

Tips to Lower Salt in the Diet



Instead of:	Try:	Tips:
Canned beans	Dry beans	<ul style="list-style-type: none"> Rinse canned beans with water before cooking to remove some of the salt.
Canned vegetables	Fresh or frozen vegetables	<ul style="list-style-type: none"> Rinse canned vegetables with water before cooking to remove salt. Steam fresh or frozen vegetables so they keep their natural flavor and do not need salt or sauces.
Canned meat in sauce (chili, beef stew, beef/gravy)	Canned meat without sauce (chicken, tuna, salmon, mackerel)	<ul style="list-style-type: none"> Choose meats without sauces or gravies. Add fresh or frozen vegetables to stews or chili to lower salt per serving.
Ramen noodles	Pasta and Sauce	<ul style="list-style-type: none"> Add fresh or frozen vegetables or meat to ramen to make a filling soup. Try to use only part of the spice packet for ramen noodles as this is where most of the salt comes from.
Soup	Baked potato or salad as a side	<ul style="list-style-type: none"> When making soup, add extra water, fresh vegetables, or fresh meat to lower salt per serving. When preparing baked potato, use salsa or cottage cheese to top instead of salt and butter.
Table salt	Herbs, spices, or lemon juice	<ul style="list-style-type: none"> Add salt at the table instead of during cooking- this helps you to use less overall.
Sauces (barbeque, gravy, cheese)	Tomato sauce, salsa, vinegar	<ul style="list-style-type: none"> When using sauces, try to use less or ask for them on the side to use to your taste.