

Tips to Lower Sodium In Your Diet

Budget-Friendly Shopping List

Fruits

- ☐ Apples
- ☐ Bananas
- ☐ Oranges
- ☐ Seasonal fruit
- ☐ Canned fruit
(in water or juice)
- ☐ Dried fruit
- ☐ Frozen fruit

Dairy

- ☐ Calcium-fortified milks
(almond or soy)
- ☐ Cheese
(low-fat or nonfat)
- ☐ Nonfat yogurt

Vegetables

- ☐ Broccoli
- ☐ Cauliflower
- ☐ Cucumbers
- ☐ Kale
- ☐ Lettuce
- ☐ Onions
- ☐ Peppers
- ☐ Sweet Potatoes
- ☐ Corn
- ☐ Tomatoes
- ☐ Celery
- ☐ Canned vegetables
(low-sodium)
- ☐ Frozen vegetables
(no sauce)

Protein

- ☐ Dried beans
- ☐ Canned beans (low-sodium)
- ☐ Eggs
- ☐ Fish
- ☐ Lean beef
- ☐ Lean poultry (chicken, turkey, etc)
- ☐ Peanut butter (low-sodium)

While grocery shopping:

Choose packaged and prepared foods carefully. Compare nutrition labels and choose the product with the lowest amount of sodium (per serving).

Shop the store's perimeter first: Produce, low-fat dairy, and lean cuts of meat.

Pick fresh and frozen poultry that has not been injected with a sodium solution. Check the ingredients list on the packaging for terms like "broth," "saline" or "sodium solution."

Select condiments with care. Soy sauce, bottled salad dressings, dips, ketchup, jarred salsas, mustard, pickles, and olives can be sky-high in sodium. Look for a low or reduced sodium version.

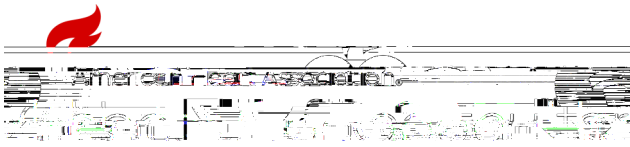
Buy canned vegetables labeled "no salt added" and frozen vegetables without sauces.

When added to a casserole, soup or other mixed dish, you won't miss the salt.

Look for seasonings with no salt. Check the nutrition label and ingredients to verify there is no salt included.

For more tools and information on managing heart failure visit:
www.heart.org/oregonheartfailure

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When preparing food:

Use onions, garlic, herbs, spices, citrus juices and vinegars instead of salt to add flavor. Drain and rinse canned beans and vegetables. This can reduce sodium by 40 percent. Cook pasta, rice and hot cereal without salt.

Cook by grilling, braising, roasting, searing and sautéing to bring out natural flavors. This will reduce the need to add salt.

Eat foods with potassium like sweet potatoes, leafy greens, tomatoes, nonfat yogurt, oranges, bananas and cantaloupe. Potassium helps cancel out the effects of sodium and may help lower your blood pressure. Be sure to check with your healthcare provider about what potassium intake is right for you.

Week 1: Watch your breads, rolls, cold cuts, and cured meats

Find the lowest sodium items. Low sodium items should have no more than 140mg per serving

Track the amount of sodium you eat. There are many free online tools and apps to make tracking your food easier.

