

# SALT SWAPS

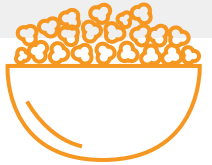
## SWAP THIS >> FOR THIS

Flavoured tuna >> Tuna in springwater



Flavoured rice crackers >> Plain rice cakes

Potato chips e.g. salt and vinegar >> Plain popcorn



Ham and cheese sandwich >> Salad sandwich or roast chicken and avocado sandwich/wrap

Olive dip >> Tzatziki dip

Take away muffin >> Homemade zucchini slice



Soy sauce >> Reduced salt soy sauce

Ham/salami >> Roast chicken



Salt >> Herbs and spices

Store bought pasta sauce >> Homemade pasta sauce

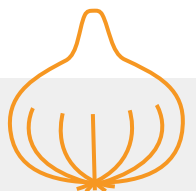
Store bought salad dressing >> Extra virgin olive oil and balsamic vinegar



Canned vegetables >> No added salt versions /frozen version

Garlic paste >> Fresh garlic

Vegemite >> No added salt (or sugar) peanut butter



Canned beans/lentils >> Drain and rinse to remove salty brine