

“Give Your Head a Shake” Sodium Reduction Campaign

Sodium Reduction Tips

Food Option	Healthy Alternative
Not looking at food labels when you shop?	Compare products and choose the one with less sodium.
Buying pre-seasoned chicken breasts?	And add your own flavour to unseasoned chicken.
Using canned spaghetti sauce?	And buy sauce with no added salt.
Using bottled marinades?	Try olive oil, lemon juice, and herbs instead.
Using canned peas or beans?	Rinse and drain them first.
Using soya sauce?	Dilute your soya sauce with half water or buy sodium reduced soya sauce
Buying packaged frozen meals?	Read the Nutrition Facts Table and choose the product with the lowest % Daily Value for Sodium
Thinking of going out for dinner for the third time this week?	Make a simple dinner at home. Try scrambled eggs with vegetables and toast instead.
Buying packaged rice or pasta dishes?	Buy plain rice and pasta and add your own vegetables and herbs for seasoning.
Adding condiments to your burgers, mustard, barbeque sauce, and pickles?	Top up your burger with lettuce, tomatoes, and onions.
Using canned vegetables?	Rinse and drain them first. If you can, buy fresh or frozen instead.
Shopping for soda crackers?	Buy the low sodium soda crackers instead.
Using deli meat for sandwiches?	Use meat alternatives such as egg or tuna for filling
Buying processed cheese slice?	Buy cheddar cheese and slice it yourself instead.
Starting your restaurant meal with a bowl of soup?	Start you meal with a fresh salad with the dressing on the side instead.
Using your favourite sauce or rub to flavour meats and veggies?	Marinate meats and veggies with olive oil, lemon juice and herbs
Adding salt when you cook?	Use herbs and spices or garlic when cooking instead of salt.
Cooking with margarine?	Use canola or vegetable oil for cooking instead.
Using store bought salad dressing for your salads	Make your own at home with oil, vinegar and spices

