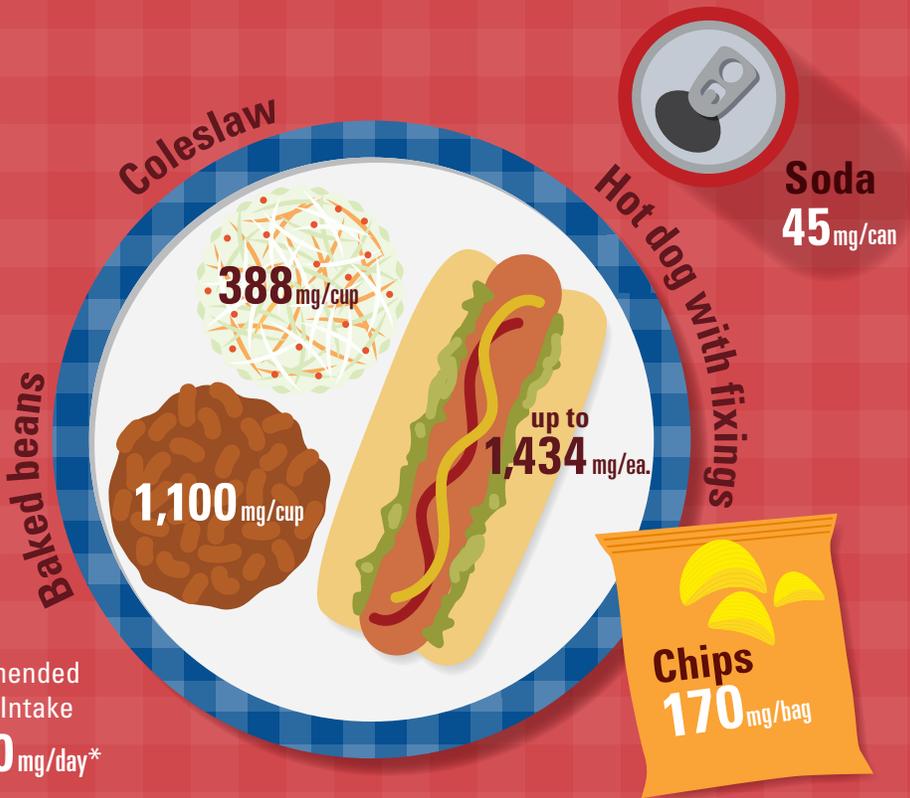


# SHAKING THE SODIUM OUT OF YOUR BBQ



A Typical BBQ Meal  
**3,233 mg**



Recommended Sodium Intake  
**1,500 mg/day\***



Too much sodium increases your risk of high blood pressure, heart disease and stroke. Sodium is hidden in prepared and processed foods, including hot dogs, lunch meat, canned foods, sauces, dressings, store-made salads and processed cheese.

Instead of High Sodium Foods

**Choose Healthy**

Hot dogs, brats or other processed, high-sodium meats

Portobello mushroom, eggplant or other veggies  
Bean or quinoa burger  
Fresh meats – chicken, fish or other lean meat

Bread

Wrap food in lettuce leaf  
Chop and place protein in a whole bell pepper

BBQ beans, cole slaw, pickles

Fruit salad  
Vegetable salad  
Make your own coleslaw

Salt, condiments, sauces, dressings

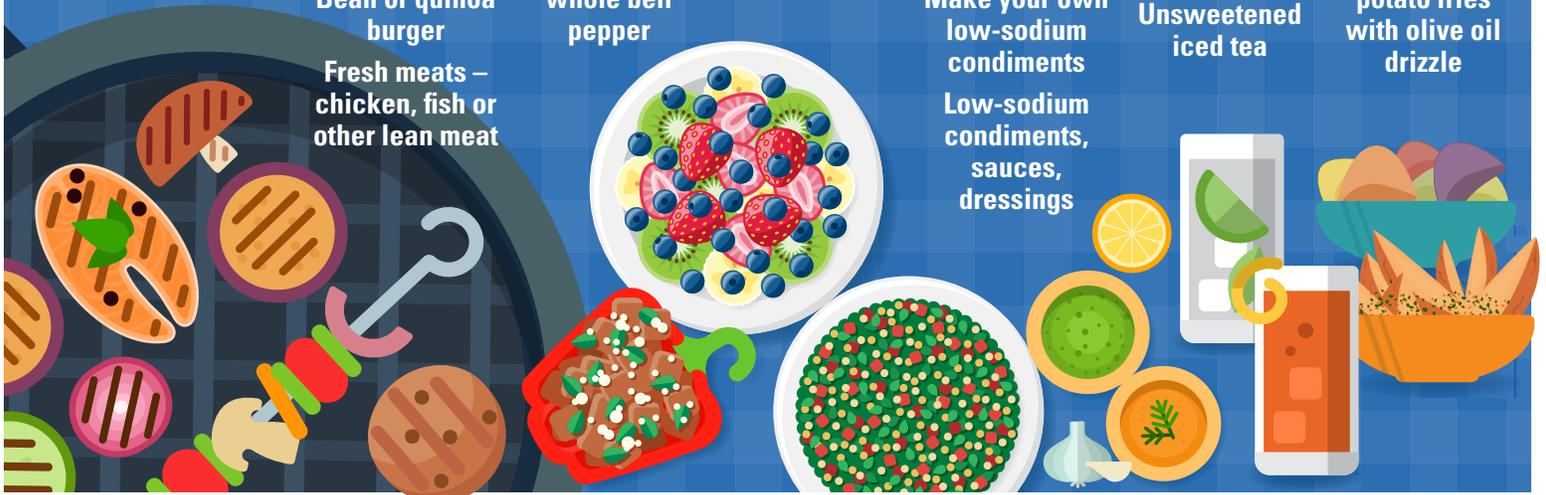
Season with lemon juice, garlic and herbs  
Make your own low-sodium condiments  
Low-sodium condiments, sauces, dressings

Soda pop

Water  
Fruit or veggie-infused water  
Unsweetened iced tea

Chips or French fries

Bake your own veggie chips  
Bake your own sweet or white potato fries with olive oil drizzle



\* The American Heart Association recommendation if you are over age 51, African American, or have high blood pressure, diabetes or kidney disease

[njhealth.org](http://njhealth.org)  
**1.877.CALL NJH (877.225.5654)**

 **National Jewish Health**  
Breathing Science is Life.