

# 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 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