

Gelson's Very Low Sodium Foods – updated November, 2009

Jessica has hand-selected this list of healthful foods that have fewer than 100 milligrams (mg) of sodium per serving (usually expressed in ounces (oz)). Always check labels for serving sizes and sodium content since ingredients often change.

- All fresh fruit 0-10mg/3.5 oz
- Most fresh vegetables (asparagus, bell and chili peppers, broccoli, brussels sprouts, cabbage, carrots, cauliflower, cooking greens, fennel, garlic, ginger, mushrooms, onions, parsnips, peas, potatoes, salad greens, snap beans, spinach, sweet potatoes, tomatoes, turnips and winter squash) 0-80mg/ 3.5 oz raw
- Most dried fruit 0-20mg
- *Clif Kids* organic twisted fruit and *Stretch Island* fruit leather 0-5mg
- *Bare Fruit* organic apple chips 17mg
- *Galeo's* world's best miso dressing 35mg
- Extra virgin organic olive oil
- All unseasoned vinegars (balsamic, wine, champagne, fruit, rice, malt and cider)
- *North Coast Organic* applesauces 0-5mg
- *Santa Cruz Organic* applesauces 20mg
- *Westsoy* organic unsweetened vanilla or plain soy milk 30mg
- *Fage* TOTAL 0% Greek yogurt 55mg
- *Gelson's Finest* no salt added turkey breast (in the Service Deli) 30mg/2 oz
- *Boar's Head* Lacey Swiss cheese (in the Service Deli) 35mg/1 oz
- *Familia* or *Bob's Red Mill* muesli 0mg
- *La Brea Bakery* granola 15mg
- *Silver Palate* thick and rough oatmeal 0mg
- *McCann's* steel cut oatmeal 0mg
- *Kashi* TLC cherry dark chocolate chewy granola bars 75mg
- *Scharffen Berger* or *Green & Black Organic* 70% bittersweet chocolate 0mg
- *Rice Select* Texmati organic brown and royal blend rice 0mg
- *Lundberg* wild and brown rice 0mg
- *Wolff's* kasha 10mg
- *Springfield* pearl barley, dried beans, lentils 0-25mg
- *Sabarot* green lentils 0mg
- *Bumble Bee* very low sodium tuna 35mg
- *Pacific Natural Foods* organic free range low sodium chicken broth 70 mg
- *Health Valley* no salt added soups (not broths) 30-70mg
- *Kavli* whole grain crisps 45-55mg
- *Flanigan Farms* raw unsalted nuts 0mg
- *Blue Diamond* almonds 100 calorie packs 0mg
- *Kettle* or *Maisie Jane's* almond butter 0mg
- *Seapoint Farms* frozen unsalted organic edamame 10mg
- *Organic Bistro* frozen wild salmon meal 65mg
- *Food for Life* Ezekiel 4:9 breads 0-80mg

- *Guerrero* corn tortillas 10mg
- *Gelson's Finest* organic omega-3 eggs 60mg
- *Muir Glen* organic no salt added diced tomatoes 15mg
- *Del Monte* no salt added tomato sauce 20mg
- Fish (wild salmon, tuna, halibut, red snapper, rainbow trout, clams 30-80 mg/4 oz cooked without salt)
- Skinless chicken breast (not kosher) 55mg/3 oz cooked without salt
- Skinless turkey breast (not kosher) 44mg/3 oz cooked without salt
- Recipes from Jessica's Kitchen Hawaiian Mango and Chicken Salad 56mg/4 oz (seasonal in the Service Deli)