

# THIS for THAT

## Lower Sodium Food Choices

### Grains



Instead of refined breads and pastas (like white bread), choose whole wheat options.

### Fruits



Instead of fruit juices, jams or sauces, eat plenty of fresh fruit. Add Greek yogurt and granola for a healthy sweet treat!

### Veggies



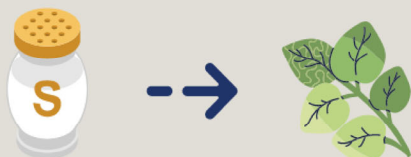
Instead of canned vegetables which can be high in sodium, choose colorful fresh veggies like avocado, carrots, and spinach.

### Proteins



Plant-based proteins like beans and quinoa are lower in sodium than animal products like meat and dairy.

### Seasonings



Flavoring foods with herbs and spices such as basil and thyme can cut down on the amount of salt in a recipe.