

In order to decrease your sodium intake, you need to know where it is coming from. The majority of the salt in our diet comes from eating out in restaurants and processed foods.

To decrease your overall sodium intake:

- Avoid foods with greater than 300 mg sodium per serving.
- Avoid canned, smoked, or pickled foods.
- Choose lower-sodium cheeses and deli meats.
- Limit intake of high sodium snack foods such as chips, pretzels, or salted nuts.
- Limit intake of high sodium condiments such as ketchup, salsa, barbeque sauce, soy sauce, Worcestershire sauce, salad dressings, etc.
- Avoid pre-made food mixes such as dried/canned soups, frozen dinners, frozen vegetables in sauces, frozen pizzas, gravy mixes, or instant cakes, pancake, or bread mixes.
- Do not use table salt to season foods. Instead use salt-free seasoning blends and marinades, lemon juice, and herbs to season foods.

Decreasing Sodium DASH diet [here](#)