



Low Sodium – Better Choices



FRESH MEAT, FISH
AND POULTRY



FRUITS AND
VEGETABLES,
FRESH OR FROZEN



SALT FREE
SEASONINGS



HOMEMADE MEALS

ALWAYS CHECK THE LABEL TO MAKE SURE THERE ARE NOT ANY HIDDEN SODIUM ADDITIVES



High Sodium – Limit These Choices



PROCESSED FOODS:
PRE-PACKAGED, CANNED, CONVENIENCE AND FAST FOODS



SALTY SEASONINGS, MARINADES,
SAUCES AND SALT SUBSTITUTE

MANY SUBSTITUTE POTASSIUM CHLORIDE IN PLACE OF SODIUM CHLORIDE



PROCESSED OR ENHANCED MEATS