

## Salty foods to avoid

These will make you thirsty, make your blood pressure rise and make you body retain water.

Anchovies	Lunch meats
Accent (MSG)	Mustard
Bacon	Olives
Bouillon cubes	Onion salt
Canned soup	Oyster sauce
Capers	Parmesan cheese
Caviar	Pickle relish
Cheetos®	Pickles
Cheese (other than cream cheese & cottage cheese)	Pizza
Cheese whiz	Potato chips
Corn chips	Powder soups
Delicatessen foods	Salad dressings
Fat back/Salt pork	Salt
Fish sauce	Saltine crackers
Fritos®	Sauerkraut
Frozen prepared meals	Sausage
Frozen prepared needles & rice dishes	Smoked meats
Frozen prepared vegetables	Smoked fish
Garlic salt	Snack crackers
Ham	Soy sauce
Heinz 57 sauce®	Sports drinks
Hot dogs	Tarter sauce
Ketchup	Tomato juice
Kosher meat	TV dinners
Lox	V8 juice®