



# Low Sodium Mixes

Some products are seasonal and therefore may not be available throughout the year. However, we recognize that you may have this product in your home kitchen and we want to make this list fully effective for you. Products that are no longer available for purchase are denoted with an \*. This document is meant as a guide and does not represent official labeling of the FDA. Our information is based on what is provided to Homemade Gourmet® by manufacturers. We strive to make this list as accurate as possible.

Low Sodium = 140mg or less per serving

<b>Homemade Gourmet® Mix</b>	<b>Servings per Package</b>	<b>Serving Size</b>	<b>Sodium mg</b>
Amazing Amaretto Cheesecake Mix	8	2 Tbs	0
Basic Cheesecake Mix	8	2 Tbs	0
Cinnamon Sopapilla Dessert Mix	15	1 1/3 Tbs	0
Cinnamon Spice Makes Everything Nice Tea	48	1/4 Tbs	0
Coleslaw Dressing Mix	8	4 tsp	0
Cool Lemonade Cheesecake Mix	8	2 1/4 Tbs	0
Cranberry Margarita Party Blender Mix	24	3/4 Tbs	0
Double Chocolate Brownie Mix *	18	3 1/2 Tbs	0
Key Lime Cheesecake Ball Mix	16	1 Tbs	0
Mango Iced Tea Mix	16	2 Tbs	0
Mini Pecan Pie Muffin Mix	18	2 Tbs	0
Mojito Mint Tea	48	1/4 Tbs	0
Tami's Garden Select Seasoning	96	1/2 tsp	0
Old Fashioned Apple Crisp Mix	8	3 1/2 Tbs	0
Orange Cranberry Bread Pudding Mix	15	2 1/2 Tbs	0
Passion Fruit Margarita Party Blender Mix	24	2 1/2 tsp	0
Peach Iced Tea Mix	16	2 Tbs	0
Pumpkin Pie Cheesecake Mix	8	2 Tbs	0
Raspberry Iced Tea Mix	16	2 Tbs	0
Sassy Sangria Party Blender Mix	16	3 1/2 tsp	0
Southern Pecan Praline Mix	18	2 1/2 Tbs	0
Spiced Cider Mix	8	2 tsp	0
Spiced Dip Mix	8	1/2 Tbs	0
Strawberrilicious Vanilla Tea	48	1/4 Tbs	0
Tiramisu Cheesecake Mix	8	1/3 Cup	0
Tropical Breeze Tea *	48	1/4 Tbs	0
Tropical Chicken Salad Mix	8	3 1/2 tsp	0
Tropicolada Cheesecake Mix	8	2 Tbs	0
Zentastic Blackberry Jasmine Green Tea	48	1/4 Tbs	0
Chocolate Pecan Cheesecake Mix	8	3 Tbs	5
Grandma's Buttermilk Pie Mix	8	3 Tbs	5
Apple Pecan Vinaigrette Mix	8	1 1/2 Tbs	10

