



# VESTIBULAR

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## DISORDERS ASSOCIATION

5018 NE 15<sup>TH</sup> AVE · PORTLAND, OR 97211 · FAX: (503) 229-8064 · (800) 837-8428 · [INFO@VESTIBULAR.ORG](mailto:INFO@VESTIBULAR.ORG) · [VESTIBULAR.ORG](http://VESTIBULAR.ORG)

## Simple Low-Sodium Substitutions

Here are some easy substitutions you can make in your daily intake of sodium.

### Instead of:

### Substitute with:

bottled salad dressing (260mg/2 tbsp)	olive oil and vinegar (0 mg)
canned vegetables (310mg/1/2 cup)	fresh vegetables (~0mg)
cheddar cheese (180mg/1 oz)	goat cheese (80mg/1/4 cup)
chicken broth (820mg/1 cup)	sodium free chicken bouillon (0 mg)
cream cheese (150mg/2 tbsp)	kefir cheese (15mg/2 tbsp)
flour tortilla (340mg/1 tortilla)	corn tortilla (30 mg/1 tortilla)
ketchup (160mg/1 tbsp)	no-salt ketchup (0 mg)
low-fat milk (130mg/1 cup)	coconut milk (0 mg)
packaged sandwich meats (540mg/2 oz)	fresh lean beef (61mg/3 oz.)
	fresh chicken (70mg/1/2 breast)
	fresh turkey (200mg/1/2 breast)
pickles (270mg/1 pickle)	cucumbers soaked in vinegar (~0 mg)
salted butter (90mg/1 tbsp)	unsalted butter (0 mg)
salted peanuts (210mg/1/2 cup)	unsalted peanuts (0 mg)
table salt (590mg/1/4 tsp)	no-salt spices, lemon juice (0 mg)
tomato sauce (480mg/1/2 cup)	tomato paste (20mg/2 tbsp)

### For more information on sodium content in foods:

[Texas A&M – The Sodium Content of Your Food](#)

[University of Maine – Sodium Content of Your Food](#)

[The Salty Six – surprising foods that add the most sodium to our](#)