



INcontrol

Be in control of your health

Foods High in Sodium

Baking powder

Baking soda

Bouillon

Brine

Canned and dried soups

Canned meats and vegetables

Dill pickles

Disodium phosphate

Fast foods

Frozen mixed dishes

Macaroni, noodle, rice, and stuffing mixes

Monosodium glutamate (MSG)

Olives

Processed meat (corned beef, ham
frankfurters, lunch meat, and sausage)

Salty snack foods (crackers, chips, and nuts)

Sauerkraut

Seasoned salts (e.g. onion, salt, garlic salt,
and celery salt)

Sodium (any word that starts with “sodium”
or has the word “sodium” in it)

Soy sauce

Steak sauce, teriyaki sauce, tartar sauce

Table salt

Alternative seasonings

Basil (eggs, fish, tomato sauce, and vegetables)

Bay leaves (soups, stews, and boiled beef or pork)

Caraway seeds (roast pork, vegetables of the
cabbage family, carrots, onions, and celery)

Celery powder (soups, salads, and deviled eggs)

Curry powder (chicken, lamb, eggs, and rice)

Dill (salads, deviled eggs, chicken, and fish)

Fennel (pork, poultry, and seafood dishes)

Garlic (meats, stews, soups, and salads)

Nutmeg (apple dishes and vegetables)

Onion powder (meat, stews, soups, and salads)

Oregano (Italian dishes, stews, and soups)

Paprika (for color; also aids browning of
roast chicken and turkey)

Parsley (eggs, soups, stews, and vegetables)

Pepper, black (salads, fish, meat, eggs, and vegetables)

Pepper, red (meats, sauces, gravies, eggs, fish,
vegetable dishes, and stews - this is a strong spice)

Sage (stuffing, poultry, pork, lamb, and veal)

Thyme (Italian dishes, meat, and vegetables)

Source: Indiana Chronic Disease Management Program

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MDwise.org

1.800.356.1204 or 317.630.2831 in the Indianapolis area

