

Sodium Savvy

... At Lunch



Label Lingo

- **Sodium free:** Less than 5 mg of sodium per serving
- **Unsalted/No Salt Added:** No salt was added during processing
- **Very low in sodium:** 35 mg of sodium or less per serving
- **Low in sodium:** 140 mg of sodium or less per serving
- **Reduced sodium/less sodium:** Contains at least 25% or less sodium than the original product

Condiment Caution

Salad dressings and condiments can pack up to 20% of your daily sodium! Choose products low in sodium & watch your portions.

Can Do

Canned beans and vegetables are great in soups, salads, or side dishes. Opt for



no-salt-added versions (when available) or drain and rinse contents under running water for about 2 minutes to reduce the sodium content by up to 40%.

Sodium Showdown



Wegmans Thin Shaved Oven Roasted Turkey Breast
390 mg sodium per 2 oz



Wegmans 2% American Cheese
280 mg sodium per slice



Wegmans Balsamic Vinaigrette
310 mg sodium per 2 Tbsp



Wegmans Condensed Chicken Noodle Soup
890 mg sodium per cup

VS.



Wegmans Delicatessen Just Turkey - No Salt Added
40 mg sodium per 2 oz

VS.



Wegmans 2% Swiss Cheese, Thin Sliced
75 mg sodium per slice

VS.



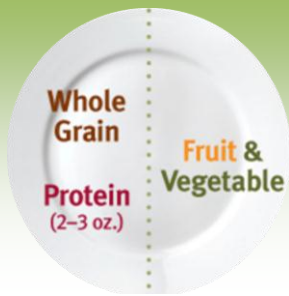
1 Tbsp Balsamic Vinegar & 1 Tbsp Extra-Virgin Olive Oil
0 mg sodium per 2 Tbsp

VS.



Wegmans Ready to Serve Chunky Chicken Noodle Soup, Reduced Sodium
370 mg sodium per cup

Better Lunches



625 mg Sodium

Meal #1:

turkey sandwich
(2 sl wheat bread, 1 sl Swiss cheese, 2 oz Just Turkey, 1 tsp mustard, lettuce & tomato)
1 c fresh broccoli
2 Tbsp vegetable dip
medium apple
1 c sparkling water

Meal #2:

1 c chicken noodle soup
1 serving whole-wheat crackers
1 c fresh vegetables
2 Tbsp hummus
1 c fresh melon
1 c fat-free milk

850 mg Sodium

Meal #3:

grilled chicken salad
(2 c spinach, 1 c mixed veggies, 3 oz grilled chicken, 1 Tbsp walnuts, 1 oz goat cheese)
2 Tbsp low sodium dressing
100% whole wheat roll
1 c grapes
1 c sparkling water

650 mg Sodium

Meal #4:

veggie burger
(MorningStar Farms Garden Veggie, wheat bun, lettuce, tomato, avocado)
½ c natural applesauce
1 c fat-free milk

800 mg Sodium

Amp up Your Soup

Adding extra vegetables to canned soup is a great way to add flavor and nutrients to your meal without increasing the sodium content. Toss fresh or frozen vegetables or a handful of leafy greens into a pot with the soup, cook, and enjoy!

Smart Salads

- 1. Choose the base**
 - Your favorite leafy greens
- 2. Add toppings**
 - Leftover veggies (raw or cooked)
 - Fruit (fresh, canned, or dried)
 - Unsalted nuts or seeds
- 3. Pick your protein**
 - Leftover chicken or turkey
 - Canned tuna or salmon
 - Baked tofu
 - Cheese (read the labels to find lower sodium options)
 - Canned beans (garbanzo, black, cannellini, etc.)
- 4. Dress it up**
 - Low-sodium salad dressing
 - Oil & vinegar

Perfect Pairings

Pair higher sodium items with fresh (or frozen) produce to keep your sodium in check. Examples include:

- Soup & salad (or other veggies)
- Cottage cheese, fruit, & toast
- Egg salad lettuce wraps (replace tortilla wrap with lettuce leaves)
- Corn tortilla chips, fresh veggies, guacamole, & string cheese

