Low Sodium Grocery List

NUTRITIONRENEWED.COM

PRODUCE

- APPLES
- APRICOTS
- ASPARAGUS
- AVOCADOS
- BANANAS
- BERRIES
- (BLUEBERRIES, BLACKBERRIES,
- STRAWBERRIES, RASPBERRIES)
- BROCCOLI
- BRUSSELS SPROUTS
- CARROTS
- CAULIFLOWER
- CELERY
- CLEMENTINES
- CUCUMBER
- CORN
- GARLIC
- GRAPEFRUIT
- GRAPES
- KALE
- KIWI- GREEN OR YELLOW
- LEMONS/LIMES
- LETTUCE/LEAFY GREENS
- (ARUGULA, SPRING MIX, SPINACH, COLLARDS)
- MANGO
- MUSHROOMS
- ONIONS
- PEACHES/NECTARINES
- PEAS
- PEARS
- PEPPERS (BELL PEPPERS)
- PLUMS
- POTATOES (RED, YUKON GOLD)
- SPINACH
- SQUASH (YELLOW, BUTTERNUT)
- SWEET POTATOES
- TOMATOES
- ZUCCHINI

BREADS

- PEPPERIDGE FARM WHOLE GRAIN 15 GRAIN
- EZEKIEL 4:9 SPROUTED WHOLE GRAIN BREAD
- EZEKIEL 4:9 CINNAMON RAISIN SPROUTED
- DAVE'S KILLER- SUPERSEED, THIN SLICED
- DAVE'S KILLER -RAISIN' THE ROOF!

GRAINS

- BROWN RICE
- COUSCOUS
- INSTANT BARLEY
- LENTIL OR CHICKPEA PASTA
- OATS, PLAIN ROLLED OR INSTANT
- QUINOA
- WHOLE WHEAT PASTA

CANNED/JARS

- BEANS (CHICKPEAS, BLACK BEANS, PINTO BEANS)
- NO SALT ADDED, OR ORIGINAL AND RINSED IN A COLANDER BEFORE EATING

- LENTILS, NO SALT ADDED
- TOMATOES, NO SALT ADDED
-
- BETTER THAN BULLION LOW SODIUM BROTH
- (CHICKEN, BEEF OR VEGETABLE)

- LITE COCONUT MILK

- LOW SODIUM CANNED TUNA
- LOW SODIUM CANNED SALMON

- UNSALTED ALMOND BUTTER
- UNSALTED PEANUT BUTTER
- UNSALTED NUTS (WALNUTS, PECANS, CASHEWS, ALMONDS, PEANUTS ETC)

- AVOCADO OIL
- OLIVE OIL

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ANIMAL PROTEINS

- CHICKEN, BREAST OR GROUND
- TURKEY, GROUND
- FISH (BARRAMUNDI, SALMON, COD, MAHI MAHI, TILAPIA ETC)
- GROUND BEEF, 90/10

DAIRY/REFRIDGERATED

- COW MILK
- UNSWEETENED ALMOND/SOY/OAT MILK
- PLAIN GREEK YOGURT

- EGGS
- LIQUID EGG WHITES

- FRESH MOZZARELLA CHEESE
- SALT FREE COTTAGE CHEESE
- SWISS CHEESE
- RICOTTA CHEESE

- EXTRA FIRM TOFU
- TEMPEH
- EDAMAME (CAN ALSO BE FROZEN)

CONDIMENTS/DRESSINGS

- BRIANNA'S BALSAMIC VINAIGRETTE WITH AVOCADO OIL
- HUMMUS (ITHACA, SABRA)
- MARIE CALENDARS CAESAR DRESSING
- MRS. DASH SEASONING LINE (ITALIAN BLEND, FIESTA, GARLIC AND HERB, LEMON PEPPER)
- SRIRACHA HOT CHILI SAUCE
- TZATZIKI
- WHOLLY GUACAMOLE

PACKAGED SNACKS

- BANANA CHIPS, UNSWEETENED
- BUILT PUFF PROTEIN BAR
- HARVEST SNAPS, LIGHTLY SALTED
- LARABARS
- LOW SODIUM CEREALS IN BEST LOW SODIUM CEREAL: 23 DIETITIAN APPROVED BRANDS (2026)
- LOW SODIUM RICE CAKES
- LAYS LIGHTLY SALTED POTATO CHIPS
- LATE JULY- THIN AND CRISPY TORTILLA CHIPS
- KIND BARS
- RAISINS
- SKINNYPOP POPCORN
- TERRA SWEET POTATO CHIPS
- WASA CRACKERS