



# DASH DIET SHOPPING LIST

Use this list to set yourself up for success on following the DASH diet. There are two different sodium recommendations for the DASH diet. For general health, consume ~2,300 mg of sodium per day, but to lower blood pressure even more, limit sodium intake to 1,500 mg per day. Wishing you all the best in nutrition and health!







## FRUITS AND VEGETABLES

All plain, fresh or frozen fruits and vegetables are allowed on a low sodium diet.

Fruits and veggies are naturally low sodium, very low sodium, or sodium-free. Eat adequate amounts of fruits and vegetables throughout the day for vitamins, minerals, fiber, and more!

- Apple
- Banana
- Citrus fruits
- All berries
- Apricots
- Avocado
- Figs
- Grapes
- Cherries
- Kiwi
- Melons
- Mango
- Peaches
- Pears
- Pomegranate
- Onions (any variety)
- Leafy greens (kale, spinach, etc.)
- Artichoke
- Asparagus
- Radish
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrot
- Celery
- Cucumber
- Bell peppers
- Corn
- Beets
- Eggplant
- Green Beans
- Peas
- Mushrooms
- Rhubarb
- Rutabaga
- Squash
- Tomatoes
- Potatoes (any variety)
- Zucchini
- Chili Peppers



Buy canned fruit in its own juices and no-salt-added canned veggies when able.  
Rinse and drain to remove excess sodium if needed.

## BREADS, GRAINS, AND OTHER STARCHES

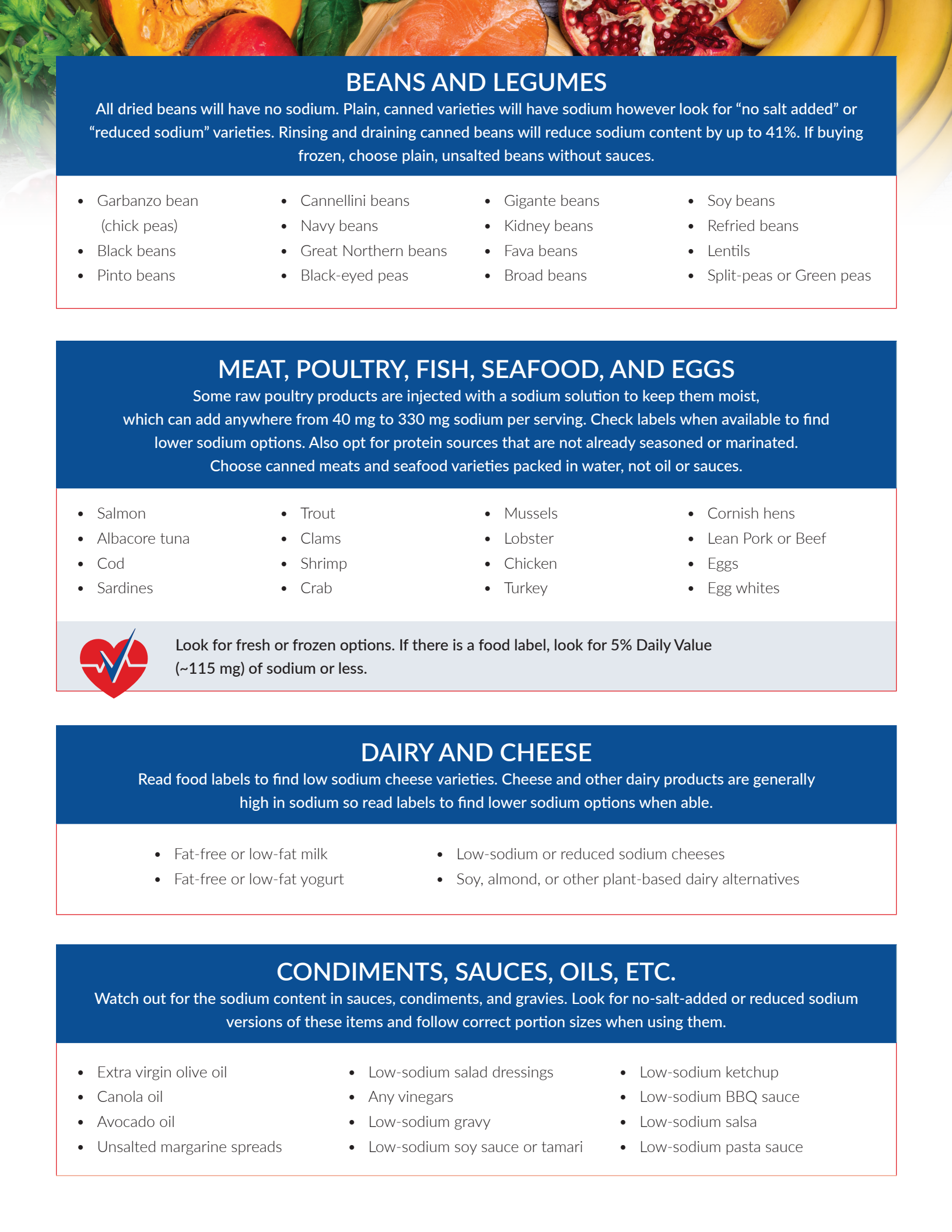
Minimally processed, low sodium grain options are available. Read the nutrition label and compare brands to find one lowest in sodium. Choose more “whole grain” sources which may have less sodium and more fiber per serving.

