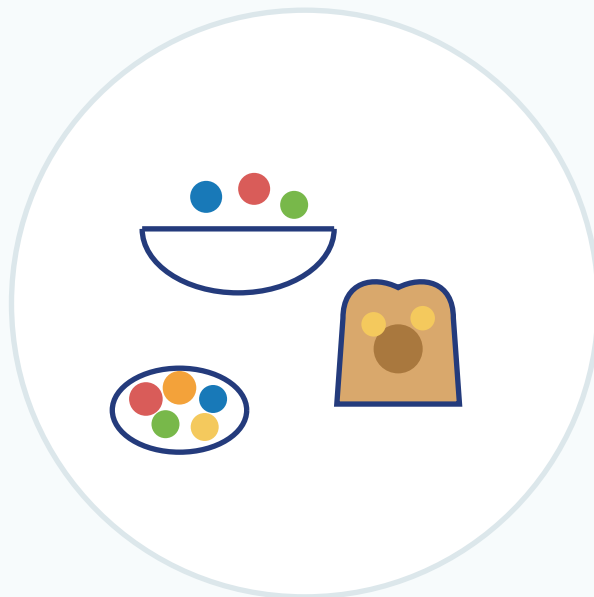


SEVEN LOW-SODIUM BREAKFAST MEALS

15-180 MG SODIUM

A colorful, practical guide to help you start each morning with heart-smart choices that are filling, nutritious, and easy to prepare.



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

APPROX. 275-310 CALORIES

Eat well. Protect your heart. Build healthy habits.

Your 7-Day Low-Sodium Plan

Simple ingredients. Balanced choices. Heart-smart mornings.

DAY 1

Berry Oatmeal Bowl

300 CAL

15 MG SODIUM

WHAT YOU NEED



1/2 cup rolled oats cooked with water, topped with 1/2 cup blueberries, 1/2 banana, and 1 tablespoon chopped walnuts.

DAY 2

Greek Yogurt & Fruit Parfait

280 CAL

60 MG SODIUM

WHAT YOU NEED



3/4 cup plain nonfat Greek yogurt, strawberries, blueberries, and 2 tablespoons unsalted granola.

DAY 3

Veggie Egg White Scramble

290 CAL

180 MG SODIUM

WHAT YOU NEED



3 egg whites with spinach, mushrooms, onions, and tomatoes, served with one slice low-sodium whole-grain toast.

Keep the Momentum Going

Three more satisfying breakfasts to help you stay consistent.

DAY 4

Apple Cinnamon Overnight Oats

310 CAL

90 MG SODIUM



WHAT YOU NEED

Rolled oats, unsweetened almond milk, diced apple, cinnamon, and 1 tablespoon chia seeds.

DAY 5

Banana Peanut Butter Toast

300 CAL

120 MG SODIUM



WHAT YOU NEED

One slice low-sodium whole-grain bread with 1 tablespoon natural unsalted peanut butter and sliced banana.

DAY 6

Green Smoothie

275 CAL

90 MG SODIUM



WHAT YOU NEED

Spinach, frozen berries, banana, unsweetened almond milk, plain Greek yogurt, and ground flaxseed.

Finish Strong

Complete the week, then use these practical tips to keep sodium low.

DAY 7

Cottage Cheese & Fresh Fruit

290 CAL

180 MG SODIUM

WHAT YOU NEED



1/2 cup low-sodium cottage cheese with sliced peaches and strawberries, topped with unsalted almonds.

LOW-SODIUM BREAKFAST TIPS

1

Choose fresh fruits and vegetables
instead of canned varieties.

4

Buy plain Greek yogurt
without added sugar.

2

Use plain oats
instead of flavored instant oatmeal packets.

5

Avoid processed breakfast meats
such as bacon, sausage, and ham.

3

Select unsalted nuts and seeds
for crunch without extra sodium.

6

Flavor with cinnamon, vanilla, fresh herbs, or lemon zest
instead of salt.

REMEMBER

These breakfasts provide fiber, lean protein, and healthy fats to help keep you full, support weight management, and promote heart health while keeping sodium intake low.