

LOW-SODIUM GROCERY GUIDE

PRODUCE

- Avocados
- Bell Peppers, Carrots, Celery, Cucumber, Snap Peas
- Brussels Sprouts, Broccoli, Cauliflower, Green Beans
- Potatoes and Sweet Potatoes
- SQUASH: Acorn, Butternut, Delicata, Spaghetti, Eggplant
- SALAD GREENS: Arugula, Mixed Greens, Romaine
- LEAFY GREENS: Kale, Spinach, Swiss Chard
- Garlic (fresh or jarred)
- Ginger
- Mushrooms
- Onions, Shallots
- Apples, Pears
- Bananas
- BERRIES: Blackberries, Blueberries, Strawberries, Raspberries
- CITRUS: Lemon, Limes, Oranges, Tangerines, Grapefruit
- DATES: Medjool, Deglet Noor
- MELON: Cantaloupe, Honeydew, Watermelon
- STONE FRUITS: Apricots, Nectarines, Peaches, Plums
- TROPICAL FRUITS: Pineapple, Mango, Kiwi, Papaya
- FRESH HERBS: Basil, Cilantro, Mint, Parsley

BAKERY

- Whole Grain Breads, Bagels, English Muffins
- Whole Grain Rolls and Buns
- Desserts

FROZEN FOODS

- Plant-Based Proteins
- Frozen Fruits
- Frozen Vegetables (without sauce or butter)
- Low-Sodium Frozen Entree's
- Riced Cauliflower
- Multigrain Waffles
- Sorbet

WHOLE GRAINS

- Barley
- Couscous
- Quinoa
- RICE: Brown, White, Wild Rice
- Oats
- Shredded Wheat
- Reduced Sodium Whole Grain Tortillas
- Corn Tortillas
- Whole Grain Cereal
- Granola
- Lentils
- Whole Grain Pasta
- Chickpea Pasta
- Mac and Cheese

DAIRY & ALTERNATIVES

- MILK: (fat-free or low-fat (1%))
- PLAIN YOGURT: (fat-free or low-fat)
- CHEESE: (low or non-fat)
- Soy Milk with Added Calcium, Vitamin A and D
- Calcium Fortified Almond Milk
- Creamer
- Eggs and Egg Whites
- Unsalted Butter

BAKING

- Active Dry Yeast
- Arrowroot Powder
- Baking Soda / Powder
- Chocolate Chips
- Cornstarch
- Coconut Flakes
- Egg Replacer
- Pure Vanilla Extract
- Baking Mixes
- FLOUR: All purpose White Flour, Whole Wheat Flour, Almond Flour
- SWEETENERS: Agave, Coconut sugar, Honey, Maple syrup, Monk Fruit (with Erythritol), Molasses, Organic Cane Sugar, Stevia, Allulose, Swerve
- OILS: Avocado Oil and spray, Coconut Oil, Olive Oil, Vegetable Oil

MEAT, SEAFOOD & ALTERNATIVES

- Chicken or Turkey Breasts (without skins or marinades)
- Ground Chicken or Turkey (skinless)
- Turkey Burgers
- Pork Tenderloin
- Low Sodium or Reduced Sodium Deli Meats
- FISH: cod, haddock, halibut, mackerel, salmon, sardines, sea bass, snapper, swordfish, trout, tuna (avoid smoked or cured varieties)
- SHELLFISH: crab, lobster, mussels, scallops, shrimp
- Tofu
- Tempeh
- Seitan
- Plant-Based Meats

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BEANS & LEGUMES

- Black Beans (No Salt Added)
- Cannellini (Navy) Beans, (No Salt Added)
- Garbanzo Beans (Chickpeas), (No Salt Added)
- Kidney Beans, (No Salt Added)
- Pinto Beans, (No Salt Added)
- Dried Beans
- Lentils

CANNED/BOTTLED GOODS

- VINEGAR: Apple Cider, Balsamic, White, Red, Rice
- *UNSALTED STOCK OR BROTH: Bone, Beef, Chicken, Vegetable
- Coconut Milk
- Corn
- NO-SALT ADDED TOMATOES: Diced, Whole, Paste
- UNSALTED NUT BUTTERS: (Almond, Cashew, Peanut Butter)
- Low-Sodium Soups
- SAUCES & DRESSINGS: Coconut Aminos, Curry Paste, Tahini, Hot Sauce, Salad Dressing, Fruit Preserves (jams and jellies), Low Sodium Pasta Sauce, Pesto, Lemon and Lime Juice
- CONDIMENTS: Barbeque Sauce, Salt-Free Ketchup, Mustard (Dijon, Yellow, etc.), Mayonnaise

BOOSTS

- Protein Powder

SEASONINGS & SPICES

- Nutritional Yeast
- DRIED HERBS: Basil, Bay Leaves, Oregano, Rosemary, Thyme
- SPICES: Allspice, Black Pepper, Cayenne Pepper, Chili Powder, Ground Cinnamon, Ground Cumin, Curry, Garlic Powder, Paprika, Crushed Red Pepper, Turmeric
- SEASONINGS: Cajun Spice, Italian, Italian Tuscan, French Garden Blend, Herbs de Provence, Salt-Free Zing!

SNACKS

- Fresh Guacamole
- Hummus
- Low-Sodium Salsa
- Unsalted or Low-Sodium Whole Grain Crackers
- Unsalted or Low-Sodium Chips (Potato, Tortilla, Pita)
- Unsalted Popcorn
- Unsalted or Low-Sodium Pretzels
- Unsalted or Lightly-Salted Rice Cakes
- Unsweetened Applesauce

BULK FOODS

- UNSALTED NUTS: Almonds, Walnuts, Cashews, Pecans, Peanuts
- UNSALTED SEEDS: Chia, Hemp, Flax, Sesame, Sunflower, Pumpkin Seeds (Pepitas)
- DRIED FRUIT: Blueberries, Cranberries, Raisins, Cherries, Mango, Bananas, Goji Berries

NOURISH ELEMENTS



CHOOSE REAL FOOD

Discover whole, pure foods to support a healthy lifestyle.



CREATE HARMONY

Take time to slow down, find balance and eat well.



ADD A BOOST

Support a healthy body with a boost of extra nutrients.



EXPAND YOUR PALATE

Explore a wide assortment of fresh and wholesome tastes.



EAT THE RAINBOW

Give your body the nutrients it needs by eating a colorful variety of foods.