

Simple swaps to eat less salt (sodium)

This resource is for people who have been advised to follow a low salt diet. Talk to your Dietitian for additional ways to reduce salt in your diet.

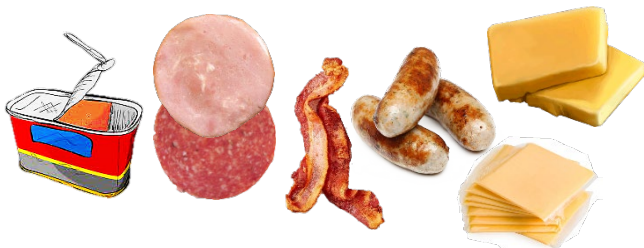
Swap these higher salt foods  for ... these lower salt foods 



Salt - all types (including 'Lite Salt', 'Vegetable Salt')
Stock, gravy, Worcestershire, BBQ/tomato sauce
Soy, oyster and fish sauce



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



Processed meats - salami, ham, bacon, luncheon/spam, corned beef, sausages, fish fingers
Cheddar cheese, processed cheese slices



Fresh meat, chicken, fish or eggs
Tinned tuna/salmon in spring water/olive oil or low salt baked beans/lentils/kidney beans
Ricotta, cottage cheese, swiss, fresh mozzarella



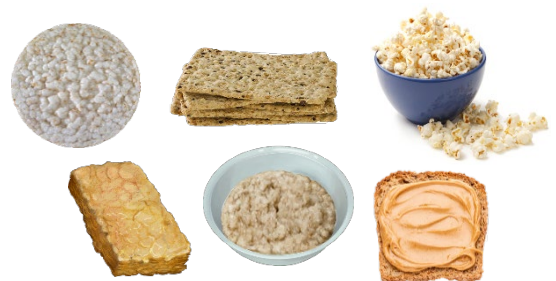
Take-out - hot chips, meat pie, sausage roll, pizza, deep fried spring rolls/dim sims
Instant noodles, instant/canned soup



Salad, sandwich or wrap
Home cooked meals with no added salt



Crisps, salty crackers, salty nuts, bhuja mix, salty plums
Rice bubbles, Cornflakes, Nutri-grain, Vegemite



Plain rice wafers, corn thins, unsalted popcorn, unsalted nuts or seeds, damper
Puffed wheat, wheat biscuits, salt free porridge (rolled oats), salt/sugar free nut butter