



FREE GROCERY PLANNING RESOURCE

Lower-Sodium Grocery Checklist

A practical planning sheet to help you compare options, organize meals and remember the items you want to look for.

SHOPPING REMINDER

Compare nutrition labels when you can. Sodium can vary widely between brands and versions of the same food.

PRODUCE

- ☐ Fresh or frozen vegetables
- ☐ Fresh fruit
- ☐ Leafy greens
- ☐ Potatoes / sweet potatoes
- ☐ Onions, garlic, herbs

PROTEINS

- ☐ Fresh poultry, fish or lean meat
- ☐ Eggs
- ☐ Beans / lentils with no-salt-added options when available
- ☐ Unsalted nuts / seeds

GRAINS & STAPLES

- ☐ Oats
- ☐ Brown rice or other whole grains
- ☐ Whole-grain pasta
- ☐ Bread / wraps - compare labels

DAIRY / ALTERNATIVES

- ☐ Milk or unsweetened alternative
- ☐ Plain yogurt
- ☐ Cheese - compare portions and labels

FLAVOR BUILDERS

- ☐ Fresh herbs
- ☐ Salt-free seasoning blends
- ☐ Lemon / lime
- ☐ Vinegar
- ☐ Garlic, ginger, pepper, spices

OTHER / THIS WEEK'S ITEMS

MEAL PLANNING BEFORE YOU SHOP

A Quick Lower-Sodium Planning Page

Planning a few meals first can make grocery shopping easier and reduce last-minute choices.

MEAL	MAIN INGREDIENTS	WHAT I NEED

Label-comparison notes

Products I compared, brands I preferred, or items I want to remember next time:
