

# Sodium Mindfulness

## These foods contain more sodium

Fast food/restaurant food



Frozen entrees



Canned entrees



Deli meats



Some soups



Certain drink mixes



Some cheeses/dairy products



## These foods contain less sodium

Raw fruit and vegetables



Raw, unseasoned meats



Dried grains



Lightly salted nuts



Dried beans and lentils



Homemade desserts



Homemade casseroles



Eggs and milk



### Bottom line:

- Almost anything that is premade and only needs to be heated is likely going to be higher in sodium unless it states it is low sodium.
- Restaurant entrees are almost always very high in sodium.
- Almost anything made from scratch can be made using less salt, and still taste good.