

Heart-healthy, low-sodium food choices



Eating salt (sodium) can make your body retain too much water. Excess water makes your heart work harder. Canned, packaged and frozen foods are easy to prepare, but they are often high in sodium. Here are some ideas for low-salt foods you can easily prepare yourself.

For breakfast:



- ✓ Fruit
- ✓ Whole-wheat bread or an English muffin—compare sodium content on labels
- ✓ Low-fat milk or yogurt
- ✓ Unsalted eggs
- ✓ Shredded wheat
- ✓ Corn tortillas
- ✓ Unsalted steamed rice
- ✓ Regular (not instant) hot cereal, made without salt
- ✓ Low-sodium cottage cheese

Limit:

- ✗ Sausage, bacon and ham
- ✗ Flour tortillas
- ✗ Packaged muffins, pancakes and biscuits
- ✗ Instant hot cereals



For lunch and dinner:

- ✓ Fresh fish, chicken, turkey or meat—baked, broiled or roasted without salt
- ✓ Dry beans, cooked without salt
- ✓ Tofu, stir-fried without salt
- ✓ Unsalted fresh fruit and vegetables or frozen or canned fruit and vegetables with no added salt

Limit:

- ✗ Lunch or deli meat that is cured or smoked
- ✗ Cheese
- ✗ Tomato juice and ketchup
- ✗ Olives, pickles and relish
- ✗ Canned vegetables, soups and fish not labeled as no-salt-added or reduced sodium
- ✗ Packaged gravies and sauces
- ✗ Bottled salad dressings



For snacks and desserts:

- ✓ Low-fat yogurt
- ✓ Unsalted air-popped popcorn
- ✓ Unsalted nuts or seeds

Limit:

- ✗ Pies and cakes
- ✗ Packaged dessert mixes
- ✗ Pizza
- ✗ Canned and packaged puddings
- ✗ Pretzels, chips, crackers and nuts—unless the label says unsalted

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