



Reducing Sodium



- ✓ Don't add salt to water when boiling water for pasta or rice.
- ✓ Rinse canned veggies in water to remove about 40% of the sodium.
- ✓ Look for foods with “No salt added”, “Low sodium”, or “Reduced sodium” on them.
- ✓ Taste your food before adding salt. You may not need the salt!
- ✓ Do more “from scratch” cooking so that you know what’s going into your food.
- ✓ Eat more fresh foods and season foods with herbs and spices instead of salt or salt-based seasonings.
- ✓ Cured and/or processed meats can be very high in sodium. Eat them in moderation and focus on eating more fresh meat like chicken, turkey, and fish.
- ✓ “Convenience” and processed foods like frozen meals, canned soups, and packaged mixes or instant rice/pasta/cereal items tend to be high in sodium.