

Sodium Relay

Answer Key

Low Sodium

- ✓ Apple
- ✓ Berries
- ✓ Egg
- ✓ Dried Beans
- ✓ Carrot
- ✓ Cucumber
- ✓ Brown Rice
- ✓ Whole Wheat Pasta
- ✓ Salad with Plain Grilled Chicken
- ✓ Milk

High Sodium

- ✓ Pizza
- ✓ Hot Dog
- ✓ Canned Soup
- ✓ Turkey Sandwich (Deli Meats)
- ✓ Bagel
- ✓ Popcorn (from movie theater)
- ✓ Macaroni and Cheese
- ✓ Chicken Nuggets and French Fries
- ✓ Pickles
- ✓ Canned Pasta with Tomato Sauce