

	If You Often Eat	Try Instead
Breakfast	Packaged breakfast pastries or frozen waffles	Toasted raisin bread
	Salted butter	Jam
	Flavored oatmeal, grits, or other instant cooked cereal	Plain instant or cooked cereal with cinnamon or fresh fruit
	Vegetable juice	Fruit juice or low-sodium vegetable juice
	Frozen hash browns	Fresh hash browns, or a low-sodium frozen brand
Lunch	Dill pickles	Cucumber slices dipped in vinegar
	Peanut butter	Lower-salt or unsalted peanut butter
	Lunch meat or salami	Roast chicken or turkey, sliced
	Processed cheese (American)	Natural cheese (such as swiss or cheddar), in smaller amounts than usual
	Noodle soup with flavor packet	Plain noodles with your own seasoning or homemade soup
	Potato salad or coleslaw	Garden salad with low-sodium dressing
	Saltine crackers	Low-sodium crackers
	Chips or fries	Unsalted pretzels, nuts, or chips
	Candy bar with nuts and caramel	Plain chocolate bar
Dinner	Table salt (for cooking)	Lemon, garlic, pepper, spices, low-sodium spice mixes
	Garlic salt (for cooking)	Garlic powder or fresh garlic
	Soy sauce (for cooking)	Sesame or peanut oil
	Bottled salad dressing	Olive oil, vinegar, and herbs
	Frozen or boxed potatoes	Boiled or baked potatoes
	Boxed rice mix	White or brown rice with your own seasoning
	Canned vegetables or beans	Frozen, fresh, or low-sodium canned vegetables or beans
	Ham	Roast pork with fat trimmed
	Sausage	Lean hamburger patty, grilled
	Canned or bottled spaghetti sauce	Homemade sauce (no salt added)