

Lower Salt/No Salt Food Choices at the Grocery Store

Available at Trader Joe's (complete list of low sodium foods is available from the store, ask at the Customer Service desk)

- TJ's Organic Marinara Sauce/No Salt Added 25 mg/half cup
- TJ's Albacore Solid White Tuna in water/No Salt added (red label)
- Applegate Farms oven roasted turkey, roast beef, lean ham ~350 mg/serving (some also available at Cub and Byerlys but price is much better at Trader Joes)
- TJ's Soy and Flaxseed Tortilla Chips 50 mg/serving
- TJ's Reduced Guilt Kettle Cooked Potato Chips Lightly Salted 95 mg/serving (blue bag)
- Unsalted nuts and nut butters
- TJ's Low Sodium Organic Creamy Tomato Soup (140 mg/cup) and Low Sodium Organic Butternut Squash Soup (90 mg/cup)-- in cartons

Soups

- Campbell's Healthy Request
- Healthy Choice
- Tabatchnick—available in the frozen food section (at Byerly's in MN it's in the kosher section of the store, at Cub it's in the regular frozen section)

Frozen Entrees (goal: less than 600 mg/entrée)

- Healthy Choice ~500-600 mg/entree
- Kashi ~ 475 mg/entrée
- Amy's Organic Lite in Sodium < 300 mg/entree
- Golden Cheese Blintzes 135 mg/serving

Bread

- Pepperidge Farm
 - Reduced Sodium 100% Whole Wheat (65mg)
 - Small Slice Whole Grain Whole Wheat (70mg)
 - Small Slice Whole Grain 15 Grain (75mg)
 - Reduced Sodium Original White (75mg)
 - Very Thin 100% Whole Wheat (77mg)
 - 100% Natural 100% Whole Wheat (130 mg)
- Brownberry Grains and More 100% Whole Wheat Double Protein (150 mg)

Snack Foods

- Garden of Eatin' Blue Chips 60 mg/serving (at Cub these are in the health food section)
- Newman's Own Organics Microwave Popcorn: Pop's Corn, Unsalted 30 mg/3.5 cups

Refrigerated section

- Cottage Cheese—Breakstone lowest (but still not low) 400 mg/serving, ricotta cheese is much low (better choice)
- Oscar Meyer Oven Roasted White Chicken slices 330 mg/slice
- Swiss cheese—lowest sodium amount of any cheese

Pasta sauces

- Amy's Low Sodium Marinara 100 mg/half cup
- Classico Roasted Garlic 220 mg/half cup
- Eden Organic Spaghetti Sauce, no salt added 10 mg/half cup
- Enrico's Traditional 25 mg/half cup