- 100% whole grain bread, bread crumbs, and crackers
- Quinoa
- Barley
- Oats (any whole grain variety)
- Grits
- Popcorn
- Brown, wild, or white rice
- Couscous
- Bulgur wheat
- Whole grain pastas
- Orzo
- Buckwheat
- Polenta
- Millet
- Low sodium breakfast cereals
- Whole grain English muffins
- Whole grain bagels
- Whole grain tortillas
- Low sodium chips and pretzels
- No Yolk egg noodles

## NUTS AND SEEDS

Any unsalted nuts and seeds can be eaten on a low sodium diet. For nut butters, compare nutrition labels on different brands to find a low sodium version.

- Pine nuts
- Walnuts
- Almonds
- Hazelnuts
- Pecans
- Pistachios
- Cashews
- Peanuts
- Nut butters
- Tahini
- Sesame seeds
- Chia seeds
- Flaxseeds
- Sunflower seeds
- Pumpkin seeds (pepitas)



## BEANS AND LEGUMES

All dried beans will have no sodium. Plain, canned varieties will have sodium however look for “no salt added” or “reduced sodium” varieties. Rinsing and draining canned beans will reduce sodium content by up to 41%. If buying frozen, choose plain, unsalted beans without sauces.

- Garbanzo bean (chick peas)
- Black beans
- Pinto beans
- Cannellini beans
- Navy beans
- Great Northern beans
- Black-eyed peas
- Gigante beans
- Kidney beans
- Fava beans
- Broad beans
- Soy beans
- Refried beans
- Lentils
- Split-peas or Green peas

## MEAT, POULTRY, FISH, SEAFOOD, AND EGGS

Some raw poultry products are injected with a sodium solution to keep them moist, which can add anywhere from 40 mg to 330 mg sodium per serving. Check labels when available to find lower sodium options. Also opt for protein sources that are not already seasoned or marinated. Choose canned meats and seafood varieties packed in water, not oil or sauces.

- Salmon
- Albacore tuna
- Cod
- Sardines
- Trout
- Clams
- Shrimp
- Crab
- Mussels
- Lobster
- Chicken
- Turkey
- Cornish hens
- Lean Pork or Beef
- Eggs
- Egg whites



Look for fresh or frozen options. If there is a food label, look for 5% Daily Value (~115 mg) of sodium or less.

## DAIRY AND CHEESE

Read food labels to find low sodium cheese varieties. Cheese and other dairy products are generally high in sodium so read labels to find lower sodium options when able.

- Fat-free or low-fat milk
- Fat-free or low-fat yogurt
- Low-sodium or reduced sodium cheeses
- Soy, almond, or other plant-based dairy alternatives

## CONDIMENTS, SAUCES, OILS, ETC.

Watch out for the sodium content in sauces, condiments, and gravies. Look for no-salt-added or reduced sodium versions of these items and follow correct portion sizes when using them.

- Extra virgin olive oil
- Canola oil
- Avocado oil
- Unsalted margarine spreads
- Low-sodium salad dressings
- Any vinegars
- Low-sodium gravy
- Low-sodium soy sauce or tamari
- Low-sodium ketchup
- Low-sodium BBQ sauce
- Low-sodium salsa
- Low-sodium pasta sauce



## HERBS AND SPICES

Use herbs and spices to add more flavor, complexity, and thousands of healthy bioactive compounds without adding any salt!

- Garlic (minced or powder)
- Onion powder
- Oregano
- Parsley
- Mint Basil
- Dill weed
- Bay leaves
- Smoked paprika
- Rosemary Thyme
- Cumin
- Cinnamon
- Cloves
- Crushed red pepper flakes
- Cayenne pepper
- Sage
- Turmeric
- Allspice
- Nutmeg

## BEVERAGES

What you drink throughout the day may also be adding sodium to your diet. Avoid electrolyte replacements like Gatorade or Powerade unless your doctor or dietitian says its okay. Choose mostly water or sodium-free beverages.

- Teas and coffee
- Milk, milk alternatives, and fruit juices (milk has sodium but also beneficial nutrients we need)
- Sugar-free sodas — Zevia, Sparkling Ice, etc.
- Kombucha (check labels for added sodium and sugar)
- Sparkling waters — La Croix, Bubly, Waterloo, AHA, San Pellegrino, Perrier, etc.
- Probiotic sodas — Poppi, Humm, Olipop, etc. (check labels as some flavors may have sodium or added sugars)



## TIPS FOR REDUCING SODIUM IN YOUR DIET

- Limit to no more than 1,500 mg of sodium per day if you have heart disease or high blood pressure. This is around 2/3 teaspoon of table salt per day.
- Use herbs, spices, and salt-free seasonings like Mrs. DASH or McCormick Salt-Free Seasonings.
- Be careful of other types of salt (sea salt, Kosher salt, Himalayan salt, salt seasonings, etc. These still contain sodium!)
- Reduce your intake of processed foods, restaurant meals and “fast” foods. Choose fresh and frozen vegetables instead of canned, or look for “no salt added” canned vegetables.
- Read labels and choose foods that are Sodium-Free, Very Low Sodium, or Low Sodium.
- Enjoy unsalted options (unsalted nuts and seeds).



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**HAVE QUESTIONS OR NEED ADDITIONAL INFORMATION?**

Please contact Martine Altieri, PA-C, MHS at 561-338-8884