

Low-Sodium Alternatives

Looking for alternatives to your favorite high-sodium foods? Consider some of these low-sodium alternatives.

High-Sodium Food	Amount of Sodium (milligrams)	Low-Sodium Alternative	Amount of Sodium (milligrams)
3 ounces ham	1,030 milligrams	3 ounces lean pork loin	75 milligrams
1/2 cup canned green beans	840 milligrams	1/2 cup fresh green beans	Less than 5 milligrams
2 ounces canned tuna	310 milligrams	2 ounces low-sodium canned tuna	135 milligrams
1 cup chicken broth	1,005 milligrams	1 cup low-sodium chicken broth	70 milligrams
1 cup boxed quick rice	1,600 milligrams	1 cup white/brown rice	5 milligrams
3 cups microwave popcorn	190 milligrams	3 cups salt-free microwave popcorn	0 milligrams
1/4 cup regular pasta sauce	200 milligrams	1/4 cup no-salt added pasta sauce	25 milligrams
1 cup prepared baking mixes	1,500 milligrams	1 cup wheat flour (enriched white or wheat)	3-6 milligrams
1 tablespoon butter or margarine	70-160 milligrams	1 tablespoon unsalted butter	0 milligrams

Do you know what salt free, low sodium and reduced sodium really mean?

Sodium Free/Salt Free: 5 milligrams of sodium or less per serving.

Very Low Sodium: 35 milligrams of sodium or less per serving.

Low Sodium: 140 milligrams of sodium or less per serving.

Light in Sodium: 50 percent less sodium per serving than the original version.

Reduced or Less Sodium: 25 percent less sodium per serving than the original version.

Unsalted or No Salt Added: No sodium added during processing. This does not necessarily mean sodium free.