

# NUTRITIONAL GUIDE

Sodium & Calcium Reference Chart

## Sodium Management

Food Item	Status
Fresh Vegetables	Low Sodium
Fresh Fruits	Low Sodium
Canned Soups	High Sodium
Processed Meats	High Sodium
Dry Beans/Lentils	Low Sodium

## Calcium Rich Foods

Food Item	Value
Plain Yogurt	Excellent
Sardines	Excellent
Cooked Spinach	Good
Fortified Tofu	Excellent
Almonds	Good

\* Values are approximate. Consult a healthcare professional for specific dietary requirements.