


See also: www.findlowsaltfood.info

Low Salt Foods Shopping List 1

(NAS = No Added Salt)

Nearly all fresh foods are naturally low in salt. Exceptions are shellfish and crustaceans (prawns, oysters etc) but fish are OK. This sheet lists some processed foods that are low in salt (no more than 120mg sodium per 100g of food). Products change, so check the NIP. Barcodes aid enquiries – the supermarket should be able to check from the barcode if it is in store and where it is located. Suppliers are given for hard to obtain items. *(Designed & compiled by David Bridgen & Peter Chamberlain. Last updated 15th Dec 2010)*

 <p>Sanitarium Weet-Bix Lite 20mg/100g 9300652802306 www.onlyoz.com.au</p>	 <p>Kellogg's Just Right 30mg/100g Supermarkets 9310055165854</p>	 <p>Freedom Foods Corn Flakes 120mg/100g 93105090100693</p>	 <p>Muesli (low in sodium) eg SunSol 18mg/100g Supermarkets 9311898192182</p>	 <p>Rolled Oats (Porridge) Low sodium ~10mg/100g</p>
 <p>Sanitarium Weet-Bix Kids Supermarkets: 110mg/100g 9300652013337</p>	 <p>Freedom Foods Rice Flakes 120mg/100g Gluten Free 9315090000887</p>	 <p>Sanitarium Honey Wee's 35mg/100g Supermarkets 9300652801392</p>	 <p>Uncle Tobys Oats Temptations ~30mg/100g Supermarkets Various flavours</p>	 <p>Kellogg's Mini-Wheats Whole Wheat ~15mg/100g Varieties 9310055286016</p>
 <p>Naturis Wholemeal Health Food shops & Deli's 8mg/100g 9325239000265</p>	 <p>Potts VitaMeal Mainly Coles in Victoria 75mg/100g 9315481185506</p>	 <p>Potts Swiss White Mainly Coles in Victoria 94mg/100g 9315481006009</p>	 <p>Essene Bread 20mg/100g Sprouted grain bread Organic Shops</p>	 <p>Naturis Fruit & Nut Loaf 45mg/100g Health Food shops & Deli's</p>
 <p>the real bread mix Gluten Free Coles (health section) 27mg/100g 93268925000315 www.springhillfarm.com.au</p>	 <p>Gluten Flour 1 or 2 Tbs improves low protein flour for NAS home bread making Health Shops</p>	 <p>Bread Improver 48mg/5g - for breadmaking Only a small amount is used Woolworths etc 9321885002011</p>	 <p>Lighthouse High Grade Flour for breadmaking <5mg/100g Coles & Woolworths 9300609218624</p>	 <p>Pampas Butter Puff Pastry 100mg/100g Woolworths 9310047211323</p>
 <p>Coles Salmon 105g size NAS: 80mg/100g 9300601173174 pink, ...518 red</p>	 <p>John West 210g size Pink & Red Salmon NAS: 90 & 60mg/100g 9300462342382 (pink) 9300462340074 (red)</p>	 <p>Papa Aldente Lasagna Woolworths: 110mg/100g 9320674000269</p>	 <p>Emily's Kitchen Beef Stroganoff Woolworths : 120mg/100g 9300633105129</p>	<p>Tender Loving Cuisine Home deliveries of healthy meals from Sydney to the North Coast of NSW + Metropolitan Melbourne Cooked, frozen, ready to heat. Specify low salt when you phone: 1800 801 200 www.tlc.org.au</p>
 <p>Fresh Quiche can be low salt This one from Coles is 106mg/100g 9322586000856</p>	 <p>HEINZ BEANZ (NAS) 10mg/100g Woolworths 9300657007133</p>	 <p>Select Brand Red Kidney Beans, Lentils & Chick Peas NAS - Woolworths <20mg/100g</p>	 <p>Toddler Food is low salt and good with toast for a snack or light meal</p>	<p>Only Australian Groceries sells Australian owned and Australian made grocery items, and delivers to anywhere in Australia (& the world) www.onlyoz.com.au (Click on ► Low salt)</p>
 <p>Coles NAS Asparagus Spears 60mg/100g 9300601168002</p>	 <p>Edgell NAS Corn, Four Bean Mix & Red Kidney Beans ~10mg/100g Supermarkets</p>	 <p>Primo salt reduced Leg Ham (in 100g packs) 120mg/100g 9311594225351 Coles etc</p>	 <p>NAS TOMATOES Under 10mg/100g Various brands</p>	 <p>NAS Mushrooms 15mg/100g Coles/Woolworths 9300601443307 9300633907501</p>
 <p>NAS seasonings Check that the ingredients do not include salt</p>	 <p>Pantalica Ricotta Cheese Woolworths: 100mg/100g 9311165333553</p>	 <p>Tempo Quarg Cheese Regular 9312558845018 71mg/100g (also Light)</p>	 <p>Fountain & Leggo's NAS Tomato Paste ~55mg/100g</p>	 <p>Lotus Savoury Yeast Flakes 32mg/100g Sprinkle on pasta instead of Parmesan 9317127063544</p>