



Low Salt
PANTRY

Complete Low Sodium Shopping Guide



Breakfast / muesli/ cereal

	Product	Per serve	Per 100g	Where
	KIND breakfast bars (Blueberry Almond/ Honey oat)	20mg-35mg/50g (1 bar)	40-70mg	Coles / KIND website
	Heritage Mill Cocoa coconut clusters	11mg/40g	28g	Coles
	Uncle Tobys 2 min quick oats	2mg/40g	6mg	Coles/ Woolworths
	Weetbix – kids	4mg/33g	12mg	Coles/ Woolworths
	Kelloggs- Just right	12mg/40g	40mg	Coles/ Woolworths
	Uncle Tobys Plus Fibre	45mg/40g	110mg	Coles/ Woolworths
	Nestle Milo	29mg/30g	100mg	Coles / Woolworths/Aldi
	Freedom- Ancient Grains muesli Fruit + Seeds muesli Maple Almond cluster Pearl Almond cluster Active Balance (Multigrain +Cherry	17mg/35g 19mg/35g 47mg/35g 59mg/35g 36mg/40g	47mg 55mg 116mg 148mg 90mg	Woolworths

	Active Balance (Buckwheat/Quinoa) XO crunch Berry Almond Muesli	45mg/50g 25mg/35g 33mg/35g	90mg 70mg 94mg	
	Jordans Low sugar granola -Almond & Hazelnut -Cherry & Almond -Simply Granola Crunch oat & Honey -Crispy oat Clusters -Cluster Bites- Honey & Nut	5mg/45g	10mg	Woolworths
	Sunsol Breakfast Muesli (Almond/ Cashew/ Macadamia + Walnut) Majority Sunsol range is low in sodium	9mg/serve	21mg	Woolworths
	Farmer Jo. -Salted maple cashew -Nuts, Seeds & coconut	26mg/50g	52mg	Woolworths
	Dorset cereals- Berry granola (k+)	36mg/ 45g	80mg	Woolworths
	GoldenVale Premium Muesli. Natural Bircher	5mg/50g	10mg	Aldi
	Crunch Clusters -Omega 3 Cranberry & almond -Pecan & Maple	18mg/40g 14mg/40g	44mg 36mg	Aldi
	The Monday food co. Keto gourmet granola	7mg/60g	12mg	Rhubarb Rhubarb Organics/ Online
	Ted & Mems Granola snack blend (also fruitful granola blend and grain free granola)	4mg/50g	8mg	Online @ iPantry
	2die4livefoods Organic activated muesli	16.7mg/75g	22mg	2die4livefoods website

Bread





	Product	Per serve	Per 100g	Where
	Abbotts Bakery Dark Rye	264mg/78g (2 slice)	339mg	Coles/ Woolworths
	Mighty Soft raisin toast	190mg/70g	265mg	Woolworths
	Woolworths Damper Rolls	187mg/68g	275mg	Woolworths
	Macro Spelt & Chia	256mg/ serve	320mg	Woolworths
	Woolworth Soft Wholemeal sandwich	204mg/serve	340mg	Woolworths
	Healthybake- Khorasan Hot Cross Buns Organic Sourdough	141mg/83g	170mg	Rhubarb Rhubarb organic VIC / Online @ Healthybake
	Healthybake- Rye Fruit Nut & Seed Organic Sourdough	156mg/92g	169mg	Rhubarb Rhubarb organic VIC / Online @ Healthybake
	Biome Boost Spelt bread	220mg/87.5g (2 slice)	252mg	Rhubarb Rhubarb organics
	Healthybake- Oat Date & Chia Sourdough 600g	248mg/85g	292mg	Rhubarb Rhubarb organic VIC / Online @ Healthybake

	Healthybake- Rye Organic Sourdough	221/73g (2 slice)	303mg	Rhubarb Rhubarb organic VIC / Online @ Healthybake
	Healthybake- Khorasan & Seed Organic sourdough	221/63g	351mg	Rhubarb Rhubarb organic VIC Online @ Healthybake
	Pereg Fine panko. Japanese style bread crumbs	43.8mg/28g	156.4mg	Woolworths






