

 <p><b>Mayvers Mayonnaise</b> 93mg/100g 9310885000158 Ancient Dist'rs 1800 033 868 ancdist@bigpond.com.au</p>	 <p><b>Garnisha</b> Pickles, Chutneys Curry Pastes 5mg to 57mg/100g Phone (07) 5485 3386</p>	 <p><b>Jill's Cuisine</b> Traditional Tomato Relish Coles, IGA, etc 53mg/100g 9319879400103</p>	 <p><b>Maleny Cuisine</b> Low salt sauces &amp; dressings – Call <b>07 5448 7811</b> for nearest stockist or use web enquiry: <a href="http://www.malenycuisine.com.au">www.malenycuisine.com.au</a></p>	 <p>Corn Relish: 100mg/100g Franklins: 9310172093238 Coles: 9300601184699</p>
 <p><b>NAS Tomato Sauce</b> such as Fountain 20mg/100g Fountain: 9300681009448</p>	 <p><b>Beerenberg Mint Jelly</b> 5mg/100g</p>	 <p><b>Mint Sauce</b> 11mg/100g</p>	 <p><b>Galiko All Natural Chilli, Garlic &amp; Ginger</b> 16 to 30 mg/100g</p>	 <p>Maxwell Treats low sodium mustards – 3mg/100g <a href="http://www.treatfactory.com.au">www.treatfactory.com.au</a></p>
 <p><b>Trident Cheese Rice Crackers</b> 120mg/100g 9310560010625</p>	 <p>To replace cracker biscuits try: <b>Matzos</b> 6mg/100g Coles &amp; Delicatessens</p>	 <p><b>Freedom Foods Baked Corn Chips</b> (low fat) 112mg/100 9315090000054</p>	 <p><b>IGA Way of Life Potato Chips</b> 30mg/100g 9310246002258</p>	 <p><b>Unsalted nuts</b> make a healthy snack. Sodium content is low</p>
 <p><b>Freedom Foods Muesli Breakfast Bar</b> Coles: 24mg/100g</p>	 <p><b>Freedom Foods NAS Potato Chips</b> 30mg/100g 9315090000603</p>	 <p><b>UNIBIC Amaretti Almond Macaroons</b> 17mg/100g 9310258007432</p>	 <p><b>Almond Bread</b> 34mg/100g Woolworths 9316595683728</p>	 <p><b>SaltSkip Cheese</b> Mail order from dairy 115mg/100g Telephone: 03 6373 6157 Email: <a href="mailto:pyengana@mail.com">pyengana@mail.com</a></p>
 <p><b>COLES Peanut Butter</b> NAS 6mg/100g 930060139835</p>	 <p><b>Jam &amp; Honey</b> are low in sodium</p>	 <p><b>SCOTTS Lemon Curd</b> 40mg/100g 5000229206523</p>	 <p><b>Nanna's Blackberry &amp; Apple Crumble</b> 116mg/100g Woolworths 9311008430357</p>	 <p><b>Ice Cream</b> is usually low-salt This one is 41mg/100g</p>
 <p><b>Mayvers TAHINI</b> 4mg/100g 9310885000141 Ancient Dist'rs 1800 033 868 ancdist@bigpond.com.au</p>	 <p><b>V8</b> (Low Sodium Version) Tomato &amp; Vegetable Juice 110mg/100g 9300644648608</p>	 <p><b>Lemnos Paneer Cheese</b> 24mg/100g Woolworths 9316389000441</p>	 <p><b>SUN RICE Thick Rice Cakes</b> &lt;5mg/100g 9310140001289</p>	 <p><b>F G Roberts Gluten-Free Self-Raising Flour</b> 117mg/100g Coles 9311672000276</p>
 <p>Dried Fruit is low salt</p>	<p><b>Dried Pulses</b> are low salt eg kidney &amp; lima beans, peas, chickpeas and lentils Also rice. Dried pasta is usually low salt (but fresh pasta is often high in salt). Check the nutrition label on canned versions</p>	 <p>Select <b>Instant Noodles</b> Oriental Flavour (also Chicken) Woolworths 100mg/100g 9300633985646</p>	 <p>Unsalted Butter &lt;20mg/100g Regular and cultured varieties are available</p>	 <p>Select (&amp; other brands) <b>White Corn Tortillas</b> 20mg/100g Woolworths 9300633980863</p>
 <p><b>ARNOTT'S Triple Wafer Biscuits</b>: 70mg/100g 9310072000107</p>	 <p><b>ARNOTT'S Royals Dark Chocolate</b> 100mg/100g 9310072000176</p>	 <p>Select <b>Macadamia &amp; Chocolate Shortbread</b> 27mg/100g Woolworths 9300633033996</p>	 <p>Select <b>Orange Delights</b> Woolworths 110mg/100g 9300633034283</p>	 <p>Select <b>Easy Fill Taco Shells</b> Woolworths: 8mg/100g 9300633980764</p>
 <p><b>Salt Skip™ soup stock powders</b> 53mg/100ml Mail order from Eumarrah Tel: (03) 6273 9511 <a href="mailto:eumarrah@eumarrah.com.au">eumarrah@eumarrah.com.au</a></p>	 <p><b>Salt Skip™ baking powder</b> has no sodium – use instead of standard baking powder Tel: (03) 6273 9511 <a href="mailto:eumarrah@eumarrah.com.au">eumarrah@eumarrah.com.au</a></p>	 <p><b>Keens HOT Curry Powder</b> 62mg/100g 9300683007176</p>	 <p><b>MeadowLea Free</b> ... from Lactose, Salt &amp; Cholesterol (No Sodium) 9310047207890</p>	 <p><b>Olive Oil</b> less than 5mg/100g</p>