



# CORNERSTONE MEDICAL CLINIC

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## High Sodium Food Guide

The following is a list of high sodium foods to **avoid**.

Those in capital letters contain relatively the highest sodium content.

asparagus (canned)

**BACON**

beets (canned)

**BISCUITS**

**BOULLION**

broth

butter (salted)

calf's liver

carrots (canned)

catsup

**CHEESE**

**CHICKEN (BROASTED)**

**COTTAGE CHEESE**

chili sauce

**CORNED BEEF**

corn (canned)

**CORN CHIPS**

**FRANKFURTERS**

green beans (canned)

**HAM**

lima beans (canned or frozen)

lobster

**LUNCHEON MEATS**

margarine

milk (more than 2 glasses a day)

milk chocolate

mustard

**OLIVES (green or ripe)**

**OYSTERS (frozen)**

**PEANUTS (salted)**

peas (canned)

**PICKLED PEPPERS**

**PICKLES**

**PIZZA**

**POPCORN (salted & buttered)**

**POTATO CHIPS**

**PREPARED PROCESSED MEATS**

**PRETZELS**

**RELISH**

salmon (canned)

sardines (canned in oil)

**SAUERKRAUT**

**SAUSAGE**

**SNACK CHIPS**

**SOY SAUCE**

tomatoes (canned)

**TUNA (canned in oil)**

**WAFFLES**

**WORCHESTERSHIRE SAUCE**

## Seasonings and Herbs Substitutes for Salt

### Flavor ideas for meats

Beef	bay leaf, dry mustard, sage, marjoram, nutmeg, onion, pepper, thyme
Chicken	paprika, parsley, poultry seasoning, thyme, sage, rosemary
Lamb	curry, garlic, mint, rosemary
Pork	garlic, onion, sage
Veal	bay leaf, curry, ginger, marjoram, paprika, thyme
Fish	bay leaf, curry, dry mustard, onion, paprika, parsley, tomato
Eggs	curry, green pepper, onion, paprika, parsley, tomato

### Flavor ideas for vegetables

Asparagus	sesame seed, tarragon, lemon juice
Beans, lima	marjoram, oregano, sage, savory, tarragon, thyme
Beans, red	chili, onion, pepper
Beans, green	basil, dill, marjoram, oregano, onion, savory, thyme, oil and vinegar
Broccoli	caraway seed, dill, mustard seed, tarragon
Cabbage	caraway seed, celery seed, dill, mint, mustard seed
Carrots	bay leaf, dill, ginger, marjoram, mint, nutmeg, thyme
Cauliflower	caraway seed, celery seed, dill, mace, tarragon
Corn	green peppers, tomatoes
Cucumbers	basil, dill, mint, tarragon
Eggplant	marjoram, oregano
Onions	caraway seed, mustard seed, nutmeg, oregano, sage, thyme
Peas	basil, dill, marjoram, mint, rosemary, savory, onion
Potatoes	basil, caraway seed, celery seed, dill, chives, oregano, poppy seed, thyme, onion, nutmeg, parsley, garlic powder
Salad greens	basil, chives, dill, tarragon, garlic powder
Spinach	basil, mace, marjoram, nutmeg, oregano
Squash	allspice, basil, cinnamon, cloves, fennel, ginger, nutmeg, rosemary, onion
Sweet potato	allspice, cardamon, cinnamon, cloves, nutmeg
Tomatoes	basil, oregano, sage, marjoram, onion

# Low Sodium Food Guide

The following is a list of low sodium foods to emphasize in your diet.  
The foods containing the least amount of sodium are in capital letters.

## Fruits

apples  
apricots  
**AVOCADO**  
**BANANA**  
**CANTALOUPE**  
dates  
grapefruit  
**HONEYDEW MELON**  
**NECTARINE**  
prunes  
**RAISINS**  
watermelon  
apple juice  
**GRAPEFRUIT JUICE**  
orange juice  
prune juice

## Vegetables

asparagus  
beans (green or white)  
broccoli  
brussel sprouts  
cabbage (cooked)  
cauliflower (cooked)  
corn-on-the-cob  
eggplant  
lima beans  
green peas  
peppers  
**POTATO** (baked or boiled)  
radish  
squash (summer or winter)