



Salt Shakedown



Suggestions:	Why Important?	Are you Living this Tip?
Shop the Outside Perimeter		
Read the Labels		
Avoid Canned Goods		
Look Above/Below Eye Level		
Avoid TV or Microwave Meals		
Look at Herbs & Spices		
Avoid Pre-Packaged Lunch Meats		

If you answered “no” to any of the suggestions in this clip, think about which area(s) you could try to improve in and place a star beside the tip(s). Remember: Healthy habits begin one step at a time!

