Low Sodium Diet (South Asian Version)

Avoid or limit high sodium (salty) foods

- Aachar (Pickled vegetables or fruits - ie. pickled mangoes)
- Bhujia (Deep Fried Indian Snack foods made with pea, corn, or wheat flour)
- Saltine crackers & Potato chips
- Ready-to-eat prepared foods
- Chutneys (Eg. tamarind, mango, mint)
- Papad (salted wafers made from lentils)
- Canned foods
- Canned soups
- Fast foods
Better Choices: Low Sodium (low or no salt) Foods

| Thurka sauce paste made with fresh onions, ginger, garlic without salt |
| Low sodium broths |
| Homemade soup or broth without salt |
| Garam masala no salt added |

Avoid adding salt during cooking and at the table.

Try these no-salt spice and herb mixes.

Fresh is best! Fresh food is low in salt.