

# Sodium Sense

## KNOW YOUR SODIUM FACTS

### Most of the foods we eat contain too much sodium

- Over 75% of the sodium we eat comes from processed foods such as cheese, deli meats, pizza, sauces and soups.
- Packaged and ready-to-eat foods, fast foods and restaurant meals are often high in sodium.
- Breads, breakfast cereals and bakery products also contain sodium even though they may not taste salty.



Take steps to reduce the amount of sodium you eat. Small changes can make a big difference and help to keep you healthy!

### Cut the sodium, keep your health

#### LOWER SODIUM OPTIONS : CHOOSE MOST



- ✓ Fresh fruits and vegetables, unsalted popcorn or unsalted nuts



- ✓ Rice cooked in water or low sodium broth



- ✓ Sandwiches made with roasted meat or poultry, fresh or low sodium canned fish, eggs or natural peanut butter



- ✓ Fresh or dried herbs and spices, garlic, ginger, onion, vinegar, lemon and lime juice



#### HIGHER SODIUM OPTIONS : CHOOSE LEAST



- ✗ Chips, salted pretzels or other salty snacks



- ✗ Rice cooked in salty broth



- ✗ Sandwiches made with canned or deli meats or high sodium canned fish



- ✗ Salt, kosher salt, sea salt, fleur de sel, gourmet salt, smoked salt, celery salt, garlic salt or onion salt



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**Sodium Sense for Eating Out** | Make healthy choices when eating out

TRY THESE EASY WAYS TO CUT BACK ON SODIUM WHEN EATING OUT

### Choose this...



#### North American food

- lettuce, onions or tomatoes on burgers and sandwiches
- salad with dressing on the side or a baked potato



#### Chinese food

- steamed rice, steamed buns or dim sum rice noodle rolls with sodium-reduced soy sauce on the side
- stir-fry vegetables with garlic
- wonton noodles or rice noodles



#### Indian food

- raita
- roti or chapatti
- tandoori dishes



#### Italian food

- grilled fish, meat or poultry
- pasta in garlic and olive oil
- pizza with vegetable toppings



### Instead of...



#### North American food

- cheese, ketchup, mustard or pickles on burgers and sandwiches
- French fries or fried onion rings



#### Chinese food

- fried rice or dim sum appetizers in soy, hoisin, fish or black bean sauces
- stir-fry vegetables in oyster sauce
- chow mein or fried rice noodles



#### Indian food

- pakoras
- naan or parantha
- curry dishes or biryani



#### Italian food

- lasagna or parmigiana dishes
- pasta in tomato or marinara sauce
- pizza with bacon, extra cheese or pepperoni

