

Jessica's Very Low Sodium Foods Shopping List



Jessica has hand-selected this list of healthful foods that have no more 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.

Fruits & Vegetables

- All fresh fruit 0-10 mg/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) 0-80 mg/ 3.5 oz raw
- Most unsalted frozen vegetables and fruit (except spinach) 0-30 mg
- Most dried fruit 0-20 mg
- *Stretch Island* fruit leather 0 mg
- *Bare Fruit* organic apple chips 17 mg
- *North Coast Organic* or *Natural Directions* unsweetened organic or *Santa Cruz Organic* applesauces 0-20 mg

Oils & Condiments

- Extra virgin organic olive oil 0 mg
- All unseasoned vinegars (balsamic, wine, champagne, fruit, rice, malt and cider) 0 mg
- *Follow Your Heart* Veganaise 90 mg
- *French's* yellow or spicy brown mustard 55-80 mg
- *Morehouse* yellow mustard 55 mg
- *Natural Directions* organic yellow mustard 60 mg
- *Bragg's* Healthy Vinaigrette 60 mg
- *Galeos* World's Best Miso Dressing 75-90 mg

Milk Substitutes

- *Westsoy* organic unsweetened vanilla or plain soy milk 30 mg
- *Rice Dream* organic enriched original rice milk 100 mg

Dairy

- *Fage* TOTAL 0% or 2% plain Greek yogurt 65 mg
- *Stonyfield Oikos organic* Greek yogurt plain and vanilla 60 mg
- *Chobani* vanilla Greek yogurt 75 mg
- *Friendship* no salt added cottage cheese 60 mg
- *Gelson's Finest* organic omega-3 eggs 60 mg

Cereal, Rice & Grains

- *Bob's Red Mill* or *Familia* muesli 0 mg
- *La Brea Bakery* granola 15 mg
- *Café Fanny* organic granola 10 mg
- *Bear Naked Granola* Fit vanilla almond 10 mg
- *Silver Palate* thick and rough oatmeal 0 mg
- *Natural Directions* organic oats 0 mg
- *Quaker Oats* instant organic regular, old fashioned, quick 0 mg
- *McCann's* or *Bob's Red Mill* steel cut oatmeal 0 mg
- *Flabavan's* Irish oatmeals 0 mg
- *BetterOats* Raw Pure & Simple Bare hot multigrain cereal 80 mg
- *Cream of Wheat* whole-grain hot cereal 85 mg
- *Wheatena* toasted wheat cereal 0 mg
- *Kashi* Autumn Wheat, Cinnamon Harvest, Heart to Heart, Island Vanilla cereals 0-85 mg
- *Cliff Crunch* chocolate chip granola bar 100 mg
- *Rice Select* Texmati organic brown and royal blend rice 0 mg
- *Lundberg* wild and brown rice 0 mg
- *Wolff's* kasha 10 mg
- *Bob's Red Mill* bulgur and organic quinoa 0-5 mg
- *Nature's Earthly* Choice wheat berries, organic farro and quinoa 0 mg
- *trūRoots* organic quinoa 5 mg
- *Village Harvest* quinoa, organic brown rice and frozen golden quinoa, red quinoa & brown rice, whole grain creations 0-20 mg

BON APPETIT!

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If you have any questions, please feel free to call Jessica at **1-800-GELSONS (435-7667)** or visit our website **www.gelsons.com** for a schedule of Jessica's store appearances.

Chocolate

- *Scharffen Berger* or *Green & Black Organic* 70% or higher dark chocolate 0 mg

Beans & Legumes

- *Natural Directions* organic dry black beans, lentils, pinto beans, split peas 0 mg
- *Springfield* pearl barley, dried beans, lentils 0-25 mg
- *Sabarot* green lentils 0 mg
- *Seapoint Farms* frozen unsalted edamame 30 mg
- *Sun Vista* no salt added black beans, pinto beans 10 mg
- *House Foods* organic tofu 10 mg

Canned Seafood

- *Bumble Bee* very low sodium tuna 35 mg
- *Wild Planet* no salt added Albacore tuna 100 mg
- *Season* sardines in water 80 mg

Soup & Broth

- *Pacific Natural Foods* organic free range low sodium chicken broth 70 mg
- *Health Valley* no salt added soups (not broths) 30-70 mg

Crackers

- *Kavli* crispy thin crispbread 45 mg
- *Mani Schewitz* or *Streit's* whole-wheat matzos 0 mg

Nuts & Nut Butter

- *Flanigan Farms* raw unsalted nuts and seeds 0 mg
- *Blue Diamond* whole natural almonds 100 calorie packs 0 mg
- *Kettle* or *Maisie Jane's* almond butter 0 mg

Breads

- *Food for Life* Ezekiel 4:9 breads 0-80 mg
- *Babylon Bakery* whole wheat lavash wraps 90 mg

Dips & Salsas

- *Casa Sanchez* salt-free medium salsa organica 0 mg
- *Gelson's Finest* classic hummus, roasted red pepper hummus and Mediterranean hummus 90 mg
- *Tribe* organic classic hummus 100 mg

Canned Vegetables

- *Muir Glen* organic no salt added diced tomatoes, fire roasted tomatoes, tomato puree, tomato sauce 15-30 mg
- *Carmelina* organic or conventional chopped tomatoes, peeled tomatoes 20 mg
- *Del Monte* no salt added tomato sauce, no salt added French style and cut green beans, no salt added sweet peas 10- 20 mg
- *Libby's* 100% pure pumpkin 5 mg
- *Farmer's Market* organic pumpkin and sweet potato purée 5-95 mg
- *Gelson's Finest* no added salt whole kernel corn 10 mg

Meat & Seafood

- Fish (wild salmon, tuna, halibut, red snapper, rainbow trout, clams 30-80 mg/4 oz cooked without salt)
- Skinless chicken breast (not kosher) 55 mg/3 oz cooked without salt
- Skinless turkey breast (not kosher) 44 mg/3 oz cooked without salt

Service Deli

- *Gelson's Finest* no salt added turkey breast (in the Service Deli) 30 mg/2 oz
- *Boar's Head* Lacey Swiss cheese (in the Service Deli) 35 mg/1 oz
- *Healthful Recipes by Jessica* Hawaiian Mango and Chicken Salad 55 mg/4 oz (seasonal in the Service Deli)