Wraps/ Tortillas

	Product	Per serve	Per 100g	Where
	Coles Multiseed wraps	164mg/50g (1 wrap)	328mg	Coles
	Old El Paso original Taco shells	3mg/shell	20mg	Coles/ Woolworths
	Mission Tortillas white corn (12)	10mg/wrap	39mg	Coles/ Woolworths
	Old El Paso Stand n Stuff-Corn	20mg/14g	141mg	Coles/ Woolworths
	Woolworths free from gluten 10 white corn tortillas	49mg/56g (2 tortillas)	88mg	Woolworths
	M.E.B foods- -Lebanese bread Wholemeal -Fresh pockets wholemeal pita	200/80g 77.5/31g	250mg 250mg	Woolworths




	El Tora Taco shells	3mg/14g	19mg	Aldi
	World Kitchen Pizza bases	109mg/38g	290mg	Aldi
	Watersteps Organic Taco shells	0mg	0mg	Rhubarb Rhubarb Organics
	Spiral foods Organic white rice paper	<5mg/20g	<5mg	Terra Madre

Nut/ Muesli Bars

	Product	Per serve	Per 100g	Where
	Majority of KIND range (Peanut Butter Dark chocolate/Dark chocolate cherry cashew/Almond, cranberry, honey/ Almond & coconut & more)	20mg/30g-40g (1 bar)	40mg	Coles/ KIND website
	Weight Watchers Macadamia and cranberry choc nut bar	22mg/34g (1 bar)	65mg	Coles
	Uncle Tobys Yoghurt Honeycomb/Strawberry	6mg/31g (1 bar)	18mg	Coles/ Woolworths
	Uncle Tobys Yoghurt Mango Passionfruit	7mg/31g (1 bar)	22mg	Coles/ Woolworths
	Uncle Tobys chewy range (choc chip/ apricot/ forest fruit)	4-13mg/31g (1 bar)	12-40mg	Coles/ Woolworths
	Majority of Uncle Tobys muesli range (not including oat slices)	7-15mg/35g (1 bar)	21-43mg	Coles/ Woolworths







	Carman's Bliss ball Choc orange + Poppy/ Almond Cocoa Brownie	2mg/20g (1 ball)	11mg	Coles/ Woolworths
	Be natural nut bars -Peanut & Cashew -Peanut & Almond (also see others in range)	13mg/41g 8mg/30g	41mg 25mg	Coles/ Woolworths
 	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	Woolworths
	Food for health Fruit free bars with almonds & chia	3.6mg/25g	14mg	Woolworths
	Sweet Vine -Banana Chips -Peach halves	<2mg/30g 5mg/30g	<5mg 17mg	Aldi
	Hillcrest Sesame snap	9mg/10g (1 snap)	85mg	Aldi

Spreads

	Product	Per serve	Per 100g	Where
	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	Coles/ Woolworths
	Bega -Peanut butter no added sugar or salt smooth -Peanut butter no added sugar or salt crunchy	3mg 3mg	14mg 16mg	Coles/ Woolworths
	Mayver's Tahini	<5mg/25g	21mg	Coles/ Woolworths

	Alfie's food co. Almond & Pistachio Butter	1mg/10g	6mg	Rhubarb Rhubarb Organics
	Raw Pepita Butter	11mg/30g	37mg	Terra Madre
	Raw Sunflower Butter	0mg/30g	0mg	Terra Madre
	99 th Monkey Pistachio & Almond Butter <i>(Also try their Unsalted Crunchy PB, ABC butter, Natural Almond butter, Organic Almond butter, almond cocoa butter)</i>	1mg/serve	5mg	Select Coles/ 99 th Monkey website
	Unsalted or reduced salt butter/ margarine are readily available in the supermarket.			



