



Eating healthy with less sodium and salt

Lower Sodium Foods	High Potassium Foods	Avoid – High Sodium
<ul style="list-style-type: none"> • Almost all fruit • Fresh, raw, baked, broiled vegetables (not canned or low salt canned) • Yogurt • String cheese • health cereals (such as Kashi GOLEAN crunch) • No-salt added Cottage cheese • Graham crackers • Fruit popsicles 	<ul style="list-style-type: none"> • Apricots • Bananas • Dates • Melons • Kiwi • Nectarine • Other citrus • Raisins • Yogurt • Avocados • Beets • Greens • Potatoes • Pumpkin • Spinach • Sweet Potato 	<ul style="list-style-type: none"> • Salt • Processed foods • Chips and crackers – especially those with visible salt • Unsalted nuts • Sodas and Sports drinks
Create your own reminders - add your notes below!		
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