

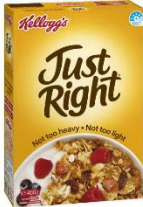







Low Salt  
PANTRY

## Low Sodium Shopping Guide- Coles



### Breakfast / muesli/ cereal

	Product	Per serve	Per 100g
	Uncle Tobys 2 min quick oats	2mg/40g	6mg
	Weetbix – little kids	4mg/33g	12mg
	Kelloggs- Just right	12mg/40g	40mg
	Heritage Mill Cocoa coconut clusters	11mg/40g	28g
	Uncle Tobys Plus Fibre	45mg/40g	110mg
	Nestle Milo	29mg/30g	100mg

### Bread/ Wraps

	Product	Per serve	Per 100g
	Old El Paso original Taco shells	3mg/shell	20mg
	Mission Tortillas white corn (12)	10mg/wrap	39mg
	Old El Paso Stand n Stuff-Corn	20mg/14g	141mg
	Coles Multiseed wraps	164mg/50g (1 wrap)	328mg
	Abbotts Bakery Dark Rye	264mg/78g (2 slice)	339mg

### Nut/ Muesli Bars

	Product	Per serve	Per 100g
	Uncle Tobys Yoghurt Honeycomb/Strawberry	6mg/31g (1 bar)	18mg
	Uncle Tobys Yoghurt Mango Passionfruit	7mg/31g (1 bar)	22mg




	Uncle Tobys chewy range (choc chip/ apricot/ forest fruit)	4-13mg/31g (1 bar)	12-40mg
	Majority of Uncle Tobys muesli range (not including oat slices)	7-15mg/35g (1 bar)	21-43mg
	Majority of KIND range (Peanut Butter Dark chocolate/Dark chocolate cherry cashew/Almond, cranberry, honey/ Almond & coconut & more)	20mg/30g-40g (1 bar)	40mg
	Weight Watchers Macadamia and cranberry choc nut bar	22mg/34g (1 bar)	65mg
	Be natural nut bars -Peanut & Cashew -Peanut & Almond (also see others in range)	13mg/41g 8mg/30g	41mg 25mg
	Carman's Bliss ball Choc orange + Poppy/ Almond Cocoa Brownie	2mg/20g (1 ball)	11mg
	Tasti -Super Food wholefood balls Quinoa + Almond butter -Fruit + Vege whole food balls Mango & Carrot -Fruit + Vege whole food balls banana & spinach -Fruit + Vege whole food balls Strawberry & beetroot	9mg/28g (3balls) 6mg/30g (3 balls) 6mg/30g (3 balls) 8mg/30g (3 balls)	33mg 22mg 21mg 26mg

### Spreads/ Nut butters

	Product	Per serve	Per 100g


	<p>Sanitarium</p> <p>-Crunchy no added sugar or salt peanut butter</p> <p>-Smooth no added sugar or salt peanut butter</p>	<p>0.4/20g</p> <p>0.4/20g</p>	<p>1.9mg</p> <p>1.9mg</p>
	<p>Bega</p> <p>-Peanut butter no added sugar or salt smooth</p> <p>-Peanut butter no added sugar or salt crunchy</p>	<p>3mg</p> <p>3mg</p>	<p>14mg</p> <p>16mg</p>
	<p>99<sup>th</sup> Monkey</p> <p>Pistachio &amp; Almond Butter</p> <p><i>(Also try their Unsalted Crunchy PB, ABC butter, Natural Almond butter, Organic Almond butter, almond cocoa butter)</i></p>	<p>1mg/serve</p>	<p>5mg</p>
	<p>Mayver's Tahini</p>	<p>&lt;5mg/25g</p>	<p>21mg</p>
	<p>Most butter/ margarine has a no or low salt alternative</p>		

## Cheese

	Product	Per serve	Per 100g
	<p>La casa del formaggio Burrata</p> <p>La casa fresh mozzarella</p> <p>(La casa bocconcini and mascarpone also low in salt)</p>	<p>24mg/50g</p> <p>37mg/50g</p>	<p>48mg</p> <p>74mg</p>
	<p>Lenmos Paneer</p>	<p>79mg/50g</p>	<p>159mg</p>
	<p>Macro Nutritional Yeast</p>	<p>&lt;5mg/7g</p>	<p>58mg</p>