Cheese

	Product	Per serve	Per 100g	Where
	Coles Apricot Almond cream cheese	52mg/25g	208mg	Coles
	South Cape Apricot Almond Papaya	70/25g	280mg	Coles
	Moondara Cranberry + Macadamia cream cheese	85mg/30g	284mg	Coles
	Moondara Honey + Pistachio cream cheese	97mg/30g	289mg	Coles
	Coles Sweet Chilli cream cheese	84mg/25g	336mg	Coles
	Adelaide hills udder delights Truffle Brie		420mg	Coles

	Macro Nutritional Yeast	<5mg/7g	58mg	Coles/ Woolworths
	Lenmos Paneer (Most Paneer cheese are quite low in sodium. Check your local Indian supermarket)	79mg/50g	159mg	Coles/ Woolworths
	Meredith Dairy Chevre goat cheese with fresh dill	76mg/20mg	378mg	Coles/ Woolworths
	Jarlsberg original	66mg/15g	440mg	Coles/ Woolworths
	La casa del formaggio Burrata La casa fresh mozzarella (La casa bocconcini and mascarpone also low in salt)	24mg/50g 37mg/50g	48mg 74mg	Coles/ Woolworths
	Pantalica smooth Ricotta	163mg/125g	130mg	Woolworths
	Woolworths Cherry Bocconcini	64mg/44g	145mg	Woolworths
	Woolworths traditional bocconcini	64mg/44g	145mg	Woolworths
	The Norco natural cheese co	75mg/25g	300mg	Woolworths
	Woolworth Cream cheese	86mg/25g	344mg	Woolworths
	Mifroma Emmentaler	60mg/30g	200mg	Aldi
	Emporium selection Deli Slices - Swiss	96mg/20g (1 slice)	480mg	Aldi





	Emporium selection Deli Slices - Lindenburg	120mg/25g	480mg	Aldi
	JuraFlore Comte	108mg/30g	360mg	Costco
	That's Amore! Cheese -Organic smoked mozzarella -Organic mozzarella -Mascarpone -Cacio chilli -Buffalo Ricotta -Baby Bocconcini -Bocconcini (That's Amore cheese also recommended their Fior Di Latte, Cherry Bocconcini, Fiore di burrata, burrata, cow ricotta- All Sodium less than 300mg/100g)	53mg/25g 53mg/25g 4mg/25g 67mg/25g 28mg/25g 68mg/25g 68mg/25g	210mg 210mg 17mg 268mg 110mg 272mg 272mg	That's Amore! Cheese shop (Melb) / website for stockist

Crackers/Chips/snacks

	Product	Per serve	Per 100g	Where
	Peckish brown rice-lightly salted	24mg/20g	120mg	Coles
	DJ & A Crispy Broccoli Florets	47mg/25g	187mg	Coles
	Coles Veggie chips (Scoop your own)	100mg/50g	200mg	Coles
	DJ & A Potato Wedges	67mg/30g	224mg	Coles
	DJ & A Taro & Sweet Potato Chips-sea salt	71mg/30g	236mg	Coles

	Table of Plenty Mini Rice cakes triple berry yoghurt	<5mg/15g	27mg	Coles
	D'Lush biscuits	3mg/18.75 (1 piece)	16mg	Select Coles/ Woolworths/ IGA/ D'Lush website/ Online@ Lowsodiumfoods
	Sunrice original thin rice cake/ thick rice cake	0mg/25g	1mg	Woolworths
	CERES organics- brown rice cracker – no added salt	0mg/18g (3 cakes)	1.4mg	Woolworths
	Macro Organic Cheese Flavoured corn chips	21mg/25g (14 chips)	82mg	Woolworths
	Wasabi cassava chips	30mg/28g	110mg	Woolworths
	Tyrrell's slow- cooked crisps lightly sea salted	61mg/25g	244mg	Woolworths
	VitasVege crisps- Yellow sweet potato lightly salted	49mg/20g	247mg	Woolworths
	Tostitos Tortilla chip lightly salted	76mg/27g (14 chips) K+	281mg	Woolworths
	Macro sweet and salty air popped corn	22mg/20g	110mg	Woolworths/ Coles
	ORGRAN Garden veggies Puffs. Sweet Potato & Paprika	54mg/30g	180mg	Woolworths
	Simply pure deliciousness Corn chips- Zesty lime & Chilli	34mg/20g	169mg	Woolworths

