



Nutrition Tips

Microwave Meals

Lower Sodium Choices

Kashi

Healthy Choice

Lean Cuisine

Lean Cuisine Honestly Good

Cedar Lane Natural Foods

LYFE Kitchen

Amy's Organics

.evol foods

Open Nature

Eating Right

Smart Ones

Trader Joe's brand

New options come out all the time, so keep looking!

Sometimes a home-cooked meal just doesn't fit in your busy schedule. With all you've learned about sodium and phosphorus, you know fast food and the deli are not the best answer. So what can you do?

How about a frozen microwave meal? Frozen meals used to be filled with salt, but now there are many lower in sodium options. Tasty and with lots of varieties, low sodium frozen meals offer you a way to get a healthy meal fast, and inexpensively.

Guidelines when choosing a frozen meal:

Serving size– Usually serving size is listed as one container, but sometimes it is labeled for half. Remember to adjust the nutrition content so you will know the amount for the entire meal instead of only half.

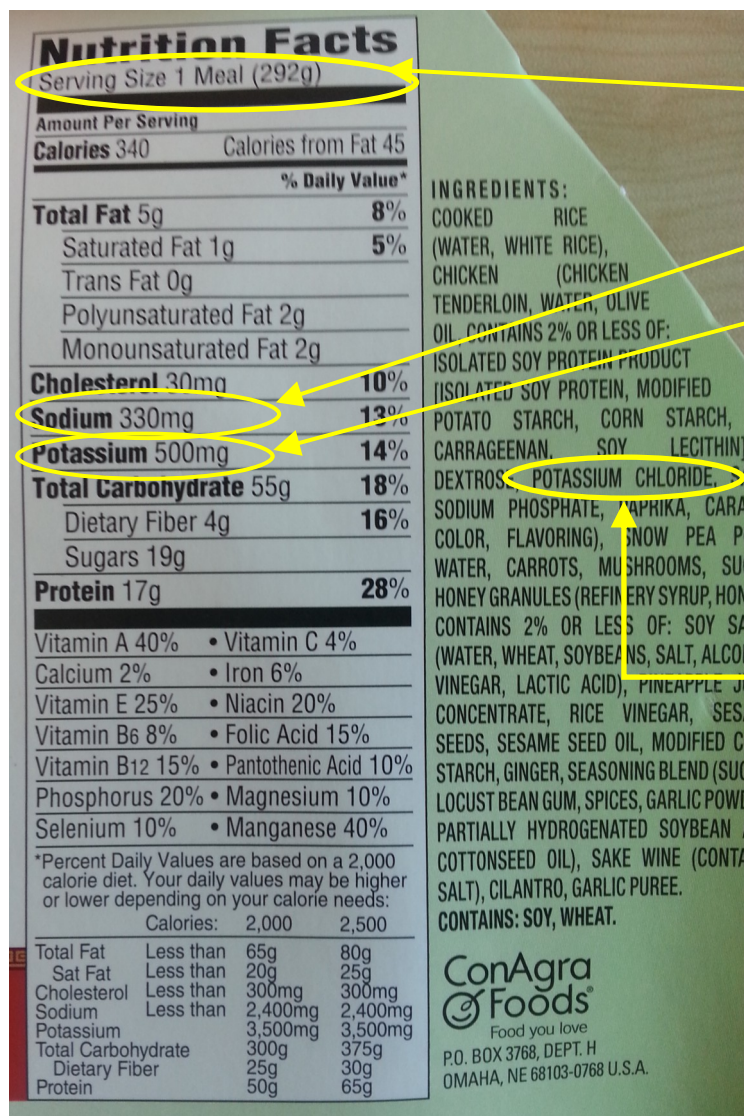
Sodium– Aim for less than 600 mg per meal.

Potassium– Potassium content isn't always on the label, but if it is, try to keep it under 600 mg per meal. It's okay to choose an entrée with a high-potassium food, but count it as a high-potassium serving for the day. It's common to find beans, potatoes, tomatoes and spinach in frozen meals, which are all high-potassium foods. Lower choices are rice, corn, green beans and zucchini.



Top Microwave Meal Tips

1. **Add a side dish** – The portion size of a frozen meal can be small, so they may not fill you up. Try adding frozen veggies, side salad, or a small bowl of fruit to help you feel fuller.
2. **Check the “natural” section** – Some stores have a separate section for natural foods. Lower sodium meals may be stocked in this area instead.
3. **Check for sales** - Even low-sodium meals go on sale! Keep an eye out for a good deal and buy extra when you can. Look at the expiration date on the package when you buy extra, they usually last 3-4 months.



Remember to check:

Serving Size

Sodium

Potassium

Watch for added potassium

Check for potassium chloride in the ingredient list. If it is listed as an ingredient, but the potassium is less than 600mg per meal, like in this example, it is safe for you to eat.

If it is on the ingredient list and the amount of potassium isn't labeled, it is best to choose a different meal.

