

Tips for Eating a Lower-Sodium Diet

How well are you doing?

Check each of the behaviors you did consistently most of the month. The more you tips you followed, the better you treated your body overall!

- Ate fresh, no-/low-sodium canned, or no-/low-sodium frozen veggies Intentionally used small amounts of sauces, dressings, and condiments
- Avoided eating instant foods like flavored rice/noodle packages (Ramen, Zataran's, etc.)
- Chose snack foods with 5% or less recommended daily value of sodium
- Used herbs (like basil, rosemary, thyme, sage, etc.), spices (like ginger, garlic, turmeric, etc.), or salt-free seasonings (like Mrs. Dash) to flavor foods instead of salt
- Did not salt food at home or restaurants
- Used no or minimal lemon pepper seasoning, seasoned salt, regular marinades/rubs/seasonings with high salt content
- Choose either low-sodium deli meats or limited deli meat intake
- Avoided fried meats, sausages, pepperoni, and other Italian meats
- Chose fresh veggies/fruits or low-fat dairy as a meal side instead of sauced sides like coleslaw, pasta salad, mashed potatoes, etc.
- Consumed potassium-rich foods (like apricots, bananas, potatoes, tomato sauce, watermelon, spinach, beets, black/white beans, salmon, edamame, butternut squash, yogurt, etc.) several times per week