



A shopper's guide for eating less salt

Most of the salt in our diet comes from processed or convenience foods. Use this guide to help you buy food products that are lower in salt.

Salt is listed as “sodium” on food labels. Look at the serving size listed on the label to know how much sodium is in each serving. This may or may not be the serving size you would have – so you will have to do the math.

Ask your dietitian, nurse or doctor about how much sodium to have in your diet each day. Use this guide together with the “Eating Less Salt” handout.

Here are some claims about salt and sodium that you may see on product labels in Canada:

Claim	Definition
Sodium-free/ Salt-free	Less than 5 mg sodium for each serving listed on the package.
Low-sodium	Not more than 140 mg sodium or less for each serving listed on the package.
Reduced-sodium	At least 25% less sodium when compared to the regular product.
Unsalted or No added salt	No salt or sodium is added to the food during processing.

Crackers, cereals and breads

Crackers	Amount of Sodium	Serving Size
Breton - 50% less salt	54 mg	4 crackers (17 g)
Elco Rice Crackers - unsalted.....	0 mg	8 crackers (15 g)
Equality - unsalted tops.....	147 mg	5 crackers (20 g)
Finn Crisp Crispbread		
- original rye.....	70 mg	1 slice (12.5 g)
Golden Rusk - no salt, no fat, no sugar added.....	5 mg	4 slices (28 g)
Grissol Melba Toast		
- no salt added.....	0 mg	4 toasts (20 g)
Master Choice Woven.....	116 mg	7 crackers (31 g)
Our Very Own - unsalted tops.....	147 mg	7 crackers (20 g)
Premium Plus - unsalted tops	148 mg	7 crackers (20 g)
Ritz - 50% less salt	63 mg	7 crackers (25 g)
Ryvita Snackbread - high fibre	120 mg	6 slices (30 g)
Ryvita Crispbread - light rye.....	72 mg	4 slices (36 g)
Ryvita Crispbread - high fibre	43 mg	4 slices (36 g)
Stones Wheat Thins		
- 50% less salt	90 mg	3 crackers (20 g)
Streits Matzos - lightly salted	100 mg	1 Matzo (28 g)
Streits Matzos - unsalted	0 mg	1 Matzo (28 g)
Streits Matzos		
- 100% whole wheat	0 mg	1 Matzo (28 g)
Triscuit - 50% less salt.....	71 mg	4 crackers (20 g)

Rice Cakes	Amount of Sodium	Serving Size
No Name Rice Chips		
- Sour Cream & Onion	111 mg	8 chips (14 g)
No Name Rice Cakes – salted	24 mg	1 cake (9 g)
No Name Rice Cakes - unsalted	1 mg	1 cake (9 g)
PC Blue Menu (President's Choice)		
Rice Chips		
- Sea Salt & Cracked Pepper	160 mg	33 chips (50 g)
- Thai Curry	100 mg	20 chips (30 g)
Quaker Crispy Minis - BBQ.....	100 mg	8 rice chips (14 g)
Quaker Rice Cakes		
- Caramel Corn.....	19 mg	1 cake (13 g)
Quaker Rice Cakes		
- Original.....	1 mg	1 cake (9 g)
Quaker Rice Cakes		
- Savoury Tomato & Basil.....	100 mg	1 cake (12 g)
Quaker Rice Cakes		
- White Cheddar	103 mg	1 cake (9 g)
Tout Naturel Rice Cakes		
- Honey Garlic.....	29 mg	1 cake (9 g)
Tout Naturel Rice Cakes		
- Organic Multigrain	0 mg	1 cake (9 g)
Tout Naturel Rice Cakes		
- Salted Organic.....	53 mg	1 cake (9 g)

