

Low Sodium Diet Chinese Foods



Choose low-sodium foods.



Fresh and frozen produce



Unsalted canned vegetables



Fresh, unsalted meat, poultry, fish and seafood



Plain rice, noodles and pasta



Unsalted crackers



Eggs



No-salt-added canned fish



Tofu



Milk



Yogurt



Salt-free seasoning blends



Low-sodium seasonings

Ginger, onions, garlic, garlic powder, green onion, spices/herbs (star anise, lemon grass, pepper, curry powder), lemon, vinegar, sesame oil, low sodium soy sauce



Nutrition Facts		Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)			
Calories 15		% Daily Value*	
Fat / Lipides 0 g		% valeur quotidienne*	
Saturated / saturés 0 g			0 %
+ Trans / trans 0 g			0 %
Carbohydrate / Glucides 2 g			
Fibre / Fibres 0 g			0 %
Sugars / Sucres 1 g			1 %
Protein / Protéines 2 g			
Cholesterol / Cholestérol 0 mg			
Sodium 60 mg			3 %
Potassium 100 mg			2 %
Calcium 10 mg			1 %
Iron / Fer 0,1 mg			1 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

- Check serving size.
- Check amount of sodium per serving size.



- 5% Daily Value or less is a little.
- 15% Daily Value or more is a lot.

✗ Avoid (or limit) these higher-sodium foods.



Barbequed and roasted meats



Luncheon meat, hot dogs, ham



Chinese sausage



Chinese salted fish, salted canned fish



Frozen dimsum



Fish balls, fish tofu, fish cake, meat balls, shrimp balls



Dried shrimp, dried oysters



Salted eggs, century eggs



Fast food



Instant noodles, instant rice, cup noodles



Salted snacks



Pickled and preserved vegetables and fruits



Marinated and fermented tofu



Canned soup



Bouillon cubes and powder



Miso, bean paste



Shaoxing wine, cooking sauces