

# 30-Day Low Sodium Challenge



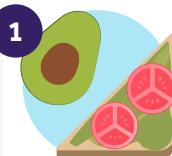
Salt. It's tasty! It's everywhere! And our bodies need it—to move, to stay hydrated, even just to think! But too much sodium can increase blood pressure, leading to health concerns like stroke and heart disease. That's why it's important to **aim for a healthy amount of sodium for your body**.

**Your mission:** Try one low-sodium swap each day for 30 days. Use the guide below to help you! If there's a suggestion you don't like or don't have, try a different low-salt swap that day.



## Check off all the days you were able to try a low-sodium swap.

Click the squares on the left side of each day or print this out and fill them in by hand.



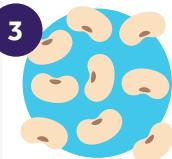
1

First, **use this list** of lower-salt choices you can enjoy! Choose one of these swaps to try out today. Even just one simple switch can make a big difference with your sodium intake.



2

The Dietary Guidelines for Americans recommends no more than **1,500 mg of sodium per day**. And if you have heart disease or high blood pressure, no more than 1,500 mg. Start this challenge by **using nutrition labels** to find how much sodium is in your food. Then use yesterday's list to **make one low-salt swap today!**



3

Beans are a great source of nutrients. But canned beans can also pack a huge amount of sodium. If you cook with canned beans, **rinse them first**. Washing canned beans for 10 seconds and draining them for 2 minutes can cut sodium by as much as 41%!



4

Did you know there might be tons of sodium hidden in your everyday foods? Check out these **10 surprising salt sources**. If you planned on eating one of these today, consider making a low-sodium swap to **replace one of these items**.



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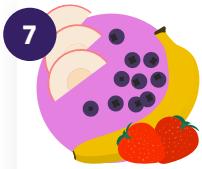
Potato chips are a common salty snack. But if you eat too many, you risk getting too much sodium. Try **air-popped, unsalted popcorn** instead. You'll get a nice crunchy kick without the extra sodium and calories!



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Need some ideas to lower your sodium intake? Check out our **tips for using less salt**. This applies to food from the grocery store, in your kitchen and at restaurants.

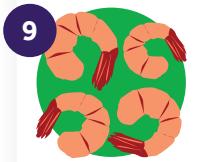
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French fries can make for a tasty salty snack. They're also a little heavy on salt and saturated fat. When you're offered fries on the side, think about a lower-sodium option like **fresh fruit, roasted veggies or a side salad**. More nutrients, more flavour, less salt.



Salt adds some nice flavour to our meals. But too much can send us over that recommended sodium limit all too quickly. Try some alternative **delicious seasonings to flavour your food** without added salt. Your body—and your taste buds—will thank you for it!



Shrimp comes packed with protein and other good-for-you nutrients. It also tastes great! Be sure to **get fresh shrimp instead of the frozen or packaged kind**. It could save you hundreds of milligrams of sodium.



Comfort food is often some of the saltiest. But what if you could find low-sodium versions? Here are **four multicooker dinners** to fill you up, each with less than 450 mg of sodium.



This one's easy: When you're in the mood for soup, go for the **reduced-sodium kind**. But don't just trust the branding if they say "Heart Healthy"; look at the nutrition label to make sure it's less than 200 mg of sodium per cup.



Craving a salty snack? Check out our **five salty snack swaps video** to satisfy your munchies the healthier way.



It might not surprise you that ham is loaded with sodium. But it might surprise you that much of that salt is added. Try skipping the ham and round out your salads or sandwiches with **skinless chicken breast instead**.



**Almonds** make a great addition to meals. They're even tasty as a snack. If you ever shop for almonds, go for the unsalted kind to save yourself heaps of sodium.



Salads are healthy, right? Well, it depends on what you put in them—and on them. Some salad dressings are very high in sodium. Try **extra virgin olive oil with vinegar and lemon** instead.

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You're halfway done with the challenge! Which swaps were easy for you? Which ones were harder? **Write down what you've learned.** Then **make another easy swap** today.



Cheese, in moderation, makes for a crave-worthy source of protein. Go for **lower-sodium cheeses** like fresh mozzarella or Swiss.



So, you're cutting down on salt. But what do you do with all those low-sodium spices? Here are some **cooking tips** to match your favourite seasonings with their best dishes.



Fresh tortillas are incredible. They can also come with a lot of salt. If you're looking for an easy way to cut sodium, consider a hearty, tortilla-free **burrito bowl** instead of the wrapped original.



Enjoy some hearty veggies without all the extra sodium. Here are **three easy, fast veggie recipes** for you to try!



Ever had a pickle craving you couldn't kick? Pickles are rich with vitamins. They also tend to be high in sodium. Swap out a pickle for a nice salty crunch from **fresh celery sticks**. If you're really hungry, add some unsalted hummus for extra oomph.



Sometimes fast food feels like the only option. If that's the case for you, you can still find lower-sodium choices to help you with your health goals! Here's a list of **low-salt menu items** at popular fast-food chains.



Soy sauce is often drenched with sodium. Go for a **low-sodium soy sauce** whenever you can. You can get up to 40% less sodium that way.



You can still enjoy some of your favourite meals, with a fresh twist. Here are **seven healthier takes on classic favourites** to give you all the flavour you love without all the salt.

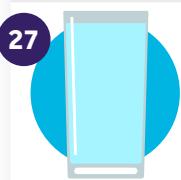
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Get your marinara fix without the excess sodium. When looking for cans of tomato sauce or even canned whole tomatoes, pick the **no-added-salt options**. They can be just as flavourful!



In a rush? Don't sacrifice flavour—or your health. Here are some **low-sodium grab-and-go** lunches for busy days and growling stomachs.



Sodium isn't just something you eat. Some colas, sodas and energy drinks can come with a ton of sodium. The best alternative? Swap out even just one of these drinks for a **fresh glass of water**. You'll hydrate your body better and cut down on salt, sugar and excess calories.



Chicken is such a popular staple in most kitchens and restaurants. And you can serve up chicken the healthy way, with less sodium and more flavour. Here's a **full guide to chicken**, plus a tasty recipe for the whole family.



You're almost done with the challenge! Reflect on this challenge and **write down what you've learned**. Make a low-salt swap today and keep your writing handy so you can use this knowledge for the future!



Congratulations! You've made it to the end of the 30-Day Low-Sodium Challenge. Celebrate your achievement with a **healthy reward**. You've earned it!