



Low Salt
PANTRY


Low Sodium Shopping Guide- Woolworths

Breakfast / muesli/ cereal

	Product	Per serve	Per 100g
	Uncle Tobys 2 min quick oats	2mg/40g	6mg
	Weetbix – kids	4mg/33g	12mg
	Kellogg's- Just right	12mg/40g	40mg
	Freedom- Ancient Grains muesli	17mg/35g	47mg
	Fruit + Seeds muesli	19mg/35g	55mg
	Maple Almond cluster	47mg/35g	116mg
	Pearl Almond cluster	59mg/35g	148mg
	Active Balance (Multigrain +Cherry)	36mg/40g	90mg
	Active Balance (Buckwheat/Quinoa)		
	XO crunch	45mg/50g	90mg
	Berry Almond Muesli	25mg/35g	70mg
		33mg/35g	94mg

	Sunsol Breakfast Muesli (Almond/ Cashew/ Macadamia + Walnut) Majority Sunsol range is low in sodium	9mg/serve	21mg
	Jordans Low sugar granola -Almond & Hazelnut -Cherry & Almond -Simply Granola Crunch oat & Honey -Crispy oat Clusters -Cluster Bites- Honey & Nut	5mg/45g	10mg
	Farmer Jo. -Salted maple cashew -Nuts, Seeds & coconut	26mg/50g	52mg
	Dorset cereals- Berry granola	36mg/ 45g	80mg k+
	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


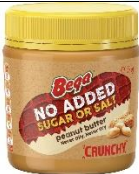

	Mission Tortillas white corn (12)	10mg/wrap	39mg
	Woolworths free from gluten 10 white corn tortillas	49mg/56g (2 tortillas)	88mg
	Old El Paso Stand n Stuff-Corn	20mg/14g	141mg
	M.E.B foods- -Lebanese bread Wholemeal	200/80g	250mg
	-Fresh pockets wholemeal pita	77.5/31g	250mg
	Woolworths Damper Rolls	187mg/68g	275mg
	Mighty Soft raisin toast	190mg/70g	265mg
	Macro Spelt & Chia	256mg/ serve	320mg
	Abbotts Bakery Dark Rye	264mg/78g (2 slice)	339mg
	Woolworth Soft Wholemeal sandwich	204mg/serve	340mg

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
	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

	Food for health Fruit free bars with almonds & chia	3.6mg/25g	14mg
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Spreads


	Product	Per serve	Per 100g
	Sanitarium -Crunchy no added sugar or salt peanut butter -Smooth no added sugar or salt peanut butter	0.4/20g 0.4/20g	1.9mg 1.9mg
	Bega -Peanut butter no added sugar or salt smooth -Peanut butter no added sugar or salt crunchy	3mg 3mg	14mg 16mg
	Mayver's Tahini	<5mg/25g	21mg
	Most butter/ margarine has a no salt alternative		

Cheese

	Product	Per serve	Per 100g
	La casa del formaggio Burrata La casa fresh mozzarella (La casa bocconcini and mascarpone also low in salt)	24mg/50g 37mg/50g	48mg 74mg
	Woolworths Cherry Bocconcini	64mg/44g	145mg



	Woolworths traditional bocconcini	64mg/44g	145mg
	Pantalica smooth Ricotta	163mg/125g	130mg
	Lenmos Paneer	79mg/50g	159mg
	Macro Nutritional Yeast	<5mg/7g	58mg
	Woolworth Cream cheese	86mg/25g	344mg
	The Norco natural cheese co	75mg/25g	300mg
	Meredith Dairy Chevre goat cheese with fresh dill	76mg/20mg	378mg
	Jarlsberg original	66mg/15g	440mg

Crackers/Chips/snacks

	Product	Per serve	Per 100g
	CERES organics- brown rice cracker – no added salt	0mg/18g (3 cakes)	1.4mg

	Sunrice original thin rice cake/ thick rice cake	0mg/25g	1mg
	Macro Organic Cheese Flavoured corn chips	21mg/25g (14 chips)	82mg
	Tostitos Tortilla chip lightly salted	76mg/27g (14 chips) K+	281mg
	Wasabi cassava chips	30mg/28g	110mg
	Vege crisps- Yellow sweet potato lightly salted	49mg/20g	247mg
	Tyrrell's slow-cooked crisps lightly sea salted	61mg/25g	244mg
	D'Lush biscuits	3mg/18.75 (1 piece)	16mg


Nuts/Legumes








	Munchme Pumpkin seed	29mg/20g	145mg
	Macro Nutty 'Nice	7mg	23mg
	You can find a variety of unsalted nuts and unprocessed legumes in Woolworths. Unsalted nuts are usually sold in tubs or bags.		

Dips/Chutney/Salsa

	Product	Per serve	Per 100g
	Macro coconut yoghurt tzatziki	40mg/20g	200mg
	Baxters Chilli Jam	11mg/10g	110mg
	Woolworths chunky salsa Medium (or chunky salsa Mild 140mg/100g)	110mg/75g	147mg
	Rosella- Mango, coconut, Habanero	25.7mg/30g	85.5mg
	Rosella- Apple cider, vinegar, brandy	26mg/30g	86mg

Sauces/Condiments

	Product	Per serve	Per 100g
	Yarra Valley Preserves. Mango & sweet chilli salad splash	12mg/25ml	46mg

