

Low Sodium Foods (Filipino version)



Avoid these high sodium foods



Betsin/ MSG



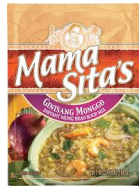
Table salt



Sauces: soya, fish, hoisin, black bean



Bagoong
(salted fish
paste)



Mamasita
instant
seasoning



Salted duck
eggs



Lechon
(roasted pig)



SPAM



Tocino
(cured meat)



Sausage



Tuyo (dried
salted fish)



Canned tomato
sauces



Chicharron
(deep fried
pork rinds)



SkyFlakes
(saltine crackers)



Boxed baking
mixes (Puto etc.)



Potato chips
and other salty
snacks



Instant noodles



Take-out,
restaurant
foods



Pizza



Processed
cheese



Packaged convenience
foods



Choose these low sodium foods:



Vinegar



Low sodium soy sauce



Olive oil & other flavoured oils



Black pepper



Onions, garlic and ginger



Chili



Lemongrass



Pandan leaves



Tamarind



Lemons and limes



Bay leaves



Tomatoes



Low sodium broth



Homemade broth



Leftover meats in sandwiches



Fresh meats



Fresh or frozen vegetables



Fresh or frozen fruits

Nutrition Facts	
Serving Size 1/2 cup (about 82g)	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 40mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 14g	

Look for sodium less than 10%