NEW

NEW

NEW

	Edward & Sons Organic Brown Rice Snaps Gluten Free Unsalted Plain	0mg/8crackers	0	Online @low sodium foods website
	Classica Spelt organic thin cakes	1mg/20g	4mg	Prohealth Northland
	Eat to live Buckwheat cakes no added salt	56mg/29g (4cakes)	194mg	Online@ goodnessme website
	Mexico city foods. Tortilla chips	<3mg/45g		Online @low sodium foods website
	Karma Bites Popped lotus seed coconut & Vanilla	28mg/25g	120mg	Prahan Health food store
	Turbo Plantain snacks- Sweet Chilli Garlic Original	1mg/22.5g 47.7mg/22.5g 45.9mg/22.5g 49.5mg/22.5g	1.98mg 212mg 204mg 220mg	Turbosnacks.com.au
	Vinamit Sweet potato chips	0mg	0mg	Vietnamese grocers
	VGood Tomato Basil chickpea twists	44mg/serve	274mg	Vgood website
	Terra Madre Organic lightly sweet & Salted Popcorn	58mg/20g	290mg	Terra Madre
	Wholesome food company veggie crisps sweet potato and purple potato -lightly salted (k+)	75mg/25g	300mg	Terra Madre/ Good health food stores
	Proper Crisps Garden Medley (k+)	105mg/35g	300mg	Terra Madre/ Good health food stores



Flavoured Nuts/ Nut butters

	Product	Per serve	Per 100g	Where
	Cashews Maple chilli (Scoop your own)	22mg/30g	74mg	Coles
	Almonds Maple Coconut (Scoop your own)	8mg	28mg	Coles
	Cashews Honey Coated (Scoop your own)			Coles
	Munchme Pumpkin seed	29mg/20g	145mg	Coles/ Woolworths
	Macro Nutty 'Nice	7mg	23mg	Coles/ Woolworths
	2die4Livefoods. Organic activated cinnamon maple almonds	13mg/30g	43mg	2die4livefoods
	Mindful Foods Organic & Activated Nuts Mix nuts	10mg/25g	50mg	Goodnessme website
	Amazin'graze. Pandan coconut mix (pecans/almonds/cashews) Or try: -Antioxidant Berry trail mix Sodium 140mg/100g -Immunity Booster trail mix Sodium 80mg/100g	28mg/25g	110mg	Amazing'Graze website
	Pure delish luxe nuts. -Lime & black pepper almonds -Cashew lime & chilli coconut -smoked paprika -Maple smoked almonds (See other products from Pure Delish such as snacking clusters	67mg/22g 59mg/22g 45mg/22g 58mg/22g	306mg 270mg 204mg 263mg	HealthPost website
	You can easily find unsalted nuts in			

	Woolworths/ Coles/ALDI/ other major supermarkets/Online			

Dips/Chutney/Salsa

	Product	Per serve	Per 100g	Where
	Black swan -Tzatziki -Corn relish -Skinny Hommus	22mg/10g 29mg/10g 31mg/10g	221mg 293mg 307mg	Coles
	Black swan Taste of India (Lmt edition)	27mg/10g	269mg	Coles
	Black Swan Crafted Roast Garlic Hommus	27mg/10g	269mg	Coles
	Obela Hommus +sweet beetroot	67mg/20g	333mg	Coles
	Red Rock Deli -Balsamic, beetroot, feta +cashew -Roast Pumpkin, Caramelised Onion+ cashew -Basil Pesto Pecorino + Cashew	52mg/20g 68mg/20g 68mg/20g	360mg 342mg 338mg	Coles
	Macro coconut yoghurt tzatziki	40mg/20g	200mg	Woolworths

	Deli Originals Topped Hommus with Pine nuts	28mg/10g	281mg	Aldi
	The whole food kitchen Moroccan pumpkin (Try also the organic thai carrot)	27mg/20g	266mg	Terra Madre

