

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
Worcestershire, sweet chilli sauce, tomato sauce



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



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,
bhujia 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)