

Q FOR REDUCING SODIUM QUICK STARTS

Positive Picks

- Fruits
- Unsalted or no salt snack foods
- Vegetables (make sure you rinse canned vegetables with water before heating)
- Fresh or frozen meats cooked without salt
- Low sodium cheese

Avoid

- Cured or processed meats
- Regular canned soups
- Bacon
- Sausage
- Regular cheese
- Fast food
- Condiments
- Frozen dinners that exceed 600 mg sodium



- Stop adding salt to food at the table. One third to one half of the sodium people eat is added after food is prepared or during cooking.
- Use herbs, spices, fresh garlic, and lemon juice rather than salt to flavor foods.
- Read labels on foods to check the amount of sodium in them before you buy them. Many products have lower sodium options.
- Choose single food items with 250 mg sodium or less per serving.
- As you decrease your sodium intake, your taste buds will adapt and your preference for salty foods will decrease.