

EAT WELL, AGE WELL.

Monthly Tracking Calendar- Salt-Free Cooking

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

MONTH 1: BUY PRODUCTS LABELED "LOW-SALT," OR "NO SALT ADDED."

MONTH 2: USE FROZEN OR FRESH VEGETABLES IN PLACE OF CANNED VEGETABLES.

MONTH 3: IF YOU USE CONDIMENTS LIKE KETCHUP, MUSTARD, AND SOY SAUCE; TRY USING A SMALLER AMOUNT.

MONTH 4: THIS DINNER RECIPE IS GREAT FOR AN EASY LOW SODIUM MEAL:

<https://www.bhg.com/recipe/salads/sesame-chicken-salad/>

Complete these four weekly challenges for overall lower salt intake. Take the challenge!