

Name:

Date:

Low Salt Low Sugar Nutrition List

	Recommended Food	Not Recommended Food
Meat, Chicken, Fish	Lean meat, Chicken, Pork, Fresh or Frozen Fish	Fatty salted cuts of meat Cold cuts of meat Canned sardines, tuna, meat Hot dogs, Bacon
Vegetables	Fresh, Frozen vegetables Fruit juice	Canned vegetables Tomato paste Tomato juice
Fruits	Fresh, frozen fruits Fresh fruit juice with no added sugar	Canned juice, dried fruits, compote with added sugar
Milk & Dairy Products	Milk Labneh with no added salt Cheeses low in salt or free of salt	Salty cheese Prepacked ready to eat cheeses that are high in salt
Carbohydrates	Rice, pasta, potato Whole wheat bread low in salt Cornflakes low in sugar	Cornflakes with added sugar, honey or dried fruits. White bread, bagel, Mankouche Ready to eat pizzas and pizza bread Kaak Canned beans, peas, lentils..
Others	Low salt margarine Popcorn with no added salt	Carbonated beverages Chips, pickles, olives, chocolate, jam, salted popcorn, sugar, catsup, ice cream, mustard, mayonnaise

