

Cut the Sodium Keep your Health!



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

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



Sodium Reduction in Health Care

BC hospitals and care facilities are lowering sodium in your meals by:

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



Our goal is to lower sodium
without losing flavour.

To Learn More Visit:
www.HealthyFamiliesBC.ca