



American Heart Association®

Healthy for Good™

Tips to Lower Sodium In Your Diet

Budget-Friendly Shopping List

Fruits

- Apples
- Bananas
- Oranges
- Seasonal fruit
- Canned fruit
(in water or juice)
- Dried fruit
- Frozen fruit

Dairy

- Calcium-fortified milks
(almond or soy)
- Cheese
(low-fat or nonfat)
- Nonfat yogurt
- Skim milk

Vegetables

- Broccoli
- Cauliflower
- Cucumbers
- Kale
- Lettuce
- Onions
- Peppers
- Sweet Potatoes
- Corn
- Tomatoes
- Celery
- Canned vegetables
(low-sodium)
- Frozen vegetables
(low-sodium,
no sauce)

Protein

- Dried beans
- Canned beans (low-sodium)
- Eggs
- Fish
- Lean beef
- Lean poultry (chicken, turkey,
etc)
- Peanut butter (low-sodium)

Grains

- 100% whole grain bread
(low-sodium)
- 100% whole grain cereal
(low-sugar)
- 100% whole grain pasta
- Brown rice
- Oats
- Popcorn (low-sodium, low-fat)

* Drain and rinse canned beans and vegetables to reduce sodium.

While grocery shopping:

- **Choose packaged and prepared foods carefully.** Compare nutrition labels and choose the product with the lowest amount of sodium (per serving).
- **Shop the store's perimeter first:** Produce, low-fat dairy, and lean cuts of meat.
- **Pick fresh and frozen poultry that has not been injected with a sodium solution.** Check the ingredients list on the packaging for terms like "broth," "saline" or "sodium solution."
- **Select condiments with care.** Soy sauce, bottled salad dressings, dips, ketchup, jarred salsas, mustard, pickles, and olives can be sky-high in sodium. Look for a low or reduced sodium version.
- **Buy canned vegetables labeled "no salt added" and frozen vegetables without sauces.** When added to a casserole, soup or other mixed dish, you won't miss the salt.
- **Look for seasonings with no salt.** Check the nutrition label and ingredients to verify there is no salt included.

For more tools and information on managing heart failure visit:
www.heart.org/oregonheartfailure

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When preparing food:

- **Use** onions, garlic, herbs, spices, citrus juices and vinegars instead of salt to add flavor.
- **Drain and rinse** canned beans and vegetables. This can reduce sodium by 40 percent.
- **Cook** pasta, rice and hot cereal without salt.
- **Cook** by grilling, braising, roasting, searing and sautéing to bring out natural flavors. This will reduce the need to add salt.
- **Eat foods with potassium** like sweet potatoes, leafy greens, tomatoes, nonfat yogurt, oranges, bananas and cantaloupe. Potassium helps cancel out the effects of sodium and may help lower your blood pressure. Be sure to check with your healthcare provider about what potassium intake is right for you.

21 Day Plan to Reduce Sodium

Week 1: Watch your breads, rolls, cold cuts, and cured meats

- Find the lowest sodium items. Low sodium items should have no more than 140mg per serving
- Track the amount of sodium you eat. There are many free online tools and apps to make tracking your food easier.
- Write down how much sodium you've shaved from your diet.

Week 2: Change up your pizza and poultry

- If you do eat pizza, make it with less cheese and meats; add veggies instead. You can even try making a cauliflower crust as a low sodium option.
- Use fresh poultry (chicken, turkey) rather than fried, canned or processed

Week 3: Make changes to your soups and sandwiches

- Check labels and try low sodium soups.
- Build better sandwiches by using lower sodium meats, cheeses, and condiments and add plenty of vegetables

FREE PRODUCE AND GROCERIES

SE Community Food Pantry
5535 SE Rhone St
Portland, OR 98206
(503) 282-0555

Neighborhood House Community Services
3445 SW Moss Street
Portland, OR 97219
(503) 246-1663

William Temple House
2023 NW Hoyt St
Portland, OR 97209
(503) 226-3021

Ortiz Center Free Food Market
6736 NE Killingsworth
Portland, OR 97218
(503) 988-3509

Lift Urban Portland
1816 NW Irving St
Portland, OR 97209
(503) 282-0555

Clay St Table
1432 SW 13th Ave
Portland, OR 97201
(503) 449-4969

SVDP St Andrew
806 NE Albert St
Portland, OR 97211
(503) 282-0555

For more food locations and resources visit:
www.oregonfoodbank.org/find-help/find-food

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