Cold Cereal	Amount of Sodium	Serving Size
Alpen - Original	16 mg	1/3 cup (30 g)
Cheerios – Apple Cinnamon	155 mg	3/4 cup (30 g)
Corn Pops	175 mg	1 cup (30 g)
Fibre 1 130 mg	1/2 cup (30 g)	
Froot Loops.....	125 mg	1 cup (30 g)
Grape Nuts	181 mg	1/2 cup (30 g)
High Fibre Crisp	110 mg	1/2 cup (30 g)
Honeycomb.....	120 mg	1 1/2 cup (30 g)
Just Right.....	165 mg	2/3 cup (30 g)
Kashi Seven Whole Grains & Sesame - Go Lean	35 mg	3/4 cup (40 g)
Kashi Seven Whole Grains & Sesame - Honey Puffed	6 mg	1 cup (30 g)
Kashi Seven Whole Grains & Sesame - Puffed	0 mg	1 cup (25 g)
Life 180 mg	3/4 cup (30 g)	
Mini Wheats - Original.....	5 mg	25 biscuits (59 g)
Nature's Path - Cornflakes.....	128 mg	3/4 cup (30 g)
Nature's Path - Heritage	100 mg	3/4 cup (30 g)
Nature's Path - Optimum Zen	110 mg	3/4 cup (55 g)
Nature's Path - 8 grain	1 mg	3/4 cup (55 g)
No Name Branflakes.....	84 mg	2/3 cup (30 g)
Oatmeal Crisp - Raisin.....	116 mg	1/2 cup (30 g)
President's Choice Low Fat Granola	48 mg	1/3 cup (30 g)
President's Choice Too Good To Be True 100% Organic - 7 Reasons Multigrain.....	69 mg	2/3 cup (30 g)
President's Choice - Gourmet - English Style Recipe Muesli	111 mg	1/4 cup (30 g)
President's Choice - 30% Fruit, Nuts & Seeds Muesli	40 mg	1/4 cup (30 g)
Quaker Muffets - Original.....	2 mg	2 muffets (42 g)
Quaker Life - Oat Bran.....	107 mg	3/4 cup (30 g)
Quaker Squares - Maple and Brown Sugar.....	127 mg	1/2 cup (30 g)

Cold Cereal (continued)	Amount of Sodium	Serving Size
Quaker Squares - Regular	132 mg	½ cup (30 g)
Shredded Wheat.....	2 mg	1 biscuit (25 g)
Shredded Wheat - Spoon Size.....	2 mg	160 ml (30 g)
Shreddies.....	187 mg	2/3 cup (30 g)
Vive 140 mg	2/3 cup (30 g)	
Weetabix.....	135 mg	2 biscuit (30 g)
100% bran	197 mg	½ cup (30 g)

Hot Cereal

Cream of Wheat - Instant.....	168 mg	1 pouch (28 g)
Cream of Wheat - 3 minute cook time	74 mg	3 tbsp (28 g)
Cream of Wheat - 8 minute cook time	1 mg	3 tbsp (28 g)
Nature's Path Instant Oatmeal - Apple Cinnamon.....	105 mg	1 pouch (50 g)
Nature's Path Instant Oatmeal - Maple Nut.....	102 mg	1 pouch (50 g)
No Name Instant Oatmeal - Apple & Cinnamon	173 mg	1 packet (34 g)
No Name Instant Oatmeal - Regular.....	162 mg	1 packet (32 g)
President's Choice Instant Oatmeal - Regular	100 mg	1 pouch (38 g)
Red River Cereal (prepared with a pinch of salt).....	4 mg	¼ cup-dry (40 g)

Breads

Baltic Light Rye	270 mg	3 slices
Dempsters 100% Wholewheat.....	290 mg	2 slices
No Name Raisin & Honey	202 mg	2 slices
Oakrun English Muffin.....	220 mg	1 muffin

