



Sodium Shakedown

Limiting the salt without limiting flavor!

Why should I limit my salt intake?

Having too much salt in our diet can cause high blood pressure, which overtime can lead to heart attack, stroke, kidney damage, and heart failure

So, how much salt should I have?

- Aim for less than 2,300 milligrams, or 1 teaspoon, a day
- Those over the age of 50 or that have certain health conditions should aim for less than 1,500mg a day

Regular chicken with noodles soup

Nutrition Facts	
1 serving per container	
Serving size	8 oz
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 890mg	37%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Protein 3g	
Vitamin A	4%
Vitamin C	0%
Calcium	0%
Iron	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Low-sodium chicken with noodles soup

Nutrition Facts	
1 serving per container	
Serving size	10.75 oz
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 140mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Total Sugars 4g	
Protein 12g	
Vitamin A	30%
Vitamin C	0%
Calcium	2%
Iron	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

A Low Sodium Breakfast at *Jewel Osco* 443 E 34th St

Lucerne Cheese Cottage Small Curd Low-fat 1% - \$2.79
60 mg Sodium

Jewel Low Fat 1% Milk (128 Fl. Oz.) - \$2.99
130 mg Sodium

Lucerne Farms Eggs Cage Free Large (18 Count) - \$5.79
70 mg Sodium

Jimmy Dean Premium Hickory Smoked Bacon (12 Oz.) - \$3.50
320 mg Sodium

Hass Avocado Large - \$1.99
0 mg Sodium

Aunt Millie's Live Carb Smart White Bread (14 Oz.) - \$6.49
130 mg Sodium

Lucerne Unsalted Sweet Cream Butter Quarters (16 Oz.) - \$4.49
0 mg Sodium

Simply Potatoes Shredded Hash Browns (20 Oz.) - \$3.50
55 mg Sodium

Kodiak Cakes Power Cakes Flapjack & Waffle Mix Protein Packed
Buttermilk (20 Oz.) - \$4.99
380 mg Sodium

Jennie-O 93% Lean Ground Turkey Fresh (16 Oz.) - \$6.99
95 mg Sodium

A Low Sodium Lunch at *Jewel Osco*
443 E 34th St

Strawberries Prepacked (1 Lb.) - \$2.50

Rockit Apple Shuttle Pack (3 Lb.) - \$7.99

Bubba Burger Original 6 Count Frozen (32 Oz.) - \$12.99
85 mg Sodium

Signature Farms Broccoli Florets Steam In Bag (12 Oz.) - \$4.49
25 mg Sodium

Yummy Dinosaur Chicken Breast Nuggets (21 Oz.) - \$5.99
360 mg Sodium

Ore-Ida Golden Crinkles French Fries Fried Frozen Potatoes Bag (32 Oz.)
- \$5.99
290 mg Sodium

Signature SELECT White Albacore Tuna In Water Pouch (2.6 Oz.)
290 mg Sodium

O Organics Organic Beans Black (15 Oz.) - \$1.67
130 mg Sodium

Minute Rice White Instant Enriched Long Grain (42 Oz.) - \$6.49
0 mg Sodium

Signature SELECT Tomatoes Diced Petite (14.5 Oz.) - \$1.25
180 mg Sodium

Signature Farms Garden Salad (12 Oz.) - \$1.99
20 mg Sodium

A Low Sodium Dinner at *Jewel Osco*

443 E 34th St

Open Nature 100% Natural Grass Fed Angus Ground Beef 85%
Lean 15% Fat (16 Oz.) - \$4.99

60 mg Sodium

Waterfront BISTRO Salmon Fillets Wild Alaskan Pink Boneless &
Skin On (16 Oz.) - \$5.99

260 mg Sodium

Signature SELECT Potatoes Mashed (13.3 Oz.) - \$2.49

230 mg Sodium

Signature Farms Baby-Cut Peeled Carrots (16 Oz.) - \$2.29

65 mg Sodium

Lucerne Cheese Finely Shredded Triple Cheddar (8 Oz.)

180 mg Sodium

Green Giant Beans Cut Low Sodium (14.5 Oz.)

150 mg Sodium

Signature SELECT Pasta Rotini Box (16 Oz.) - \$1.50

0 mg Sodium

O Organics Organic Broth Low Sodium Beef (32 oz.) - \$2.99

140 mg Sodium

Bell Peppers Mini Assorted Mix Pack (16 Oz.) - \$3.99

5 mg Sodium

Apps that help patients track sodium intake:



A Low Sodium Dessert at *Jewel Osco*

443 E 34th St

Lucerne Frozen Dairy Dessert Vanilla 1 Gallon (3.78 Liter) -
\$5.99

55 mg Sodium

Little Debbie Brownies Cosmic with Chocolate Chip Candy (6
Count) - \$2.79

170 mg Sodium

Pepperidge Farm Apple Turnovers (12.5 Oz.) - \$5.49

230 mg Sodium

Pepperidge Farm Cake 3 Layer Fudge Stripe (19.6 Oz.) - \$6.49

140 mg Sodium

Jell-O Original Strawberry Ready to Eat Jello Cups Gelatin
Snack Cups (4 Count) - \$3.79

40 mg Sodium

Signature SELECT Dessert Shells (6 Count) - \$2.69

95 mg Sodium

Klondike Mint Chocolate Chip Frozen Dairy Dessert Bars (4 FL.
Oz.)

50 mg Sodium

Art Dessert Strawberry Tea Cakes - \$5.00

75 mg Sodium