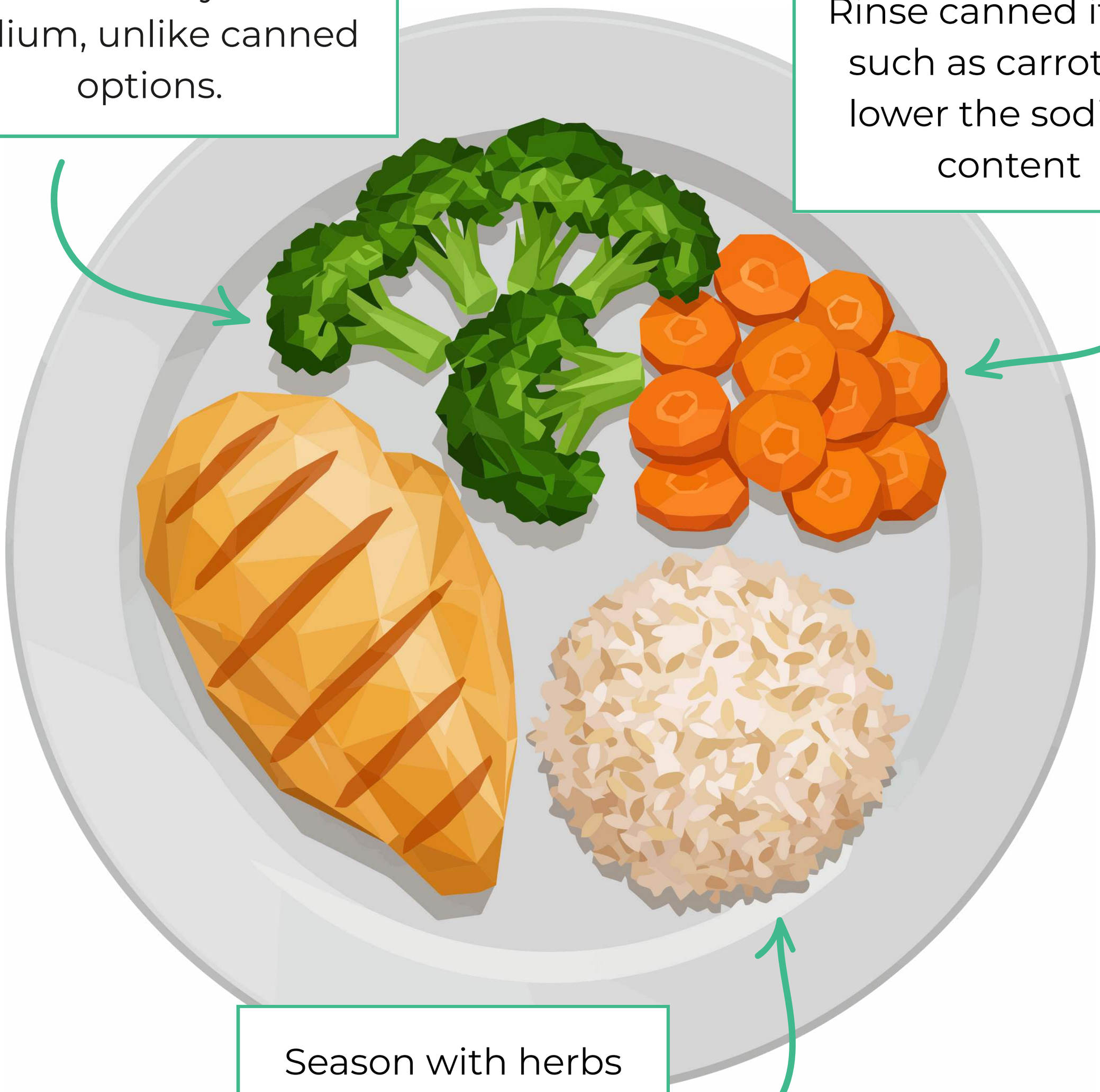
How to Reduce Sodium In Everyday Meals

Frozen vegetables often don't have any added sodium, unlike canned options.

Rinse canned items such as carrots to lower the sodium content



Season with herbs and spices rather than salt

SECOND HARVEST FOOD BANK of MIDDLE TENNESSEE
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