Vegetables

Canned Vegetables	Amount of Sodium	Serving Size
Del Monte - Cut Sweet Potatoes	44 mg	½ cup (125 ml)
Del Monte - No Salt Added Whole Kernel Corn	5 mg	½ cup (125 ml)
Vegetable Juice		
V-8	75 mg	156 ml
Canned Tomatoes		
Muir Glen Organic No Salt Added Tomatoes	45 mg	½ cup (125 ml)
Primo No Salt Added Ground Plum Tomatoes	13 mg	½ cup (125 ml)
Spaghetti Sauce		
Healthy Choice - Garlic & Fine Herbs.....	383 mg	½ cup (125 ml)
Healthy Choice - Italian Style Vegetables.....	405 mg	½ cup (125 ml)
Healthy Choice - Traditional	379 mg	½ cup (125 ml)
Master Choice - Marinara.....	418 mg	½ cup (125 ml)
Master Choice - Roasted Garlic & Onion	380 mg	½ cup (125 ml)
Master Choice - Spicy Red Pepper	421 mg	½ cup (125 ml)
Marinelli - Hot & Spicy Sicilian	410 mg	½ cup (125 ml)
Marinelli - Tomato & Basil	410 mg	½ cup (125 ml)
PC Blue Menu (President's Choice)		
- Mushroom & Garlic	260 mg	½ cup (125 ml)
- Tomato & Basil.....	270 mg	½ cup (125 ml)
- Vegetarian Bolognese.....	280 mg	½ cup (125 ml)

Meat and alternatives

Deli Sliced Meats	Amount of Sodium	Serving Size
PC Blue Menu (President's Choice)		
Fat-free Turkey Breast	55 mg	3 slices (60 g)
Schneider's Fat Free 35% Less Sodium Lifestyle		
- BBQ chicken breast	405 mg	2 slices (63 g)
- Chicken	349 mg	2 slices (63 g)
- Turkey breast	455 mg	2 slices (63 g)
Ziggy's Deli Chicken	395 mg	2 slices (63 g)
Frozen Dinners		
Crazy Plates Frozen Meal Kits		
- Stir Crazy	533 mg	1/3 box (333 g)
Crazy Plates Frozen Meal Kits		
- Worth Every Penne	381 mg	1/3 box (320 g)
Lean Cuisine Café Classics		
- Citrus Glazed Chicken	468 mg	1 dinner (300 g)
Lean Cuisine		
Chicken a L'Orange	438 mg	1 dinner (212 g)
Lean Cuisine		
Chicken Chow Mein	606 mg	1 dinner (241 g)
President's Choice Spaghetti		
with Beef & Mushroom Sauce	450 mg	1 tray (300 mg)
Lean Cuisine		
Chicken Fettuccine.....	605 mg	1 dinner (237 g)
Lean Cuisine		
Glazed Chicken.....	541 mg	1 dinner (225 g)
Lean Cuisine		
Sweet and Sour Chicken.....	539 mg	1 dinner (238 g)
Michelina's Salad Bowls		
- California Mandarin.....	590 mg	1 bowl (255 g)
Michelina's Salad Bowls		
- Garden.....	580 mg	1 bowl (269 g)
Michelina's Salad Bowls		
- Oriental	590 mg	1 bowl (255 g)

Frozen Dinners	Amount of Sodium	Serving Size
Michelina's Salad Bowls - Southwestern	580 mg	1 bowl (269 g)
Maple Leaf Nature's Gourmet - Fettucine Peppered Rose	479 mg	1 dinner (235 g)
Maple Leaf Nature's Gourmet - Rigatoni.....	395 mg	1 dinner (235 g)
Peanut Butter		
Kraft unsweetened, unsalted	3 mg	1 tbsp (14 g)
Master Choice Life Smart	11 mg	2 tbsp (30 g)
Our Very Own	49 mg	1 tbsp (14 g)
PC Blue Menu (President's Choice) "Just Peanuts"	2 mg	2 tbsp (35 g)
Skippy	65 mg	1 tbsp (15 g)
Canned Salmon		
Clover Leaf - Low Sodium Sockeye Salmon	80 mg	½ cup (100 g)
Gold Seal Sockeye Salmon - No Salt Added.....	80 mg	½ cup (100 g)
Canned Tuna		
President's Choice Solid White Tuna - Low Sodium	80 mg	½ cup (100 g)
Bacon		
No Name 50% Less Salt.....	360 mg	3 slices (80 g uncooked)
Schneider's 50% Less Salt	302 mg	3 slices (23 g cooked)