Cranberry Almond Pasta Mix	12	2 1/2 Tbs	10
BLT Dip Mix	16	1 tsp	15
BLT Pantry Staple	111	1 tsp	15
Chocolate Chip Cookie Pie Mix	8	5 Tbs	15
Smokin' BBQ Dip Mix	12	1/2 tsp	15
Raspberry Velvet Fruit Dip Mix	8	2 tsp	25
Bodacious Butterscotch Pie Mix	8	3 1/2 Tbs	35
Garlic and Parmesan Bread Dippin' Mix	8	3/4 tsp	60
Lemon Sandwich Cookie Mix	24	1/3 cup	60
Strawberry Lemonade Squares Mix	24	2 3/4 Tbs	60
Jalapeno Bacon Cheddar Dip Mix	16	1/2 Tbs	75
Cool Cucumber Dip Mix	16	1/3 tsp	85
Mock Spinach Dip Mix	16	1/2 tsp	85
Mock Spinach Seasoning Pantry Staple	258	1/2 tsp	85
Awesome Oatmeal Cookie Mix	18	3 Tbs	90
Chocolate Chunk Cookie Mix	12	2 1/2 Tbs	105
Gusto Garlic Pesto Cheese Ball Mix	16	2/3 tsp	110
Italian Red Pepper Bread Dippin' Mix	8	1 tsp	110
White Chocolate Cran-Orange Cookie Mix	21	1/4 Cup	115
Louisiana Gumbo Mix	12	1 Tbs	125
Black Bean Salsa Mix	12	2 Tbs	135
Peanut Butter Cookie Mix	20	7 tsp	135
Tiramisu Muffin Mix	18	3 1/3 Tbs	135
Over 140mg but still reasonable:			
Baked Bean Mix	8	6 1/2 Tbs	150
Breakfast Pastry Puff Mix	12	3 1/2 Tbs	150
Velvety Creations Sauce Mix	36	2 2/3 tsp	150
Mom's Smashed Potatoes Mix	6	1/3 Cup	160
Roasted Tomato Salsa Mix	12	1/2 tsp	160
Orange Vinaigrette Mix	8	1 Tbs	170
Mediterranean Pasta Salad Mix	8	1/2 Cup	180
Sun-Dried Tomato Dip Mix	8	1 Tbs	180
Lemon Poppy Seed Seasoning Mix	6	5 tsp	200
Teriyaki Marinade Mix	8	1 Tbs	200
Garlic Basil Seasoning Mix	8	1 1/3 tsp	220
Garlic Basil Seasoning Pantry Staple	119	1 1/3 tsp	220
Garlic Pesto Pasta Mix	8	1 1/4 tsp	220
Jalapeno Ole Soup Mix	8	1 Tbs	220
Tres Queso Breakfast Skillet Mix	6	3 1/3 Tbs	220
Garlic Lemon Marinade Mix	8	3/4 tsp	230
Garlic Lemon Pantry Staple	111	3/4 tsp	230
Maria's Salsa Mix	8	1 tsp	240
Maria's Salsa Pantry Staple	200	1 tsp	240
Rosemary Citrus Seasoning	10	1 tsp	250
Texas Cobbler Mix	8	7 tsp	260
Three Cheese Garlic Biscuit Mix	15	2 1/2 Tbs	260
Basic Sweet Bread Mix	10	1/4 Cup	270
Cinnamon Pecan Streusel Cake Mix *	12	1/2 cup	280
Season 'n' Steam BBQ Sandwich Mix	6	3 1/2 tsp	300



# The Story on Salt

By Meridan Zerner, MS, RD, LD

We can all benefit from a lower sodium diet and learning more about how sodium fits into the big picture. The good news is that it's relatively easy to reduce the amount of sodium in our diet. Making changes such as eliminating the addition of extra salt in cooking and at the table and eating more fresh fruits and vegetables, will result in a substantial reduction in sodium in your diet.

## To reduce the amount of sodium in your diet:

Avoid adding salt to homemade dishes when cooking or try a salt substitute (*only if your doctor approves as these are not for everyone*).

Avoid adding extra salt at the table.

Learn to use spices and herbs to enhance the flavor of foods.

Balance processed foods that are higher in sodium like bacon, soups, and canned and frozen foods by drinking extra water and adding fresh vegetables to the entrée.

Have those higher sodium food favorites less frequently.

Include high-fiber foods such as vegetables, cooked dried peas and beans, whole-grain foods, bran, cereals, pasta and fresh fruit. Fiber is the indigestible part of plant food that helps move food along the digestive tract, better controls blood glucose levels, and may reduce the level of cholesterol in the blood. Foods high in fiber include natural antioxidants, which reduce the risk of cardiovascular disease. The goal for everyone is to consume 25 to 35 grams of fiber per day.

When dining out, request preparation of your meal without salt. Also, minimize fast food visits. Fast food is a high contributor to salt intake. Choose a home cooked meal instead.

If time is an issue, look at the Homemade Gourmet® Season 'n' Steam products for a quick solution to meal time challenges. And again, it's a matter of balance. If you were going to make my personal favorite, Homemade Gourmet® White Chicken Chili (all soups have a high sodium content), then add a garden salad, a tall glass of water and minimize the sodium intake for the rest of the day. Homemade Gourmet® does have some delicious lower sodium recipes that you can find in Key to the Kitchen. And there are often ways to cut down the sodium numbers on any of your favorites if necessary.

When a recipe or Homemade Gourmet® product calls for canned ingredients, choose the low or no sodium versions whenever available.

Select skim or low-fat milk, low-sodium or low-fat cheeses, as well as low-fat yogurt.