	Red Kelly's Tasmania -Tangy traditional dressing -Sweet Chilli and lime	26mg/20g 17.8/20g	130mg 89mg
	Woolworths Balsamic vinegar	0mg	0mg
	Sandhurst Italian balsamic caramelised vinegar	1.2mg/15ml	8mg
	Obento rice wine vinegar	1mg/15ml	6mg
	F. Whitlock & sons Sriracha Style Marinade	65mg/15ml	425mg
	Masterfoods BBQ sauce Reduced salt and sugar (K+)	86mg/15ml	570mg
	Spring Gully Worcestershire sauce	95mg/20ml	477mg
	Kikkoman less salt soy sauce	571mg/15ml	2808mg
	Maggie Beer Rich & Thick Gravy	113mg/56g	202mg




Canned/ Jar Vege


	Product	Per serve	Per 100g

	<p>Mutti</p> <ul style="list-style-type: none"> -Baby Roma -whole peeled -canned tomato -Cherry tomatoes <p>(Not all Mutti products are low salt)</p>	<p>4mg/100g</p> <p>5mg/100g</p> <p>4mg/100g</p> <p>4mg/100g</p>	<p>4mg</p> <p>5mg</p> <p>4mg</p> <p>4mg</p>
	<p>Ardmona- diced tomato</p>	<p>7mg/125g</p>	<p>6mg</p>
	<p>Woolworth- diced tomatoes no added salt (K+)</p>	<p>60mg/200g</p>	<p>30mg</p>
	<p>Annalisa</p> <ul style="list-style-type: none"> -peeled tomato -diced tomato 	<p>13mg/133g</p>	<p>10mg</p>
	<p>Macro no added salt diced Italian tomatoes (k+)</p>	<p>18mg/200g</p>	<p>9mg</p>
	<p>Woolworth range of no added salt beans</p> <ul style="list-style-type: none"> -kidney beans -black beans 	<p><5mg/75g</p>	<p><5-7mg</p>
	<p>Edgell- no salt added corn</p>	<p>15mg</p>	<p>20mg</p>
	<p>Woolworths</p> <ul style="list-style-type: none"> -Chickpeas -Four bean mix -Asparagus spear <p>(see also other no salt added legumes)</p>	<p>25mg</p> <p>24mg</p> <p>2mg/75g</p>	<p>33mg</p> <p>32mg</p> <p>5mg</p>
	<p>Leggos tomato paste- no added salt</p>	<p>18mg</p>	<p>36mg</p>






	Muraca -Sundried tomatoes -Eggplant strips	16mg/40g 32mg/40g	40mg 80mg
	Golden circle Pickled sliced beetroot	50mg/60g	80mg
	Sandhurst Char Grilled capsicum	10.3mg/50g	20.6mg
	Spring Gully Sweet spiced gherkin rounds	18mg/20g	91mg
	Riviana bamboo shoots Riviana water chestnuts	<1mg/35g <1mg	0.5mg 2mg
	Gourmet chef Chilli Mussel (cook-in sauce)	54.2/225g	24.1mg

Canned fish


	Product	Per serve	Per 100g
	Sirena Tuna Spring water	114mg/70g	162mg
	Woolworth Tuna Spring water	114mg/66g	173mg
	Deep Cove Wild caught sardines in spring water	90mg/90g	100mg


	Brunswick wild sardines in spring water no added salt (k+ 317mg/100g)	87mg/74g	118mg

Frozen Vege/ products


	Product	Per serve	Per 100g
	Bell farms French fries	29mg/100g	29mg
	Bird's eye golden crunch -microwave chips shoestring -microwave chips crinkles	33mg/140g 84mg/140g	24mg 60mg
	McCain Quick cook mini smiles McCain Shoestring fries	160mg/100g 34mg/100g	160mg 34mg
	Bird's eye Veggie Rice	30mg/75g	40mg
	Grand Italian Pumpkin gnocchi Potato gnocchi	210mg/125g 206mg/125g	168mg 165mg

Soups/ stock

	Product	Per serve	Per 100g
	Hart & Soup Sweet Potato and Ginger Soup (Vegetable broth soup 134mg/100g)	198mg	99mg

	Maggi Beer -Natural vegetable stock -Natural beef stock -Chicken stock	114mg/250ml 538mg/250ml 237mg/250ml	46mg 215mg 96mg
	Make your own stock loaded with herbs/spices and aromatics.		


Spice blends

	Product	Per serve	Per 100g
	Doree Fried shallots	2mg/5g	50mg
	You can find dried or fresh herbs in Woolworths. For unsalted spice blend, see Online/small retail low sodium products		

Noodles

	Product	Per serve	Per 100g
	Most dried pasta brands contain very little sodium. Rice noodles and vermicelli are also low in sodium. Check your local store for brands.		

Ready made meals

	Product	Per serve	Per 100g
	Fast Fuel -Chicken Katsu & Fried rice -Poached chicken & supercharged quinoa	-291mg/325g -161mg/325g	-90mg -50mg

	-Moroccan chicken Buddha bowl -Naked Chicken & Honey mustard	-383mg/325g -214mg/325g	-118mg -66mg
	WW Healthy Kitchen- Peri Peri Chicken	452mg/400g	113mg
	Super Nature Wellness Bowl. Sri Lankan curry. (Frozen)	473mg/serve	135mg
	Woolworths Plantitude Butter chicken tofu	546/350g	156mg
	HUVA Plant based nutrition -Bolognese mix -Chilli Con Carne	109mg/78g 121mg/78mg	140mg 155mg
	Plant Nutrition. San Choy Bau. (Follow prep instructions but replace soy sauce with any low salt soy alternatives)	14.8mg/25g dry mix	167.2mg
	Kids frozen meals are generally low in salt. See brands such as Nourishing kids/ Junior Foodies/ Annabel Karmel little tasters		