



Tips For Dining Out

To Keep Sodium in Check

Follow these 4 quick tips to keep sodium intake to a minimum when dining out.

ASK FOR YOUR FOOD TO BE PREPARED WITHOUT SALT

Travel with your own spices or salt-free seasonings to add at the table.

GO FOR BAKED OR GRILLED OVER FRIED

Items fried in a batter are loaded with salt and saturated fat.

REQUEST SAUCES, DRESSINGS AND CONDIMENTS ON THE SIDE

These are loaded with hidden sodium, so use sparingly!

SWAP YOUR SIDE

Fruits and vegetables are naturally low in sodium.



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