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
Wrap food in lettuce leaf
Chop and place protein in a whole bell pepper
Fresh meats – chicken, fish or other lean meat

BBQ beans, cole slaw, pickles
Wrap food in lettuce leaf
Chop and place protein in a whole bell pepper

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

Soda pop
Water
Make your own low-sodium condiments

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

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