



### ACTION STEPS FOR WELLNESS

# 10 action steps to eat less salt and sodium



1. Flavor your foods with sodium-free seasonings and fresh herbs.
2. Read food labels for sodium content. Choose "low sodium," "reduced sodium," or no added salt items.
3. Make meals at home with little or no salt. Use fresh, frozen, and salt-free or reduced-sodium canned products.
4. Make extra soups, stews, and other foods and freeze for "planned overs." Reheat for quick, healthy meals.
5. For sandwiches, use "planned over" turkey and chicken or have low-sodium ones from the deli.
6. Choose reduced-sodium frozen dinner, soups, and entrees – ones with 800 mg. or less sodium.
7. Add low-sodium pickles and slices of lettuce, tomato, cucumber, and avocado to sandwiches instead of ketchup, mustard, and regular pickles.
8. When you eat out, ask for foods to be made without salt and monosodium glutamate (MSG).
9. Make pizza at home with low-sodium or sodium-free tomato sauce. Use or order less cheese, ham, pepperoni, and sausage. Opt for green peppers, onions, broccoli, and pineapple.
10. Choose fruits and veggies most often for snacks. Have unsalted pretzels and nuts.