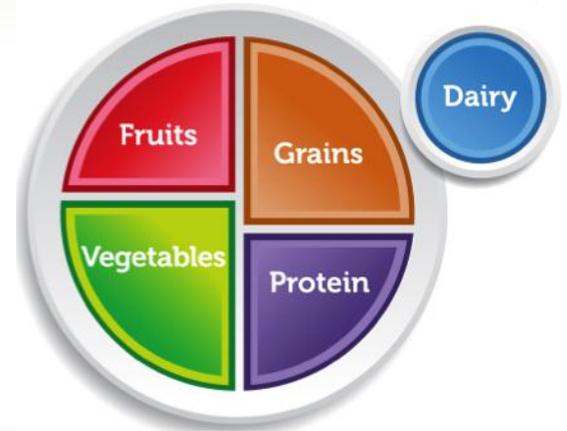


Sodium Savvy

... At Snack Time

Smarter Snacking

Snack time is an excellent opportunity to increase your daily intake of fruits, vegetables, and low-fat dairy products. These nutrient-rich foods can help to satisfy hunger, keep energy levels up, and prevent overeating at later meals. Keep fresh fruits and veggies cleaned, cut and at eye level in the fridge or on the counter to grab at a moment's notice.



Rethink Your Drink

Most beverages only contain small amounts of sodium. However, tomato juice and other vegetable juices are exceptions. Opt for low-sodium versions and boost flavor with lemon juice, horseradish, herbs, or fresh ground pepper. Although other beverages may be low in sodium, they are typically high in sugar and should be limited.



On the Go

- Portable fresh fruit (apple, banana, orange, etc.)
- Canned fruit (packed in juice)
- Whole-grain granola bars
- Trail mix with nuts, seeds & dried fruit
- Whole-grain crackers
- Plain nuts or seeds
- Unsalted pretzels

At Home

- Low-fat yogurt
- Fresh cut veggies
- Seasonal fruit or berries
- Low-fat or fat-free milk
- Low sodium popcorn
- Low-fat cheese
- Fruit smoothie



Satisfy Your Sweet Tooth

Sodium is not the only nutrient you can get too much of. Although some desserts may be low in sodium, they are still high in calories, sugar, and fat. Keep portions small or try healthier options, such as...

- 1 oz dark chocolate with fruit
- Homemade fruit smoothies
- Fresh berries topped with a dollop of whipped cream

The Salty Truth

Not all high sodium foods look (or even taste) salty. For example, some baked goods contain over twice as much sodium as a serving of potato chips! Reach for fresh foods and read nutrition labels to keep from being fooled.

Perfect Pairs

Mix and match items from at least two food groups for satisfying and nutritious snacks. Some popular pairings are listed below...

- Low-fat yogurt with fruit and whole-grain cereal
- Half of a whole-grain bagel with nut butter
- Whole-grain crackers and low-fat cheese
- Fresh cut vegetables with hummus
- Sliced apple with peanut butter
- Grapes and sharp cheddar cheese

Sodium Savvy

... Questions & Answers

Do I need to cut sodium completely out of my diet?

Low sodium diets are meant to reduce sodium to a healthy amount, not eliminate it altogether. Going too low in sodium can cause other health problems. Gradually decrease your intake of sodium by making small changes to your eating patterns. Doing so will give your taste buds time to adjust to a lower sodium diet and make food more enjoyable.

How can I get loved ones to support my new lifestyle?

Having the support of family and friends can make a world of a difference. Here are a few tips for building your support system...

Be informative: In order for your loved ones to help, they must understand your dietary restrictions. Give examples of foods that you often eat and those you avoid.

Be specific: Be specific in your requests for help. For example, ask for extra fruit or salad with meals or bring it along.

Set limits: If others are being overbearing or pushing you to eat more food, be firm in saying “no, thank you”. Having a support system is great, but having the food police watching over you is not.



Should I use a salt substitute?

Most products replace some sodium with potassium. Many people can safely consume salt substitutes without a problem. However, too much potassium can be harmful for people on certain medications or with other health issues. Always consult your health care provider before switching to these products.



Where can I learn more about low sodium diets?

- Visit www.wegmans.com for brochures, videos, and meal suggestions or browse the online product catalog to view product nutrition information
- The American Heart Association (www.heart.org) provides recipes and tools for monitoring your daily intake of sodium
- Still unsure of what to eat? Ask your health care provider for a referral to a Registered Dietitian

How can I be sodium savvy when eating out?

Customize your order: Don't be afraid to ask your server questions, make special requests, or ask for substitutions. Ask for salad dressings, sauces, and other condiments to be served on the side.

Avoid the urge to splurge: Maintain your commitment to healthy eating regardless of where you are dining.

Beware of portion distortion: Most restaurant meals are actually two or more servings! Share a meal with a friend or bring half home.

Know what to look for: Avoid words, such as “marinated”, “smothered”, “au gratin” and “casserole”, which indicate higher sodium content. Instead, choose items described as “fresh”, “grilled”, “broiled”, or “plain baked”.