><input type="radio"/> Bell peppers</li> <li><input type="radio"/> Bok choy</li> <li><input type="radio"/> Broccoli</li> <li><input type="radio"/> Brussels sprouts</li> <li><input type="radio"/> Cabbage</li> <li><input type="radio"/> Carrots</li> <li><input type="radio"/> Cauliflower</li> <li><input type="radio"/> Celery</li> <li><input type="radio"/> Chili peppers</li> <li><input type="radio"/> Cucumbers</li> <li><input type="radio"/> Eggplant</li> <li><input type="radio"/> Fennel</li> <li><input type="radio"/> Garlic</li> <li><input type="radio"/> Green beans</li> <li><input type="radio"/> Jicama</li> <li><input type="radio"/> Leafy Greens: kale, chard, mustard...</li> <li><input type="radio"/> Leeks</li> <li><input type="radio"/> Lettuce, salad greens</li> <li><input type="radio"/> Mushrooms</li> <li><input type="radio"/> Onions</li> <li><input type="radio"/> Peas: snap or snow peas</li> <li><input type="radio"/> Potatoes</li> <li><input type="radio"/> Radishes</li> <li><input type="radio"/> Roots: parsnips, turnips</li> <li><input type="radio"/> Scallions</li> <li><input type="radio"/> Spinach</li> <li><input type="radio"/> Summer squash</li> <li><input type="radio"/> Sweet potatoes or yams</li> <li><input type="radio"/> Tomatoes</li> <li><input type="radio"/> Zucchini</li> </ul>	<p><b>Fresh Fruit</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Apples</li> <li><input type="radio"/> Apricots</li> <li><input type="radio"/> Avocado</li> <li><input type="radio"/> Bananas</li> <li><input type="radio"/> Berries</li> <li><input type="radio"/> Cherries</li> <li><input type="radio"/> Dates</li> <li><input type="radio"/> Figs</li> <li><input type="radio"/> Grapes</li> <li><input type="radio"/> Kiwi fruit</li> <li><input type="radio"/> Lemons or limes</li> <li><input type="radio"/> Mango</li> <li><input type="radio"/> Melon</li> <li><input type="radio"/> Papaya</li> <li><input type="radio"/> Peaches or nectarines</li> <li><input type="radio"/> Pears</li> <li><input type="radio"/> Pineapple</li> <li><input type="radio"/> Plums</li> </ul> <p><b>Frozen</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Vegetables (NAS)</li> <li><input type="radio"/> Fruit (no added sugars)</li> <li><input type="radio"/> 100% fruit juice</li> <li><input type="radio"/> 100% fruit bars</li> <li><input type="radio"/> Fish fillets and shellfish</li> <li><input type="radio"/> Chicken (NAS)</li> </ul> <p><b>Canned</b> (NAS or LS)</p> <ul style="list-style-type: none"> <li><input type="radio"/> Diced tomatoes</li> <li><input type="radio"/> Tomato Sauce, Paste</li> <li><input type="radio"/> Green Beans</li> <li><input type="radio"/> Peas</li> <li><input type="radio"/> Sweet Corn</li> <li><input type="radio"/> Tuna</li> <li><input type="radio"/> Salmon</li> </ul>	<p><b>Nuts &amp; Seeds</b> (Raw or dry roasted, unsalted)</p> <ul style="list-style-type: none"> <li><input type="radio"/> Almonds</li> <li><input type="radio"/> Almond butter</li> <li><input type="radio"/> Cashews</li> <li><input type="radio"/> Cashew butter</li> <li><input type="radio"/> Hazelnuts</li> <li><input type="radio"/> Peanuts</li> <li><input type="radio"/> Peanut butter</li> <li><input type="radio"/> Pecans</li> <li><input type="radio"/> Pine nuts</li> <li><input type="radio"/> Pistachios</li> <li><input type="radio"/> Pumpkin seeds</li> <li><input type="radio"/> Soy nuts</li> <li><input type="radio"/> Sunflower seeds</li> <li><input type="radio"/> Walnuts</li> </ul>  <p><b>Beans &amp; Legumes</b> (NAS or LS if canned)</p> <ul style="list-style-type: none"> <li><input type="radio"/> Black beans</li> <li><input type="radio"/> Black-eyed peas</li> <li><input type="radio"/> Cannellini</li> <li><input type="radio"/> Chickpeas</li> <li><input type="radio"/> Fava</li> <li><input type="radio"/> Great Northern</li> <li><input type="radio"/> Kidney</li> <li><input type="radio"/> Lentils</li> <li><input type="radio"/> Pinto</li> </ul>	<p><b>Condiments &amp; Sauces</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Bouillon packets-sodium free</li> <li><input type="radio"/> Broth, low-sodium</li> <li><input type="radio"/> Flavored vinegars</li> <li><input type="radio"/> Herbs, dried or fresh</li> <li><input type="radio"/> Ketchup, no-salt added</li> <li><input type="radio"/> Mrs. Dash® seasonings</li> <li><input type="radio"/> Mrs. Dash® marinades</li> <li><input type="radio"/> Salt-Free spice blends</li> <li><input type="radio"/> Soy sauce, low-sodium</li> <li><input type="radio"/> Stock, unsalted</li> <li><input type="radio"/> Trader Joe's® Fire Roasted Tomato Salsa</li> </ul> <p><b>Dressings</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Annie's Naturals® Balsamic Vinaigrette</li> <li><input type="radio"/> Annie's Naturals® Lite Raspberry Vinaigrette</li> <li><input type="radio"/> Safeway Select® Redwine with Rosemary &amp; Thyme</li> <li><input type="radio"/> Safeway Select® Raspberry Vinaigrette</li> </ul> <p><b>Chilled Dressings</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Bolthouse Farms® Raspberry Merlot Vinaigrette</li> <li><input type="radio"/> Litehouse® Redwine &amp; Olive Oil Vinaigrette</li> <li><input type="radio"/> Marie's® Raspberry Vinaigrette</li> </ul>
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