

# Sodium Savvy

## ... At Dinner



### Protein

- Choose fresh fish, poultry, and meat instead of smoked, cured, or other processed varieties
- Avoid pre-marinated products; buy fresh meats and marinate or season them using onion, garlic, vinegar, wine or herbs
- Look in the spice aisle for “salt free” seasonings
- Go meatless with beans, lentils, tofu, or quinoa
- Thaw cooked frozen shrimp and add to salads, pasta, etc.
- Limit pre-cooked frozen or fried meat, poultry, or seafood
- Use caution with prepared foods – even rotisserie chicken can contain a lot of sodium

### Starchy Side Dishes

- Keep 90 second brown rice on hand for a quick, easy side dish
- Experiment with other whole grains, such as barley & quinoa
- Instant flavored rice or mashed potato mixes are high in sodium – make your own instead
- Include different types of potatoes for various nutrients

### Fruits/Vegetables

- “Microwave in the bag” veggies make cooking veggies simple
- Avoid vegetables in sauces
- Fruit makes a great dessert

## Sodium Showdown



Near East Original Rice Pilaf Mix  
**810 mg sodium per cup**



Wegmans Instant Natural Whole Grain Brown Rice  
**0 mg sodium per packet**



Wegmans Frozen Broccoli, Carrots & Cauliflower with Cheese Sauce  
**340 mg sodium per cup**



Wegmans Just Picked and Quickly Frozen California Blend  
**20 mg sodium per cup**



Wegmans Pasta Sauce, Tomato Basil  
**640 mg sodium per ½ cup**



Ragù Light Pasta Sauce, Tomato & Basil  
**330 mg sodium per ½ cup**

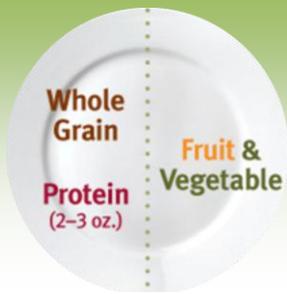


Hormel Smoked Pork Chops, Thick Cut, Bone-In  
**900 mg sodium per 3 oz**



Wegmans Boneless Pork Chops, Center-Cut  
**50 mg sodium per 3 oz cooked**

# Better Dinners



**580 mg Sodium**

## Meal #1:

1 c whole grain spaghetti  
½ c tomato basil sauce  
3 oz grilled chicken breast  
spinach salad  
(1 c spinach, ¼ c grated carrots,  
¼ c sliced mushrooms, 1 Tbsp  
low-sodium dressing)  
½ c canned pears  
1 c fat-free milk

## Meal #2:

large sweet potato, baked  
(top with ½ c low-sodium  
black beans, ¼ c corn, 2 Tbsp  
salsa, 2 Tbsp shredded cheese,  
1 Tbsp light sour cream)  
½ c pineapple chunks  
1 c fat-free milk

**600 mg Sodium**

## Meal #3:

3 oz pan-seared tilapia  
2 Tbsp peach mango salsa  
1 c brown rice  
1 c steamed green beans  
½ c Greek yogurt  
with ½ c sliced peaches  
1 c sparkling water

**500 mg Sodium**

## Meal #4:

roast beef wrap  
(whole wheat tortilla, 2 oz  
Just Roast Beef, 1 sl Swiss cheese,  
1 Tbsp horseradish cream sauce,  
½ c mixed greens, ½ c tomato)  
1 c chopped melon  
1 c fat-free milk

**700 mg Sodium**

## Shake the Salt Habit

If you tend to add a lot of salt at the table, removing the salt shaker from the table may decrease your sodium intake by up to 25%. Decrease the amount of salt used in the cooking process to further reduce your intake. Salt is not necessary when cooking pasta, rice, and other grains.

## Smarter Seasoning

Instead of salt and salt-based seasonings, flavor your food with herbs, spices, onion, garlic, ginger, wine, flavored vinegars, or citrus.

- Season or marinate meat, poultry, and fish with onion, garlic, vinegar, wine or herbs prior to cooking
- Cook meat and veggies in the same pan to increase the flavor of a dish
- Squeeze fresh lemon on veggies, salads, or fish before serving
- Lightly sprinkle garlic powder (*not* garlic salt) on pasta or pizza

## Herbs and Spices 101

- When substituting dried herbs in a recipe that calls for fresh, decrease the amount used
- Add dried herbs and spices early in the cooking process to prevent a powdery taste
- Add fresh herbs to hot dishes as close to serving time as possible for maximum flavor

