

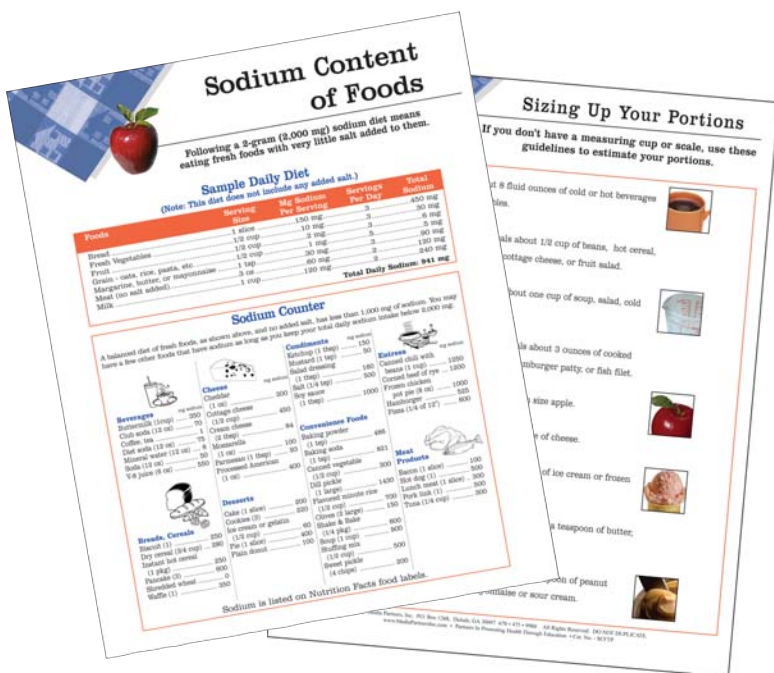
2 Gram Sodium Diet Education

Low Sodium Guidelines and Sodium Content of Foods were created to help patients with fluid retention and blood pressure control. The Low Sodium Guidelines brochure shows the foods in each food group to eat more of and less of; a sample menu; and guidelines for cooking, shopping, and eating out. Also included is a guide to finding the sodium content on the Nutrition Facts food label. Sodium Content of Foods lists a sodium counter for common foods, a sample 2 gm sodium daily diet with serving sizes, and a chart for estimating portion sizes.

Low-Sodium Guidelines
 8" x 10" Brochure (4 pages)
 Item #LSGBR \$32.50 pkg of 50



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Sodium Content of Foods
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