



Shake the Salt Habit

- ♥ REMOVE THE SALTSHAKER from the table.
- ♥ READ LABELS to find foods with REDUCED SODIUM. Foods that list SODIUM or Na near the beginning of the ingredient list have HIGH SALT CONTENT.

- ♥ Eat a VARIETY OF FOODS each day for a balanced diet. Snack on fresh fruits and vegetables.
- ♥ DO NOT ADD SALT to food during cooking.
- ♥ BUY FRESH FOODS. They are usually lower in salt. BUY FRESH MEATS, POULTRY and FISH, FRESH FRUITS and VEGETABLES.

⊘ Avoid CONVENIENCE FOODS and FAST FOODS! ⊘

Examples of Convenience Foods:

- Canned or Dried Soups
- Hamburger Helper
- TV Dinners
- Pizza Mixes
- Canned Spaghetti and Pasta
- Sauces
- Seasoning Mixes
- Packaged Macaroni Dinners

Examples of Fast Foods:

- McDonalds
- Wendy's
- KFC
- Pizza Restaurants
- Taco Bell
- Hardee's
- Burger King
- Dairy Queen
- Also includes packaged foods like:**
- Breaded Chicken
- Breaded Fish

Some foods and additives that should be avoided on a sodium free diet include:

- ⊗ Monosodium glutamate or MSG (flavor enhancer)
- ⊗ Baking soda
- ⊗ Softened water
- ⊗ Commercially prepared foods
- ⊗ Soy sauce
- ⊗ Foods with mold inhibitors
- ⊗ Foods with preservatives
- ⊗ Meat tenderizers
- ⊗ Diet carbonated beverages
- ⊗ Saccharin (Sweet'N Low), and products containing saccharin
- ⊗ Canned vegetables – sodium or salt free are available

Flavor Foods Without Using Salt

- 🌿 Choose herbs and spices. For example use fresh garlic or garlic powder (not garlic salt).
- 🌿 Fresh, dried or powdered onions (not onion salt).
- 🌿 Try growing some fresh herbs in your garden or home.
- 🌿 Use fresh lemon or limejuice.