

MEMBER HANDOUT · NUTRITION

Sodium Swaps

WHY SODIUM MATTERS

Most sodium doesn't come from the salt shaker — it's already in packaged, canned, and processed foods. Aim for under **2,300 mg of sodium a day** (about 1 teaspoon of salt, total). These swaps make it easier without losing flavor.

SEASONING & FINISHING



Build flavor with herbs, citrus, and acid instead of salt.

INSTEAD OF	TRY
Table salt	Fresh or dried herbs, citrus zest, or a squeeze of lemon
Garlic salt or onion salt	Fresh garlic, onion powder, or roasted garlic
Seasoned salt blends	No-salt blends (Mrs. Dash, TJ's 21 Seasoning Salute)
Soy sauce (regular)	Low-sodium soy sauce or coconut aminos
Bouillon cubes	Low-sodium broth or homemade stock
Steak sauce, teriyaki, marinades	Balsamic vinegar, olive oil + herbs, or citrus juice

PANTRY STAPLES



The cans and jars are where most hidden sodium lives.

INSTEAD OF	TRY
Canned beans (regular)	Rinsed canned beans, or cook dried beans from scratch
Canned vegetables	Frozen or fresh vegetables (no sauce added)
Jarred pasta sauce	Low-sodium marinara or crushed tomatoes with herbs
Regular chicken or beef broth	Low-sodium or no-salt-added broth
Canned soup	Low-sodium soup, or homemade with fresh ingredients
Boxed rice or pasta mixes	Plain rice or pasta, seasoned with herbs and spices
Instant oatmeal (flavored packets)	Plain rolled oats with fresh fruit

DELI & PROCESSED MEATS



One of the biggest single sources of dietary sodium.

INSTEAD OF	TRY
Regular deli ham, turkey, or roast beef	Low-sodium deli meat, or fresh-roasted at home
Bacon	Turkey bacon, Canadian bacon, or center-cut bacon
Hot dogs and sausages	Chicken sausage or nitrate-free, low-sodium options
Regular beef jerky	Low-sodium jerky (Chomps, Country Archer)

Pepperoni or salami	Sliced turkey pepperoni or fresh-cooked chicken
Rotisserie chicken (skin on, salted)	Home-roasted chicken with herbs, skinless

SNACKS & CONDIMENTS



Small swaps that quietly cut hundreds of mg per day.

INSTEAD OF	TRY
Salted potato chips	Unsalted nuts or air-popped popcorn
Salted crackers	Whole-grain low-sodium crackers or rice cakes
Pretzels	Unsalted pretzels or roasted chickpeas
Ketchup	Mustard, salsa, or fresh pico de gallo
Ranch or creamy dressings	Olive oil + vinegar or lemon juice + herbs
Pickles or olives	Cucumber slices with dill, or fresh vegetables
Salted butter	Unsalted butter or olive oil
Roasted salted nuts	Raw or dry-roasted unsalted nuts

NEXT STEP

Coach tip. Read the Nutrition Facts label — look for **140 mg sodium or less per serving** to call a food “low sodium.” Anything above **20% of the Daily Value** is considered high. Choose two or three swaps to focus on this week.