

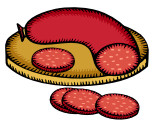
Foods High in Salt



(805) 682-7638 x 214



AVOID FOODS HIGH IN SALT



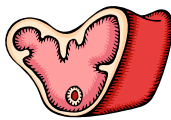
Link
Sausages



Hot
Dogs



Bacon



Ham



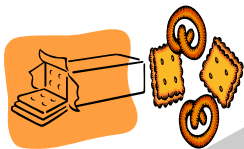
Canned
Tuna



"Chips"



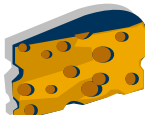
Fast
Food



Crackers
(Salty)



Prepared
Foods



Cheese



Canned
Foods



Dilled
Olives



Dilled
Cucumbers



V-8



EAT FOODS LOW IN SALT



Fresh or Frozen Meats
Cooked with very little salt



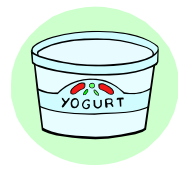
Peanuts



Wheat
Bread



Milk



Yogurt



Salads



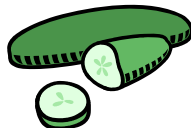
Nopales



Broccoli



Radishes



Cucumbers



Tomatoes



Fruit