

Low Sodium Fast Food Swap Reference

Avoid	Order Instead
Deli turkey or ham sub	Grilled chicken sandwich — plain, no sauce
Pepperoni or sausage pizza	Single slice veggie pizza + side salad
Fast food french fries	Baked potato — no salt on skin, no butter or cheese
Breakfast burrito or omelet	Poached or hard-boiled eggs — unseasoned
Breaded or fried poultry	Grilled chicken breast — request no salt rub
Canned soup or chili	Steamed vegetables — no sauce, lemon on the side
Bottled salad dressing	Oil and vinegar — on the side
Pickles, olives, croutons	Fresh cucumber, tomato, or unsalted nuts
Pastries or instant pudding	Fresh fruit or unsweetened yogurt