Chutney/Salsa





	Product	Per serve	Per 100g	Where
	Baxters Chilli Jam	11mg/10g	110mg	Woolworths
	Woolworths chunky salsa Medium (or chunky salsa Mild 140mg/100g)	110mg/75g	147mg	Woolworths
	Rosella- Mango, coconut, Habanero	25.7mg/30g	85.5mg	Woolworths
	Rosella- Apple cider, vinegar, brandy	26mg/30g	86mg	Woolworths
	Doodles creek spicy tomato relish (Found in new products section)	1mg/13g	8mg	Woolworths
	Agri. Fermented Chilli Paste/ Fermented Green chilli paste (also low sugar)	0mg/10g	2mg	Woolworths/ Rhubarb Rhubarb Organics/ Online
	Crunch preserves -Chilli jam -Caramelised onion jam	2mg/10g 1mg	18mg 11mg	Rhubarb Rhubarb organics/ Online

	Blossom's Organics Kasoundi (Tomato Relish)	1.5mg/10g	15.3mg	Rhubarb Rhubarb organics/ Online
	Artisanology Caramelised balsamic onions with chilli	2mg/ 10g	17mg	Rhubarb Rhubarb organics/ Online
	Richie's Fresh Salsa Red Mild/Medium/Hot	38mg/80g	47mg	Rhubarb Rhubarb organics/ Online
	Romanian delights. Zacusca eggplant vege spread	80mg/20g	400mg	Online /see website for stockist




Sauces

	Product	Per serve	Per 100g	Where
	Colman's apple Sauce	<5mg/15g	<5mg	Coles
	Ayam Satay Sauce (or Try Ayam thai chilli Jam stir fry paste 251mg/100g)	176mg/70g	251mg	Coles/ Most Asian grocers
	Ayam Thai Satay sauce	197mg/70g	281mg	Good Asian grocers
	Ayam Gado Gado peanut sauce	198mg/70g	283mg	Good Asian Grocers
	Bull Head BBQ sauce	60mg/20g	290mg	Good Asian Grocers


	Shan Biryani Sauce	240mg/88g	272mg	Reservoir Spices/ Select Indian grocers
	Nogo Satay sauce with turmeric (Try Nogo's other sauces That are low in sodium: Sweet Chilli Sauce 21mg Sweet Capsicum Relish 22mg Eggplant Pickle 42mg Jalapeno Salsa 73mg Zingy Ginger Sauce 23mg)	41mg/31.66g	131mg	Rhubarb Rhubarb organic Grocer/ Nogo website
	Gourmet chef Chilli Mussel (cook-in sauce)	54.2/225g	24.1mg	Woolworths
	Maggie Beer Rich & Thick Gravy	113mg/56g	202mg	Woolworth

Low Sodium Soy/ Soy replacement

	Product	Per serve	Per 100g	Where
	Jimalie Organic coconut teriyaki sauce	7mg/5ml	144mg	Online @ Jimalie
	Niulife Cocomino Sweet chilli sauce	28mg/5ml	560mg	Rhubarb Rhubarb organics/ Online
	Terra Madre coconut Aminos	87mg/10ml	870mg	Terra Madre
	CeresOrganics- Coconut Aminos Seasoning	54mg/5ml	1070mg	Rhubarb Rhubarb organics/ Online/ Select Woolworths
	Coconut secret Coconut aminos garlic sauce	60mg/5ml	1200mg	Online @iherb


	Kikkoman less salt soy sauce	571mg/15ml	2808mg	Woolworths
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Condiments/Vinaigrette/Dressings


	Product	Per serve	Per 100g	Where
 	Heinz Tomato ketchup 50% less added sugar and salt (K+)	60mg/15ml	395mg	Coles/ Woolworths
	Masterfoods BBQ sauce Reduced salt and sugar (K+)	86mg/15ml	570mg	Coles/ Woolworths
	Colway Tomato sauce 25% reduced salt & sugar (K+)	59mg/10ml	594mg	Aldi
	F. Whitlock & sons Sriracha Style Marinade	65mg/15ml	425mg	Woolworths
	Spring Gully Worcestershire sauce	95mg/20ml	477mg	Woolworths
	Woolworths Balsamic vinegar	0mg	0mg	Woolworths
	Sandhurst Italian balsamic caramelised vinegar	1.2mg/15ml	8mg	Woolworths
	Obento rice wine vinegar	1mg/15ml	6mg	Woolworths
	Red Kelly's Tasmania -Tangy traditional dressing -Sweet Chilli and lime	26mg/20g 17.8/20g	130mg 89mg	Woolworths

