

Sodium Sense

We all need some sodium but most of us eat too much.



Our goal is to lower sodium without losing flavour.

Sodium is found in salt. Packaged and ready-to-eat foods are often high in sodium.

BC hospitals and care facilities have lowered sodium in your meals by:

- ✓ Using more herbs and spices
- ✓ Cooking with less salt
- ✓ Buying more lower sodium products
- ✓ Making salt packages optional



To Learn More Visit:
www.HealthyFamiliesBC.ca