Tips for Eating LESS SALT

Eating salt can make your body retain too much water. Excess water makes your heart work harder. Canned, packaged and frozen foods are easy to prepare, but they are often high in salt. Here are some ideas for low-salt foods you can easily prepare yourself.

For **BREAKFAST**
- Fruit or fruit juice
- Bread or an English muffin
- Shredded wheat
- Corn tortillas
- Steamed rice, unsalted
- Regular hot cereal (not instant), made without salt

Stay away from:
- Sausage, bacon, ham
- Flour tortillas
- Packaged muffins, pancakes and biscuits

For **LUNCH AND DINNER**
- Fresh fish, chicken, turkey or meat — baked, broiled or roasted without salt
- Dry beans cooked without salt
- Tofu stir-fried without salt
- Fresh or steamed vegetables
- Steamed rice, unsalted

Stay away from:
- Lunch meat
- Cheese
- Tomato juice and ketchup
- Canned vegetables, soups and fish
- Packaged gravies and sauces
- Olives, pickles and relish
- Bottled salad dressings

For **SNACKS** and **DESSERTS**
- Yogurt
- Popcorn — air popped, unsalted

Stay away from:
- Pies
- Canned and packaged puddings
- Pretzels, chips, crackers and nuts — unless the label says unsalted