

# Low Sodium Diet (South Asian Version)



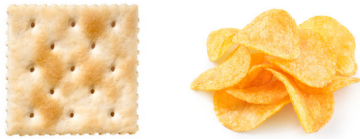
## Avoid or limit high sodium (salty) foods



**Achar**  
(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.