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# Low sodium Diet Shopping List

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## Vegetables

- Spinach
- Broccoli
- Carrots
- Bell peppers
- Cauliflower
- Cabbage
- Tomatoes
- Kale
- Zucchini
- Brussels sprouts

## Protein Sources

- Chicken breast
- Turkey breast
- Salmon
- Tuna
- Cod
- Shrimp
- Lentils
- Chickpeas
- Tofu
- Greek yogurt

## Whole Grains

- Brown rice
- Quinoa
- Oats
- Barley
- Whole wheat bread
- Buckwheat
- Millet
- Bulgur

## Nuts and Seeds

- Almonds
- Walnuts
- Pistachios
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

## Spices and Condiments

- Olive oil
- Herbs and spices
- Lemon
- Walnuts

## Fruit

- Apples
- Oranges
- Bananas
- Berries  
(strawberries,  
blueberries,  
raspberries)
- Watermelon
- Grapefruit
- Pears
- Kiwi
- Grapes
- Pineapple

## Dairy and Dairy Alternatives

- Low-sodium  
cottage cheese
- Unsweetened  
almond milk
- Greek yogurt



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