	Yarra Valley Preserves. Mango & sweet chilli salad splash	12mg/25ml	46mg	Woolworths
	Ceres Organics. Organic garlic aioli	10mg/20g	50mg	Rhubarb Rhubarb Organic grocer/ Ceres Organics website
	Good Fat Mayo	60mg/20g	298mg	Rhubarb Rhubarb Organic grocer/ Online
	Roza's Classic mayonnaise	29mg/20ml	145mg	Rhubarb Rhubarb Organic grocer/ Online
	Roza's red Pesto	23mg/20ml	116mg	Rhubarb Rhubarb Organic grocer/ Online
	Maleny Cuisine Thai style dressing	1.2mg/25ml	5mg	Online @ lowsodiumfoods
	Mekhala Organic pad thai dressing. sauce. Dip	63mg/17g	368	Terra Madre
	Lazy Kettle Brand Hickory liquid smoke	0mg	0mg	Rhubarb Rhubarb Organics

Canned/ Jar Vege


	Product	Per serve	Per 100g	Where
	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	Coles/ Woolworths

	Ardmona- diced tomato	7mg/125g	6mg	Coles/ Woolworths
	Annalisa -peeled tomato -diced tomato	13mg/133g	10mg	Coles/ Woolworths
	Leggos tomato paste- no added salt	18mg	36mg	Coles/ Woolworths
	Macro no added salt diced Italian tomatoes (k+)	18mg/200g	9mg	Woolworths
	Woolworth- diced tomatoes no added salt (K+)	60mg/200g	30mg	Woolworths
	Woolworth range of no added salt beans -kidney beans -black beans	<5mg/75g	<5-7mg	Woolworths
	Woolworths -Chickpeas -Four bean mix -Asparagus spear (see also other no salt added legumes)	25mg 24mg 2mg/75g	33mg 32mg 5mg	Woolworths
	Edgell- no salt added corn	15mg	20mg	Woolworths
	Riviana bamboo shoots Riviana water chestnuts	<1mg/35g <1mg	0.5mg 2mg	Woolworths
	Sandhurst Char Grilled capsicum	10.3mg/50g	20.6mg	Woolworths
	Muraca -Sundried tomatoes -Eggplant strips	16mg/40g 32mg/40g	40mg 80mg	Woolworths
	Golden circle Pickled sliced beetroot	50mg/60g	80mg	Woolworths
	Spring Gully Sweet spiced gherkin rounds	18mg/20g	91mg	Woolworths

	Absolute Organic beetroot slices	198mg/100g	198mg	Terra Madre
	Tasmanian wakame	0mg	0mg	Terra Madre

Canned fish

	Product	Per serve	Per 100g	Where
	Safcol Wild caught Mackerel in natural oil	156mg/85mg	184mg	Coles
	Brunswick wild sardines in spring water no added salt (k+ 317mg/100g)	87mg/74g	118mg	Coles/ Woolworths
	Deep Cove Wild caught sardines in spring water	90mg/90g	100mg	Woolworths
	Sirena Tuna Spring water	114mg/70g	162mg	Coles/ Woolworths
	Woolworth Tuna Spring water	114mg/66g	173mg	Woolworths
	Crown Prince Natural Pink Salmon	55mg/85g	64.7mg	Low sodium foods website
	Crown Prince Natural Albacore Tuna no added salt	115mg/125g	95.8mg	Low sodium foods website
	Good fish Alaskan Salmon in Organic extra virgin olive oil	57mg/60g	95mg	Terra Madre/ Harris Farm markets
	Good fish Tuna in Organic extra virgin olive oil	99.5mg/60g	165.8mg	Terra Madre/ Harris Farm markets





	Good fish Sardines in Organic extra virgin olive oil	51mg/30g	169mg	Terra Madre/ Harris Farm markets
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Frozen Vege/frozen products



	Product	Per serve	Per 100g	Where
	Bird's eye Veggie Rice	30mg/75g	40mg	Coles
	Bird's eye Steam fresh plus. Vietnamese brown & black rice	202/200g	101mg	Coles
	Bird's eye golden crunch -microwave chips shoestring -microwave chips crinkles	33mg/140g 84mg/140g	24mg 60mg	Woolworths
	Bell farms French fries	29mg/100g	29mg	Woolworths
	McCain Quick cook mini smiles	160mg/100g	160mg	Woolworths
	McCain Shoestring fries	34mg/100g	34mg	Woolworths
	Grand Italian Pumpkin gnocchi	210mg/125g	168mg	Woolworths
	Potato gnocchi	206mg/125g	165mg	Woolworths
	Seasons pride -Straight cut chips	33mg/100g	33mg	Aldi
	-Sweet potato chips	109mg/100g	109mg	Aldi
	Specially selected Honey Glazed roast parsnips	132mg/100g	132mg	Aldi
	Market Fare Quick Steam. Steam rice pouches grilled vegetable	268mg/200g	134mg	Aldi
	Urban eats Asian style Bao buns	11mg/32g	33mg	Aldi
	Mr's Tran's Kitchen Bao Buns (Also Coconut, Black Charcoal, Matcha variety all <100mg Sodium per 100g) (*Vegetarian spring rolls 197mg/100g and Vegetarian Samosa's 259/100g, Scallop & Prawn dumplings 140mg/100g	12.9mg/30g (1 buns)	43mg	Aldi/ See website for stockist


	etc Check website for noodles/Asian sauces that are lower in salt)			
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Soups/ stock

	Product	Per serve	Per 100g	Where
	Hart & Soup Sweet Potato and Ginger Soup (Vegetable broth soup 134mg/100g)	198mg	99mg	Coles/ Woolworths
	Maggie Beer -Natural vegetable stock -Natural beef stock -Chicken stock	114mg/250ml 538mg/250ml 237mg/250ml	46mg 215mg 96mg	Woolworths
	The stock merchant -free range chicken stock -grass fed beef -traditional vegetable -Sustainable crab stock	58mg/250g	23mg	Rhubarb Rhubarb organics/ Website for stockist
	Salt skip stock powder beef Chicken vegetable (k+)	53mg/100ml 55mg/100ml 45mg/100ml		Low Sodium foods website/ Sunnybrook health store/select health food stores
	Make your own stock loaded with herbs/spices and aromatics.			

Salt replacement/ Spice blends

	Product	Per serve	Per 100g	Where
	Herbamare low salt (K+ as replacement)		<0.3g	Prohealth Northland/ Online
	Screaming seeds spice co. Bengali five spice (Mild) (Try other unsalted spice blends : Garam Masala, Quatre Epices, Rainforest season, Mediterranean	No added salt	No added salt	Terra Madre/ Screaming seeds website for other unsalted spice blends



	<i>mix, Baharat, seven seas, Caribbean chilli, Rogan Josh)</i>			
	El Avion- Natural Paella seasoning with saffron	No added salt	No added salt	Deli + in Preston Market. Shop C218-c222
	Terra Madre Organic Butter chicken spice blend	No added salt	No added salt	Terra Madre
	Bragg Organic sprinkle 24 herbs & spices seasoning	No salt	No salt	Prahan health food store/ Online @ goodnessme.com
	Herbie's spice -Zalt (check out other blends such as Butter chicken/korma curry/ satay spice mi, and lots of other curry blends that are low in salt)	0.24mg/1g	24mg	Herbie's website/ Lowsodiumfoods website
	Blossom's organics -Dukkah	2.3mg/10g	23.4mg	Rhubarb Rhubarb organics/ Online
	Tully's Kitchen Mr India/Mrs India-authentic curry spice blend	0mg	0mg	Rhubarb Rhubarb Organics/ Online
	Doree Fried shallots	2mg/5g	50mg	Woolworths/ Most Asian Grocers
	Josh & Sue Rose Harissa	8mg/10g	84mg	Oasis Fairfield/ Online
	West country spice -Thai red curry paste -Thai green curry paste -Korma Curry paste -Tikka curry paste	4mg/23g 34mg/23g 4mg/23g 16mg/23g	35mg 292mg 29mg 139mg	Prahan Health food store/ Online / wholesomehub
	Love My Earth -Butter chicken organic curry mix -Tikka Masala Organic curry mix	1mg/5g 1mg/5g	10mg 10mg	Online @ Wholesomehub
	Find dried or fresh herbs in all major supermarkets.			

