

Low Sodium Diet (South Asian Version)



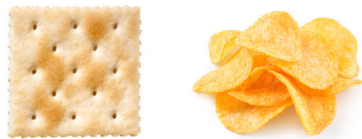
Avoid or limit high sodium (salty) foods



Achar
(Pickled vegetables or fruits
- ie. pickled mangoes)



Bhujia
(Deep Fried Indian Snack foods made
with pea, corn, or wheat flour)



Saltine crackers & Potato chips



Ready-to-eat prepared foods



Chutneys
Eg. tamarind, mango, mint



Papad
(salted wafers made from lentils)



Canned foods
Canned soups



Fast foods

Better Choices: Low Sodium (low or no salt) Foods



Thurka sauce paste made with fresh onions, ginger, garlic without salt



Low sodium broths



Homemade soup or broth without salt



Garam masala no salt added



Avoid adding salt during cooking and at the table.



Try these no-salt spice and herb mixes.



Fresh is best!
Fresh food is low in salt.