# 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_