

Low-Salt Diet Guide

Practical ways to reduce sodium in everyday food

Where salt hides

- Table salt and extra salt added after cooking.
- Pickles, papad, chips, namkeen and packaged snacks.
- Instant noodles, soups, sauces, ketchup and processed meats.
- Restaurant and fast foods.

Practical swaps

- Taste food before adding salt.
- Use lemon, herbs, garlic, ginger, pepper and spices for flavour.
- Choose fresh foods more often than packaged foods.
- Read labels and compare sodium when buying packaged foods.

People with heart failure, kidney disease or other conditions may need a more individualized sodium and fluid plan.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.