

101 Low-Salt Snacks

(less than 150mg of sodium per serving)

1. Granola bars (many are low in salt)
2. Applesauce
3. Cereal bars (many are low in salt)
4. Graham crackers
5. Flavored cream cheese on a slice of toast
6. Hard-boiled egg
7. Rice crispy treats
8. Popcorn with unsalted butter
9. Dill cream cheese w/unsalted crackers or vegetables
10. Cereal (Sugar Smacks, Fruit Loops, Frosted Mini-Wheats, Corn Pops)
11. Tim's Unsalted Potato Chips (high in potassium)
12. Mrs. Dash Sour Cream Dip with unsalted tortilla chips
13. Caramel rice cakes
14. No-Salt Melba Toast
15. Pirate's Booty™
16. Animal crackers
17. Nilla Wafers
18. Honey Butter Ritz
19. Unsalted pretzels
20. Unsalted nuts (though high in phosphorus and potassium)
21. Fruit snacks
22. Unsalted Tortilla chips
23. Marshmallows
24. Baked pita bread w/cinnamon and sugar
25. Protein bar (Pria, Slim Fast, Luna & Balance bars are good choices)
26. Teddy Grahams (Oatmeal, Cinnamon, and Honey varieties)
27. SuperPretzel, without salt packet (in frozen food aisle)
28. Dried cranberries
29. Erin's low-sodium popcorn
30. Flat Earth baked fruit crisps
31. Snyder's unsalted and honey mustard & onion pretzels
32. Bagel Crisps - New York Style (Cinnamon Raisin and Plain)
33. Special K snack bites
34. Barbara's Wheatines
35. Barbara's Cheese Puffs
36. Fresh fruits & veggies (ask your nutritionist for info on potassium content)
37. Canned fruits such as pears, peaches (lower in potassium than fresh)
38. Kellogg's Yogos snacks
39. Rice crackers
40. Cottage Cheese - No added salt (high in phosphorus)
41. No-salt Saltines
42. Do-it-yourself Trail Mix (a blend of cereal, unsalted pretzels, chocolate chips, dried cranberries)
43. Wheat Thins – low-sodium version
44. Triscuits – low-sodium version
45. Pepperidge Farm Harvest Wheat Crackers
46. Pepperidge Farm Golden Butter Crackers
47. Water crackers
48. Wasa crackers
49. String cheese (1 oz) - count as a high phosphorus food
50. Yogurt (8 oz) - count as a high phosphorus food
51. Gingersnaps
52. Gummy bears/gum drops
53. Fruit cocktail
54. Fruit popsicle
55. Smart Balance Smart'n'Healthy popcorn
56. Entenmann's Little Bites, Blueberry Mini-Muffin
57. Fortune cookies
58. Caramel chews
59. Twizzlers
60. Sorbet
61. Jello
62. Biscotti
63. Granola (many, not all)
64. Fudgesicle
65. Fruit roll-up
66. Chicken drumstick
67. Tootsie rolls (salt-free)
68. Junior Mints
69. Breadstick dipped in rosemary olive oil
70. Corn tortilla or unsalted tortilla chips with mango salsa
71. Coleslaw (low-salt recipe on www.nwkidney.org)
72. Celery sticks with unsalted peanut butter
73. Wasabi Peas
74. Grilled pineapple
75. Strawberries with brown sugar and whipped topping
76. Deviled eggs
77. Frozen grapes or berries
78. Lundberg Apple Cinnamon Rice cakes – salt-free
79. Lorna Doones
80. CHAOS by Robert's American Gourmet
81. Tings by Robert's American Gourmet
82. Stacy's Pita Chips (Cinnamon and Naked versions)
83. Low-sodium Ritz
84. Trader Joe's tortilla flatbread
85. Tofuttie Cuties™ frozen dessert
86. Sugar and spice popcorn
87. Malt balls
88. Skittles
89. Hard candy
90. Oatmeal (not instant) and brown sugar
91. Fruit leather
92. Slice of homemade bread (low-salt recipe on www.nwkidney.org)
93. Homemade baked good (muffin, scone, biscuit)
94. Girl Scout cookies
95. Angel food cake with chocolate syrup
96. Pocky sticks
97. Nabisco 100 Calorie Cookie Pouches
98. Fig Newtons
99. Nutrigrain bar
100. Trader Joe's fat-free caramel popcorn
101. Shortbread cookies



36. Fresh vegetables