

# Sodium Checklist

## Serving Heart-Healthy Meals

Limiting sodium intake can reduce the risk of high blood pressure and stroke. There are simple and easy methods to reduce sodium in recipes and menus. Use this checklist to provide healthier options without compromising taste.

### Ingredients

- |  |     |    |
|--|-----|----|
| 1. Are “low-sodium” or “no-salt-added” ingredients used?   | YES | NO |
| 2. Have you worked with your food supplier to increase availability of lower-sodium food products? | YES | NO |
| 3. If vegetables are used, are they fresh and frozen (vs. canned)?                                 | YES | NO |

### Preparation Methods

- |  |     |    |
|--|-----|----|
| 4. If salt is used as an ingredient, is it measured?   | YES | NO |
| 5. Can added salt be replaced with spices and herbs?   | YES | NO |
| 6. Can high-sodium ingredients be reduced or replaced?   | YES | NO |
| 7. Does the recipe limit or avoid high-sodium ingredients, such as cheese, deli meat, tortillas, or bases/gravy? | YES | NO |

### Sides and Serving Size

- |   |     |    |
|---|-----|----|
| 8. Is the sauce or dressing served on the side?       | YES | NO |
| 9. Can the portion size be adjusted to reduce sodium? | YES | NO |

### Menu Planning

- |  |     |    |
|--|-----|----|
| 10. If higher-sodium items are served, are they paired with lower-sodium items? Eg: higher-sodium entrée served with lower-sodium sides. | YES | NO |
|--|-----|----|

### Total

Count the number of questions you answered YES. Aim for as many YES answers as possible. Any questions answered with NO are opportunities to make simple changes to lower the sodium in meals you serve. Consumers are interested in lower-sodium and healthier products. Help your customers lead healthier lives while still enjoying delicious meals.

For more information please visit <https://www.health.ny.gov/UseLessSodium>

Adapted from CCE Niagara Sodium Reduction in Communities Program Universities and College settings Sodium Checklist, based on the Sodium Practices Assessment Tool (SPAT 2.0) developed by NYS Department of Health.