

LOW SODIUM PANTRY STAPLES

Heart-Healthy Kitchen Essentials

GRAINS & LEGUMES

- Dried Beans & Lentils
- Brown or Wild Rice
- Quinoa (Pre-rinsed)
- Old Fashioned Rolled Oats
- No-Salt-Added Canned Beans
- Whole Wheat Pasta

CANNED & JARRED

- No-Salt-Added Diced Tomatoes
- Low Sodium Vegetable Broth
- Canned Salmon (in Water)
- Unsalted Nut Butters
- No-Sugar-Added Applesauce
- Roasted Red Peppers (Water packed)

OILS & VINEGARS

- Extra Virgin Olive Oil
- Avocado Oil
- Apple Cider Vinegar
- Balsamic Vinegar
- Rice Vinegar (Unseasoned)
- Fresh Lemon/Lime Juice

SPICES & AROMATICS

- Garlic & Onion Powder
- Smoked Paprika
- Dried Oregano & Basil
- Cayenne or Chili Flakes
- Black Peppercorns
- Nutritional Yeast

NUTS & SEEDS

- Raw Almonds

- Unsalted Walnuts
- Chia Seeds
- Ground Flaxseed
- Unsalted Pumpkin Seeds
- Raw Cashews

BAKING ESSENTIALS

- Whole Wheat Flour
- Low Sodium Baking Powder
- Pure Vanilla Extract
- Cocoa Powder (Unsweetened)
- Raw Honey or Maple Syrup
- Cornstarch

Note: Always check nutrition labels. "Low Sodium" is defined as 140mg or less per serving.