	Coles Apricot Almond cream cheese	52mg/25g	208mg
	Coles Sweet Chilli cream cheese	84mg/25g	336mg
	South Cape Apricot Almond Papaya	70/25g	280mg
	Moondara Honey + Pistachio cream cheese	97mg/30g	289mg
	Moondara Craneberry + Macadamia cream cheese	85mg/30g	284mg
	Meredith Dairy Chevre goat cheese with fresh dill	76mg/20mg	378mg
	Jarlsberg original	66mg/15g	440mg
	Adelaide hills udder delights Truffle Brie		420mg


### Crackers/Chips/snacks

	Product	Per serve	Per 100g
	Peckish brown rice- lightly salted	24mg/20g	120mg

	DJ & A Crispy Broccoli Florets	47mg/25g	187mg
	Coles Veggie chips (Scoop your own)	100mg/50g	200mg
	DJ & A Potato Wedges	67mg/30g	224mg
	DJ& A Taro & Sweet Potato Chips-sea salt	71mg/30g	236mg
	Table of Plenty Mini Rice cakes triple berry yoghurt	<5mg/15g	27mg


### Nuts/Legumes

	Cashews Maple chilli (Scoop your own)	22mg/30g	74mg
	Almonds Maple Coconut (Scoop your own)	8mg	28mg
	Cashews Honey Coated (Scoop your own)		
	Munchme Pumpkin seed	29mg/20g	145mg




	Macro Nutty 'Nice	7mg	23mg
	You can find a variety of unsalted nuts in Coles. Nuts are usually sold in tubs or scoop your own.		

### Dips/Chutney/Salsa

	Product	Per serve	Per 100g
	Black swan -Tzatziki -Corn relish -Skinny Hommus	22mg/10g 29mg/10g 31mg/10g	221mg 293mg 307mg
	Black swan Taste of India (Lmt edition)	27mg/10g	269mg
	Black Swan Crafted Roast Garlic Hommus	27mg/10g	269mg
	Obela Hommus +sweet beetroot	67mg/20g	333mg

	Red Rock Deli		
	-Balsamic, beetroot, feta +cashew	52mg/20g	360mg
	-Roast Pumpkin, Caramelised Onion+ cashew	68mg/20g	342mg
	-Basil Pesto Pecorino + Cashew	68mg/20g	338mg



### Sauces/Condiments

	Product	Per serve	Per 100g
	Colman's apple Sauce	<5mg/15g	<5mg
	Ayam Satay Sauce (or Try Ayam thai chilli Jam stir fry paste 251mg/100g)	176mg/70g	251mg
	Masterfoods BBQ sauce Reduced salt and sugar (K+)	86mg/15ml	570mg




### Canned/ Jar Vege /canned fish

	Product	Per serve	Per 100g
	Mutti -Baby Roma -whole peeled -canned tomato -Cherry tomatoes (Not all Mutti products are low salt)	4mg/100g 5mg/100g 4mg/100g 4mg/100g	4mg 5mg 4mg 4mg
	Ardmona- diced tomato	7mg/125g	6mg






	Annalisa -peeled tomato -diced tomato	13mg/133g	10mg
	Leggos tomato paste- no added salt	18mg	36mg

### Canned fish


	Product	Per serve	Per 100g
	Brunswick wild sardines in spring water no added salt (k+ 317mg/100g)	87mg/74g	118mg
	Sirena Tuna Spring water	114mg/70g	162mg
	Safcol Wild caught Mackerel in natural oil	156mg/85mg	184mg

### Frozen Vege/ products

	Product	Per serve	Per 100g
	Bird's eye Veggie Rice	30mg/75g	40mg
	Bird's eye Steam fresh plus. Vietnamese brown & black rice	202/200g	101mg
	Bird's eye golden crunch -microwave chips shoestring	33mg/140g	24mg

	-microwave chips crinkles	84mg/140g	60mg
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### Soups/ stock

	Product	Per serve	Per 100g
	Hart & Soup Sweet Potato and Ginger Soup  (Vegetable broth soup 134mg/100g)	198mg	99mg
	Make your own stock loaded with herbs/spices and aromatics.		

### Spice blends

	Product	Per serve	Per 100g
	Find unsalted dried or fresh herbs in all major supermarkets.		

### Noodles/Pasta

	Product	Per serve	Per 100g
	Most dried pasta on the shelves are low in salt. Dry rice noodles are low in salt.		