NEW







NEW

Pasta/Noodles

	Product	Per serve	Per 100g	Where
	 Double Phoenix Vermicelli bean thread	13mg/40g	32mg	Coles/ Woolworths/ Most Asian Supermarkets
	 Dangmyeon Sweet Potato noodles	5mg/50g	10mg	Coles/ Woolworths
	 Erawan Brand Rice stick (Banh Pho)	10mg/50g	20mg	Coles/ Woolworths/ Most Asian Supermarkets
	 Muenseimen Washoku Soba	0mg	0mg	Yuen's market (Brisbane)
	 Yamamoto Kajino 100% Buckwheat Soba- no salt added	0mg	0mg	Kinoko Deli (Hobart)
	 Takizawa Sarashina Soba	14mg/100g	14mg	Welcome fresh food (Brisbane)
	 Nutritionist Choice- Organic Buckwheat & Brown Rice noodles	1mg/50g	2mg	Terra Madre (Melb)
	 Shokuako -vegetable soman -Muen soman	0mg/50g	0mg	Hinoki Japanese grocer (Melb) / Arc Asian Grocer(Melb)/ select Asian Grocers
	 Mushi yakisoba	115mg/150g	79mg	Hinoki Japanese grocer (Melb)
	 A3. Bring the best -Soup rice noodle (K+) -Stir fry rice noodle (K+)	-202.5/250g -202.5/250g	-81mg -81mg	Asian Grocers (local Melbourne Product)

	TTC Pho Tuoi Saigon soup rice noodle	10mg/250g	5mg	Asian Grocers (local Melbourne product)
	MeKong Stir fry noodles. Dac Biet Mem Deo	28mg/250g	11mg	Asian Grocers (Local Melbourne product)
	Dried pasta on the shelves, Rice Noodles & Vermicelli noodles are usually very low in salt			

Readymade meals/Premade mixes

	Product	Per serve	Per 100g	Where
	Fast Fuel -Chicken Katsu & Fried rice -Poached chicken & supercharged quinoa -Moroccan chicken Buddha bowl -Naked Chicken & Honey mustard (Fresh in fridge)	-291mg/325g -161mg/325g -383mg/325g -214mg/325g	-90mg -50mg -118mg -66mg	Woolworths
	WW Healthy Kitchen- Peri Peri Chicken	452mg/400g	113mg	Woolworths
	Super Nature Wellness Bowl. Sri Lankan curry. (Frozen)	473mg/serve	135mg	Woolworths
	Woolworths Plantitude Butter chicken tofu (Shelf)	546/350g	156mg	Woolworths
	HUVA Plant based nutrition -Bolognese mix -Chilli Con Carne	109mg/78g 121mg/78mg	140mg 155mg	Woolworths
	vEEF Artisan. Plant based pulled lamb	136mg/100g	136mg	Woolworths

	Plant Nutrition. San Choy Bau	14.8mg/25g dry mix	167.2mg	Woolworths
	Simply Super Sri Lankan Style Curry	476mg/350g	136mg	Aldi
	Heartful Flavours -Korean Bibimbap -Thai Green Curry -Vietnamese Pho	2mg/ 6.25g 7mg/ 6.25g 6mg/ 6.25g	30mg 109mg 87mg	Heartful Flavours website
	Vincent Vegetarian food -Vegetarian stewed mutton -Bean curd dish -Soya Mince	19mg/30g 47.4mg/100g 33mg/100g	63.3 47.4 33mg	Crown Asian Supermarket/ Select Asian grocers.
	Kids frozen meals are generally low in salt. See brands such as Nourishing kids/ Junior Foodies/ Annabel Karmel little tasters			