



# LOW SODIUM Snack List

1. Strawberry and peach slices + mozzarella kabobs
2. Greek Yogurt
3. Plain Hummus with baby carrots
4. Lightly salted rice cake with peanut butter and sprinkle of cinnamon
5. Hard boiled egg
6. Unsalted cashews with raisins
7. Apple slices with almond butter
8. Granola bar
9. Fruit and yogurt smoothie