

(WOOLWORTHS = SAFEWAY) Low Salt Foods Shopping List (NAS = No Added Salt) (Shopping Guide, page 2)

Nearly all fresh foods are naturally low in salt. Exceptions are shellfish and crustaceans (prawns, oysters etc) but fish are OK. This sheet lists some processed foods that are low in salt (no more than 120mg sodium per 100g of food). Products change, so check the NIP. Barcodes aid enquiries – the supermarket should be able to check from the barcode if it is in store and where it is located. Suppliers are given for hard to obtain items. (Designed & compiled by David Brigden & Peter Chamberlain. Last updated 24th April 2009)

 <p>Sanitarium Lite-Bix Woolworths: 20mg/100g www.onlyoz.com.au 9300652011555</p>	 <p>Kellogg's Just Right 30mg/100g Supermarkets 9310055165854</p>	 <p>Freedom Foods Corn Flakes 77mg/100g 93105090100693</p>	 <p>Muesli (low in sodium) eg SunSol 21mg/100g eg Woolworths 9311898197903</p>	 <p>Rolled Oats (Porridge) Low sodium ~10mg/100g</p>
 <p>Sanitarium Weet-Bix Kids Supermarkets: 110mg/100g 9300652013337</p>	 <p>Freedom Foods Rice Flakes 51mg/100g Gluten Free 9315090000887</p>	 <p>Sanitarium Honey Weets 24mg/100g Supermarkets 9300652046250</p>	 <p>Uncle Tobys' Oats Temptations 30mg/100g Supermarkets 9310060401640</p>	 <p>Kellogg's Mini-Wheats Whole Wheat 20mg/100g 9310055370913</p>
 <p>MOORES Low Salt Wholemeal Bread 75mg Some Supermarkets & Deli's</p>	 <p>Potts Swiss White Woolworths in Carnegie & Chadstone, Victoria (more outlets later) 120mg/100g Country Rye is also low salt</p>	 <p>Essene Bread 20mg/100g Sprouted grain bread Organic Shops</p>	 <p>Naturis Fruit & Nut Loaf 45mg/100g Organic Grocers & Deli's</p>	 <p>Pampas Butter Puff Pastry 100mg/100g Woolworths 9310047211323</p>
 <p>Make your own bread leaving out the salt - or Brumby's or Bakers Delight may agree to bake no-salt loaves</p>	 <p>You Bake It Spelt Bread Mixes Just add water & yeast 56mg & 43mg/100g www.bakeit.com.au</p>	 <p>Lowan Gluten Flour Use in your bread recipes ~75mg/100g Coles, Woolworths & Health Stores 9310598300910</p>	 <p>Lowan Bread Improver 20mg/100g Helps NAS bread rise Woolworths and Coles 9310598300996</p>	 <p>Anchor High Grade Flour for breadmaking <5mg/100g Coles & Woolworths 9300609218624</p>
 <p>Select Pink Salmon NAS 120mg/100g Woolworths: 9300633923594</p>	 <p>John West Red Salmon NAS 60mg/100g 9300462340074</p>	 <p>Coles Fish Fillets 113mg/100g 9300601140749</p>	 <p>Select Tasmanian Salmon (in bags ready to microwave) Woolworths 43mg/100g 9300633951672</p>	<p>Tender Loving Cuisine Home deliveries of healthy meals from Sydney to the North Coast of NSW + Metropolitan Melbourne Cooked, frozen, ready to heat. Specify low salt when you phone: 1800 801 200 www.tlc.org.au</p>
 <p>Fresh Quiche can be low salt This one from Coles is 106mg/100g 9322586000856</p>	 <p>HEINZ NAS BAKED BEANS 20mg/100g 9300657007133</p>	 <p>Select Brand Red Kidney Beans, Lentils & Chick Peas NAS - Woolworths <20mg/100g</p>	 <p>Toddler Food is low salt and good with toast for a snack or light meal</p>	<p>Only Australian Groceries sells Australian owned and Australian made grocery items, and delivers to anywhere in Australia (& the world) www.onlyoz.com.au (Click on ► Low salt)</p>
 <p>Home Brand Asparagus Spears NAS – 9mg/100g Woolworths 9300633907464</p>	 <p>CORN: Edgell & Golden Circle NAS 10mg/100g 9300462118307 & 9310179002851</p>	 <p>Coles NAS Beetroot 80mg/100g 9300601300891</p>	 <p>NAS TOMATOES Under 10mg/100g Various brands</p>	 <p>NAS Mushrooms 15mg/100g Coles/Woolworths 9300601443307 9300633907501</p>
 <p>NAS seasonings Check that the ingredients do not include salt</p>	 <p>Pantalica Ricotta Cheese Woolworths: 100mg/100g 9311165333553</p>	 <p>NAKED FOODS Pasta sauce is low in sodium 9321648002005 Some supermarkets & health shops or phone 07 3805 4499 for nearest stockist</p>	 <p>Fountain & Leggo's NAS Tomato Paste ~30mg/100g</p>	 <p>Lotus Savoury Yeast Flakes 32mg/100g Sprinkle on pasta instead of Parmesan 9317127063544</p>