



Low Sodium Microwave Meal Options

The Food and Drug administration recommends that healthy adults eat **less than 2,300 mg of sodium a day** or about one teaspoon, and yet the average American eats five or more teaspoons each day (11,500 mg

Look for an entrée that contains **less than 440 mg sodium per meal**.

- Amy's Light in Sodium Black Bean Vegetable Enchilada (190 mg)
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- Luvo Steel Cut Oatmeal with Quinoa and Mixed Fruit (120 mg)
- Luvo Organic Roasted Eggplant and Quinoa Burrito (270 mg)
- Whole Foods' 365 Organic Quinoa with Vegetables (10 mg)
- Trader Joe's Thai Sweet Veggie Burger (270 mg)
- Lean Cuisine Pepperoni Snack Size Pizza Lean Cuisine Deep Dish
- Lean Cuisine Pepperoni Snack Size Pizza Lean Cuisine Deep Dish Spinach and Mushroom Pizza (420 mg)
- EVOL Burritos (200 mg-300 mg)
- Kashi Chimichurri Quinoa Bowl (350 mg)
- Kashi Sweet Potato Quinoa Bowl (440 mg)
- Kashi Amaranth Polenta Plantain Bowl (390 mg)