
REDUCING SODIUM

Using less salt than a recipe calls for is one way to reduce the sodium in a dish. Here are some other ways:

If your recipe calls for:	Substitute:
Soy sauce	Reduced-sodium soy sauce
Salt or seasonings containing salt	Fresh or dried herbs and spices, lemon juice, vinegar
Broth or bouillon	Reduced-sodium or salt-free broth or bouillon
Canned or frozen salted vegetables	Canned, frozen, or fresh vegetables with no added salt
Salted tomato sauce or paste	Tomato sauce or paste with no added salt
Canned soups	Reduced-sodium or salt-free, “healthy” canned soups

Diabetes Self-Management, “Improving Your Recipes” by Sandy Bjerkness, RD, LD

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