

Resources

**Bonus
Chapter**

You can find most of the ingredients you'll need for low-sodium cooking at your local supermarket. Others may be more difficult to find, perhaps depending on your location. Here you'll find a few sources that can help you in your search. Naturally, products and availability may change. Please keep in mind, too, that we are not endorsing these resources in any way; use your own best judgment in ordering from any of these sources.

Low-Sodium Food Items

4C Foods Corp.

4c.com

Offers salt-free seasoned breadcrumbs.

Alvarado Street Bakery

alvaradostreetbakery.com

No-Salt! Sprouted Multi-Grain Bread and sodium-free granolas are available here.

Arrowhead Mills

arrowheadmills.com

Find sodium-free and low-sodium granolas, cereals, peanut butters and other nut butters, and pancake and waffle mixes here.

Blazing Blends

blazingblends.com

Sells salt-free spice blends for Mild Chile, Southwest Chile, Smoky Chile, and Habanero flavors.

Bolner's Fiesta Brand

fiestaspices.com

Introduces salt-free, MSG-free spice mixes for Brisket Rub, Étouffée Seasoning, Fajita Seasoning, Green Pepper Steak Seasoning, Lemon Pepper, Mardi Gras Chopped Seasoning, Spicy Cajun Seasoning, Voodoo Seasoning, and Zesty Italian Delight.

Conrad Rice Mill

holgrain.com

Find sodium-free brown rice breadcrumbs, low-sodium chicken coating mix, and no-salt brown rice crackers.

Dixie Diners' Club

dixiediner.com

Offers low-sodium bake mixes, sloppy joe mix, chili con queso mix, cheese sauce substitute mix, broth substitutes, and mayonnaise substitute.

Edward & Sons Trading Company, Inc.

edwardandsons.com

Markets low-sodium veggie cubes for broth and seasoning, lightly salted organic breadcrumbs, and unsalted sesame brown rice snaps.

Ener-G

ener-g.com

Find sodium-free baking powder and sodium-free baking soda, as well as low-sodium cinnamon cookies, brown rice loaf, and egg replacer.

Garden of Eatin'

gardenofeatin.com

Supplies very low-sodium yellow and blue corn taco shells.

Gloria's Gourmet

gloriasgourmet.com

Sells sodium-free Caribbean Sunshine and Raspberry Poppy Seed salad dressings.

Hain Pure Foods

hainpurefoods.com

Makers of sodium-free Featherweight Baking Powder.

Health Valley Organic

healthvalley.com

Sells no-salt-added soups, including black bean, chicken broth, chicken noodle, lentil, minestrone, mushroom barley, potato leek, rice primavera, split pea, tomato, and vegetable.

Healthy Heart Market

healthyheartmarket.com

Every product available on this site is salt-free or low-sodium, including baking supplies, beverages, cereals, coatings, condiments and sauces, canned meats, packet mixes (including a whole-wheat pizza kit), pasta sauces, pickles and relish, soups and broths, and more.

Heart Wise Foods

heartwisefood.com

Find sodium-free and low-sodium products, including baking supplies, beverages and juices, bread products, condiments, dairy, sauces, snacks, soups, and more.

Just Delicious Foods

justdelicioussoups.com

Offers very low-sodium soups, including barley beef, black bean chili, black beans and rice, chicken rice and curry spice, chicken vegetable, corn chowder, Jamaican island, lentil chili, minestrone, navy bean, red beans and rice, red lentil, seafood chowder, split pea, and tortilla.

Mozzarella Company

mozzco.com

Markets unsalted and lightly salted cheeses, including cream cheese, crème fraîche, fromage blanc, goat milk cheeses, mascarpone, mozzarellas, queso blanco, queso fresco, ricotta, and more.

Mr. Spice Organic

mrspice.com

Sells salt-free sauces, including Garlic Steak, Ginger Stir-Fry, Honey BBQ, Honey Mustard, Hot Wing, Indian Curry, Sweet & Sour, Tangy Bang!, and Thai Peanut.

Salt Watcher

saltwatcher.com

Offers beans, breads and crackers, cereals, cheeses, condiments, deli, pickles, olives, relish, sauces, soups, and more.

Sami's Bakery

samisbakery.com

Makers of sodium-free and low-sodium breads and cookies, including bread loaves, hamburger and hot dog buns, quick breads, pita breads, and more.

Trader Joe's

traderjoes.com

Hundreds of stores nationwide offer low-sodium products in the areas of bakery, bars, beverages, candy, cereal, cookies, dairy, fresh, refrigerated, frozen, grocery, nuts, snacks, and supplements. Search for a store near you.

Nutrition Facts/Sodium Figures and Guidelines

American Heart Association

heart.org

Provides the latest guidelines, recommendations, and suggestions for lowering your sodium intake.

Low Salt Foods—Dining Out

lowsaltfoods.com/food_center/dining_out/quick_ref.htm

Access the Fast Food Quick Reference for sodium counts.

And:

lowsaltfoods.com/food_center/dining_out/best_choices.htm

Reference the Best Menu Choices for sodium counts and food suggestions.

New York Department of Health and Mental Hygiene

nyc.gov/html/doh/html/cardio/cardio-salt-initiative.shtml

Read the goals and the list of participating companies in the NSRI, National Salt Reduction Initiative.

Self Nutrition Data

nutritiondata.self.com

Get nutrition facts, calorie counts, and nutrient data for all foods and recipes.

U.S. Department of Health and Human Services

health.gov/dietaryguidelines/2010.asp

Link to an electronic version of the most recent update of the Dietary Guidelines for Americans report.