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**

Avoid or limit high sodium (salty) 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.