Cheese	Amount of Sodium	Serving Size
Liberty Quark - Plain Soft Cheese	65 mg	½ cup (120 g)
Maple Leaf Colby, Partly Skimmed, 17% MF	225 mg	1 oz (30 mg)
Maple Leaf Wise Choice Mozzarella, Partly Skimmed, 16% MF	150 mg	1 oz (30 g)
Salerno 5% MF Ricotta	117 mg	½ cup (130 g)
Western Creamery Pressed Dry Cottage Cheese - No Salt Added	26 mg	½ cup (120 g)

Soups

	Amount of Sodium	Serving Size
Campbell's 25% Less Sodium Beef Broth.....	675 mg	1 cup (250 ml)
Campbell's 25% Less Sodium Chicken Broth	638 mg	1 cup (250 ml)
Health Valley - No Fat Added 14 Garden Vegetable.....	210 mg	¾ cup (175 ml)
Imagine Organic - Creamy Butternut Squash	370 mg	1 cup (236 ml)
Imagine Organic - Creamy Potato Leek	380 mg	1 cup (236 ml)
Imagine Organic - Creamy Sweet Corn	340 mg	1 cup (250 ml)
Lipton Chicken Noodle Light - 30% less salt	669 mg	1 cup (19 g)
PC Blue Menu (President's Choice) Instant Soup - Barley Vegetable	430 mg	1 container (45 g)
PC Blue Menu (President's Choice) Instant Vegetarian Chili.....	420 mg	1 container (65 g)
PC Blue Menu (President's Choice) Ready-to-Serve Soup - Pasta E Fagioli	480 mg	1 cup (250 ml)

Soups(Continued)	Amount of Sodium	Serving Size
President's Choice Low Fat Black Bean	433mg	1 cup (250 ml)
President's Choice Low Fat Lentil	422 mg	1 cup (250 ml)
Soup Base		
Knorr OXO - 25% Less Salt Than Original		
- Beef	526 mg	1 pouch (¾ cup)
- Chicken.....	527 mg	1 pouch (¾ cup)

Other

Microwave Popcorn

Master Choice Butter Flavoured Light	145 mg	3 cups popped
Orville Redenbacher's - Light Buttery Flavour.....	93 mg	3 cups popped
Orville Redenbacher's - Smart Pop!.....	77 mg	3 cups popped
President's Choice Low Fat Butter Flavour.....	121 mg	2 cups popped

Snack Foods

Christie Crunchers - Bold Barbecue	40 mg	24 crackers
- Spicy Thai.....	46 mg	24 crackers
Pita-Snax - Cinnamon Flavour	60 mg	38 pieces
Pita-Snax - Garlic Flavour	150 mg	38 pieces
Que Pasa Tortilla Chips Slightly Salted	42 mg	18 chips
Snyder's of Hanover Low Sodium Mini Pretzels.....	75 mg	20 pretzels

Condiments	Amount of Sodium	Serving Size
Kikkoman Lite Soy Sauce	95 mg	½ tsp (2.5 ml)
Mr. Spice		
- Chicken Wing Sauce	2 mg	1 tbsp (15 ml)
Mr. Spice		
- Garlic Steak Sauce	2 mg	1 tbsp (15 ml)
Mr. Spice		
- Ginger Stir-fry Sauce	1 mg	1 tbsp (15 ml)
Mr. Spice		
- Honey BBQ.....	2 mg	1 tbsp (15 ml)
Mr. Spice		
- Sweet & Sour Sauce.....	1 mg	1 tbsp (15 ml)
Mr. Spice		
- Tangy Bang Hot Sauce.....	0.3 mg	1 tsp (5 ml)
Mr. Spice		
- Thai Peanut Sauce	1 mg	1 tbsp (15 ml)
No Name Light Soya Sauce.....	69 mg	½ tsp (2.5 ml)
Salsa		
Master Choice		
Thick & Savoury Salsa		
- mild & medium	96 mg	2 tbsp (30 ml)
Muir Glen Black Bean & Corn	125 mg	2 tbsp (30 ml)
Muir Glen - Garlic Cilantro	125 mg	2 tbsp (30 ml)
President's Choice		
Extra Chunky	117 mg	2 tbsp (30 ml)

The products listed in this guide are available in Commisso's, Zehrs, A & P, Food Basics and Fortinos. Information was collected from food labels and was current at the time of printing.

Where to find ...

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