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- Avoid Foods With More Than 500 Mg Of Sodium Per Serving.
- Don't Add Salt In Cooking. Only Use A Salt Substitute With Your Doctor's Permission.
- Eat More Whole Unprocessed Foods And Fewer Convenience Foods.
- Ask For Substitutes At Restaurants. Ask That No Salt Be Used In Preparation Of Your Meal.

A Healthier Life With Less Sodium REDUCING THE SODIUM IN YOUR DIET Food Label ... Jan 17th, 2021

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These Foods (raw Or Cooked) Should Be Stored In The Refrigerator. But Don't Expect The Refrigerator To Prevent Spoilage Altogether. For Longer Periods Of Time, Meat, Poultry, Fish And Most Cheese Can Be Wrapped In Aluminum Foil Or Placed In A Freezer Bag And Stored In The Freezer. Store Perishable Foods In The Refrigerator Or Freezer • Most Fruits And Vegetables Will Benefit From Storage ... Jan 6th, 2021

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