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Low Salt Diet For a Healthier Heart

Don't use a salt substitute unless your doctor says it's OK. Many salt substitutes contain potassium, which you may already be receiving in a potassium supplement. Your best bet: no-salt herb/spice seasoning.

Eat to your heart's content

Apples	Nuts (unsalted)
Apricots	Oranges
Asparagus	Pineapple (fresh)
Bananas	Potatoes
Broccoli	Prunes
Cantaloupe	Raisins
Chicken	Tomatoes
Cottage cheese (lowfat)	Tuna (packed in water)
Figs	Turkey
Grapefruit	Watermelon
Milk (skim or lowfat)	

Enjoy In Moderation

Bread	Eggs (and egg substitutes)
Cereals	Beef
Mozzarella cheese	Pork
Ricotta cheese	Canned fruit
(and other low-salt cheeses)	Fruit juices (frozen, fresh, or canned)
Graham crackers	Lamb
(and any other lowsalt/low-fat crackers)	Lima and other beans (frozen)

Avoid (or Eat Rarely)

Bacon	Pickles
Baked beans with pork	Salty snack foods
Canned soups and vegetables	Processed meats
Bouillon cubes	Sauerkraut
Ketchup	Sausage
Seasoned salt	Soy sauce
Smoked fish/meats	TV dinners (unless the label says low salt)
Olives	

Substitutes for salt

You'll be surprised how delicious your foods can be when you liven them up with herbs and spices. For example use garlic (but never garlic salt), peppers, chives, cinnamon, chili powder, curry, caraway, cloves, ginger, mustard (dry only) mint, sage, tarragon And don't forget lemon juice and vinegar!

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