Simple swaps to eat less sodium (salt)

**Swap these higher sodium foods**

- Salt - all types (including ‘Low Salt’)
- Soy, oyster and fish sauce
- Worcester and tomato sauce
- Processed meats - salami, ham, bacon, luncheon, corned beef, sausages
- Cheddar cheese, processed cheese slices
- Snacks - crackers, salty nuts, crisps, bhuja mix
- Breakfast cereals - Rice bubbles, Cornflakes, Nutri-grain

**for .....**

- Herbs and spices (fresh or dried)
- Lemon or lime juice, black pepper
- Fresh ginger, garlic or chilli
- Fresh meat, chicken, fish or eggs
- Low sodium tinned fish
- Plain cottage cheese, mozzarella, ricotta
- Plain rice wafers, corn thins, cabin bread, seeds, unsalted popcorn or nuts
- Honey puffs, puffed wheat, wheat biscuits, porridge (rolled oats) without salt added

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