

# Simple swaps to eat less sodium (salt)

Swap these higher sodium foods ..... for ..... these lower sodium foods



Salt – all types (including 'Lo Salt')  
Soy, oyster and fish sauce  
Worcester, sweet chilli sauce, tomato sauce



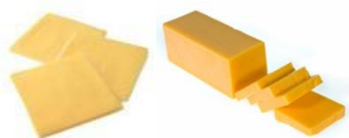
Herbs and spices (fresh or dried)  
Lemon or lime juice, black pepper, vinegar  
Fresh ginger, garlic or chili



Processed meats - salami, ham, bacon,  
luncheon, corned beef, sausages



Fresh meat, chicken, fish or eggs  
Low sodium tinned fish



Hard cheeses, processed cheese slices, feta



Plain cottage cheese, mozzarella, ricotta



Snacks - crackers, salty nuts, crisps,  
bhuja mix



Plain rice wafers, corn thins or unsalted  
popcorn, nuts and seeds and cabin  
bread



Breakfast cereals - Rice bubbles,  
Cornflakes, Nutri-grain, Special K



Honey puffs, puffed wheat, porridge (rolled  
oats) without salt added,  
wheat biscuits (limit to 2 biscuits a day)