

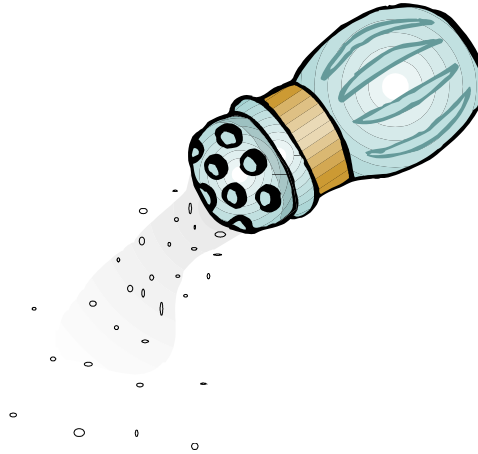
Dietary Recommendations for Low Sodium Foods

"You call it salt, food labels call it sodium."

- Fresh fruits and vegetables
- Fresh chicken, fish, turkey, lean beef
- Eggs
- Cereals (hot, regular cooking)
- Herbs and spices (non-salt)
- Unsalted crackers
- Tuna and salmon packet in water; drain and rinse
- Milk (skim, low-fat, regular, and chocolate skin)
- Yogurt (plain and fruit flavored)

Look for low sodium versions of the canned foods you like.

Remember to Limit Your Salt



- Stop adding salt to your food.
- Limit the amount of canned foods you eat; rinse them when you do eat them.
- Learn to read food labels.
- Choose fresh foods as much as possible: fresh fruits and vegetables, and fresh chicken, fish turkey, and lean beef. Cook without adding salt. Use other spices that don't contain sodium.