

# Healthy Eating: Making Meals With Less Sodium

Part of healthy eating is eating less sodium, or salt.

And you can cut back on sodium without giving up your favorite foods.

It may just mean making some changes, like finding lower-sodium substitutes for the foods you like.

There are other things you can try too. Here are some ideas.

Read food and drink labels.

Most packaged foods and drinks have a Nutrition Facts label that will tell you how much sodium is in one serving.

Reading labels can help you make choices about what you're eating and drinking.

Whenever you can, buy fresh fruits and veggies. They are naturally low in sodium.

And choose meats and fish that don't have added salt.

Try to avoid cured or smoked meats.

And try to avoid canned and ready-to-eat foods.

Now, sometimes canned and ready-to-eat foods are the only options.

Just remember to look at the labels and try to choose low-sodium or sodium-free foods.

If you can, try to make most of your meals at home.

This makes it easier to manage how much sodium is in your food.

For example, you could try to make your own sauces or soups.

Flavor them with fresh or dried herbs and spices instead of salt or dry soup mixes.

And use fresh or frozen veggies instead of ones from a can.

If you do use canned veggies or beans, drain and rinse them after opening.

This removes some of the salt but not all of it.

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You can make your own soup by using a low-sodium broth as a base.

Cut fresh onions, celery, carrots, and potatoes, and toss them into a pot with water.

Add some garlic and pepper to season.

To make a low-sodium tomato sauce, use fresh tomatoes or canned tomatoes with no salt added.

Mix in basil, oregano, garlic, and olive oil.

Then add cinnamon to give your sauce a little sweetness.

Or add red pepper flakes to give it some kick.

And finally, remember to use less salt at the table.

Or try using other seasonings for your food instead of salt.

So now you have some ideas to get started.

Read food and drink labels, buy fresh foods whenever you can, try making your own meals at home when you have the time, and use less salt at the table.

Remember, you can make healthy, low-sodium meals and still enjoy foods that taste great.

Just a few small changes can make a big difference.