

 <p>Mayvers Mayonnaise 93mg/100g 9310885000158 HealthFarm (03) 9360 9488 paul@healthfarm.net.au</p>	 <p>Garnisha Pickles, Chutneys Curry Pastes 5mg to 57mg/100g Phone (07) 5485 3386</p>	 <p>Jill's Cuisine Traditional Tomato Relish Coles, IGA, etc 53mg/100g 9319879400103</p>	 <p>Maleny Cuisine Low salt sauces & dressings – Call 07 5448 7811 for nearest stockist or use web enquiry: www.malenycuisine.com.au</p>	 <p>Corn Relish: 100mg/100g Franklins: 9310172093238 Coles: 9300601184699</p>
 <p>NAS Tomato Sauce such as Fountain 20mg/100g Fountain: 9300681009448</p>	 <p>Beerenberg Mint Jelly 5mg/100g</p>	 <p>Mint Sauce 11mg/100g</p>	 <p>Galiko All Natural Chilli, Garlic & Ginger 16 to 30 mg/100g</p>	 <p>Maxwell Treats low sodium mustards – 3mg/100g www.treatfactory.com.au</p>
 <p>Trident Cheese Rice Crackers 120mg/100g 9310560010625</p>	 <p>To replace cracker biscuits try: Matzos 6mg/100g Coles & Delicatessens</p>	 <p>OSEM Sunny Wheat Crackers Coles Kosher Section 30mg/100 077544139602</p>	 <p>PowerWrap lo-carb wraps high fibre, low GI 99mg/100g Health Food Stores 9332038000358</p>	 <p>Old Time Bakery Gluten Free Wraps Woolworths 110mg/100g 9330856000116</p>
 <p>Be Natural nut bars 50mg/100g Woolworths 9300771101830</p>	 <p>Freedom Foods NAS Potato Chips 30mg/100g 9315090000603</p>	 <p>UNIBIC Amaretti Almond Macaroons 17mg/100g 9310258007432</p>	 <p>Almond Bread 34mg/100g Woolworths 9316595683728</p>	 <p>SaltSkip Cheese Mail order from dairy 115mg/100g Telephone: 03 6373 6157 Email: pyengana@mail.com</p>
 <p>Sanitarium Peanut Butter Natural NAS 6mg/100g 9300652122671</p>	 <p>Jam & Honey are low in sodium</p>	 <p>Sara Lee Bavarian 113mg/100g 9310135020431</p>	 <p>Nanna's Blackberry & Apple Crumble 116mg/100g Woolworths 9311008430357</p>	 <p>Ice Cream is usually low-salt This one is 41mg/100g</p>
 <p>Mayvers TAHINI 4mg/100g 9310885000141 Coles & Woolies or HealthFarm Tel: (03) 9360 9488</p>	 <p>V8 (low sodium type) Tomato & Vegetable Juice 110mg/100g 9300644648608 also Fruit & Veg</p>	 <p>Lemnos Paneer Cheese 24mg/100g Woolworths 9316389000441</p>	 <p>SUN RICE Thick Rice Cakes <5mg/100g 9310140001289 other types available</p>	 <p>F G Roberts Gluten-Free Self-Raising Flour 117mg/100g Coles 9311672000276</p>
 <p>Dried Fruit is low salt</p>	<p>Dried Pulses are low salt eg kidney & lima beans, peas, chickpeas and lentils Also rice. Dried pasta is usually low salt (but fresh pasta is often high in salt). Check the nutrition label on canned versions</p>	 <p>Instant Noodles Ayam instant noodles 77mg/100g Use own stock instead of salty noodles</p>	 <p>Unsalted Butter <20mg/100g Regular and cultured varieties are available</p>	 <p>Select +other brands White Corn Tortillas 11mg/100g Woolworths</p>
 <p>ARNOTT'S Triple Wafer Biscuits: 70mg/100g 9310072000107</p>	 <p>ARNOTT'S Royals Dark Chocolate 100mg/100g 9310072000176</p>	 <p>Select Orange Delights Woolworths 110mg/100g 9300633034283</p>	 <p>Nestlé baking cocoa 10mg/100g 9300605120785 Not all cocoa is low sodium - check the NIP</p>	 <p>Select Easy Fill Taco Shells Woolworths: 8mg/100g 9300633980764</p>
 <p>Salt Skip™ soup stock powders 53mg/100ml Mail order from Eumarrah Tel: (03) 6273 9511 eumarrah@eumarrah.com.au</p>	 <p>Salt Skip™ baking powder has no sodium – use instead of standard baking powder Tel: (03) 6273 9511 eumarrah@eumarrah.com.au</p>	 <p>Curry Powder Choose one with no salt in ingredients list Ayam is 88mg/100g 9311627603569</p>	 <p>MeadowLea Dairy Free 9310047207890 <10mg/100g</p>	 <p>Olive Oil less than 5mg/100g</p>