

# Balance Your Plate with *Sodium-Savvy Choices*

The amount of sodium we need varies from individual to individual.

Sodium is commonly found in food and beverages, either as a naturally occurring element or in an ingredient or seasoning added to food.

We're committed to maintaining high quality standards and top-notch taste profiles in all our products, utilizing our culinary expertise to gradually decrease sodium levels while maintaining flavor. In the meantime, it's important to recognize that there are lots of ways to be sodium savvy. Here are a few tips to help you Balance Your Plate so you can meet MyPlate sodium recommendations.

Frozen Entrée Line	Average Sodium per Serving	% Daily Value (based on 2,400 mg)
LEAN CUISINE®	569 mg	25%
STOUFFER'S®	794 mg	35%
HOT POCKETS®	676 mg	30%
LEAN POCKETS®	525 mg	20%

## Look at Labels

The Nutrition Facts Label on packaged foods reveals how much sodium a food contains per serving. You can also check product packages for the words "reduced sodium," "low sodium" or "no salt added."



## Skip the Salt Shaker

Remove the salt shaker from the kitchen counter and dinner table. If you want to add some flavor to your food, consider putting a bottle of no-salt seasoning on the table. Your taste buds will adjust to lower sodium levels over time – really!



## Add Fresh Fruits & Vegetables

A piece of fresh fruit, raw or cooked vegetables, or a small salad, are all good choices that will add more fiber and nutrients to your meal without adding additional sodium.



## Set Sodium Targets

One strategy that can help you stay within daily sodium targets is to divide your sodium intake throughout the day by setting sodium targets at each meal. If you consume less than the targeted amount, all the better!



## Pick Foods with Potassium

Potassium is a mineral that can help lower blood pressure, which is one of the health complications that can result from a diet high in sodium. Some foods that are good sources of potassium include sweet potatoes, baby spinach, bananas, yogurt, orange juice and milk.



## Reserve Restaurant Eating for Special Occasions

At home you can better control the amount of salt added to your food because you are preparing it instead of a restaurant chef. Also, frozen prepared meals all have the amount of sodium they contain right on the Nutrition Facts Label.

