



Tips on Reducing Sodium

When Shopping:

<i>Choose</i>	<i>Instead of</i>
Fresh fruits and vegetables, frozen without sauce or salt, or canned with no-salt added.	Canned or processed fruits and vegetables.
Fresh meats.	Cured meats (bacon, ham, luncheon meats, etc.), injected meats, marinated meats, meat with sauces, canned meats.
Low-sodium, reduced sodium or no-salt-added foods and condiments.	Foods packed in brine such as pickles, olives, and pickled vegetables. Limit condiments high in sodium such as ketchup, horseradish, mustard, barbecue sauce, soy sauce, teriyaki sauce.
Cooked rice, pasta, hot cereal and other foods without salt.	Convenience foods such as canned and frozen meals, mixes, "instant" products and sauces, which usually have high sodium levels.
Read "Nutrition Facts" labels. Try to choose products that have 5% or less of the daily value for sodium.	Products that have 20% or more of your daily value for sodium.
Herbs, spices, and salt-free seasoning blends.	Salt and seasoning blends with added salt.

In Your Kitchen:

- Modify recipes to reduce sodium. You can omit salt or reduce salt by ½ in most recipes (except in products with yeast). Try cooking foods without adding salt.
- Try rinsing canned foods with water to help reduce sodium content. Remember fresh is best but if canned "Rinse."
- Enhance flavors with herbs, spices, and other ingredients.
- Choose cooking methods that help retain flavors, such as searing, sautéing, and roasting. Grilling will also build flavors. Steaming and microwaving foods tend to dilute flavors.
- Be careful about salt substitutes, check with your doctor before using salt substitutes, especially if you are diabetic.