



Some Plain Facts About Sodium & Low Sodium Foods!

HOW CAN I REDUCE THE AMOUNT OF SALT I EAT EACH DAY? ONE WAY IS TO USE LESS SALT AT THE TABLE. ANOTHER IS TO SELECT PRODUCTS THAT HAVE LESS OR NO SALT ADDED DURING PROCESSING. LOOK FOR THE NEW TV LOW SODIUM VEGETABLES WHICH ARE PACKED IN WATER WITH NO SALT ADDED. ALTHOUGH THEY DO CONTAIN SMALL AMOUNTS OF NATURALLY OCCURRING SODIUM, EACH WILL CONTAIN 35MG OF SODIUM OR LESS PER SERVING.

MANY WHO HAVE TRIED THEM SAY THEY HAVE A VERY GOOD APPEARANCE AND TEXTURE AND THE TRUE TASTE OF THE VEGETABLE IS MORE EVIDENT. HOW WILL TV LOW SODIUM VEGETABLES COMPARE NUTRITIONALLY? EACH CAN WILL CONTAIN A NUTRITIONAL LABEL WITH FULL DETAILS. THE FOLLOWING CHART SHOWS THE CALORIE AND SODIUM COMPARISONS.

VEGETABLES	TV LOW SODIUM	REGULAR
Whole Kernel Corn	under 10mg	320mg
Sweet Peas	under 10mg	340mg
Cut Green Beans	under 10mg	380mg
French Style Green Beans	under 10mg	380mg
Sliced Carrots	under 35mg	390mg
Sliced Beets	under 35mg	390mg
Mixed Vegetables	under 30mg	390mg
Whole Peeled Tomatoes	under 25mg	220mg

WHAT'S THE DIFFERENCE BETWEEN SALT AND SODIUM? THE TWO TERMS ARE OFTEN USED INTERCHANGEABLY SINCE THE CHEMICAL NAME FOR SALT IS SODIUM CHLORIDE (ABOUT 40% SODIUM & 60% CHLORIDE). BOTH SODIUM AND CHLORIDE ARE ESSENTIAL TO GOOD HEALTH BUT ARE REQUIRED IN VERY SMALL QUANTITIES.



DOLLAR DAYS

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FIRST OF THE SEASON!!!

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LB.

Fresh Peaches
.59
LB.

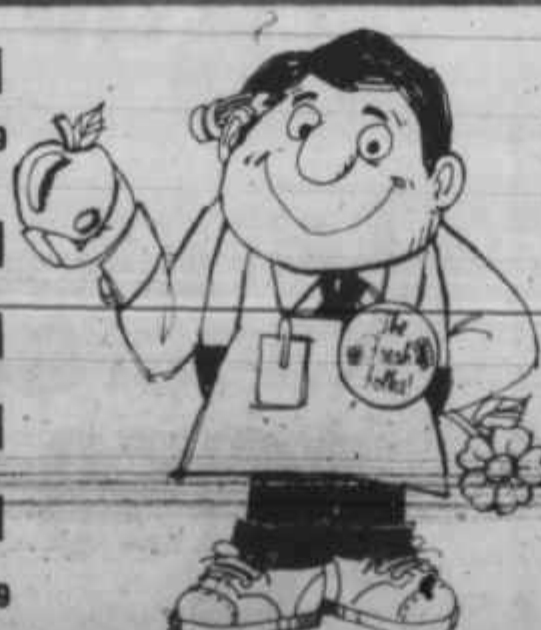
LARGE SIZE, FRESH
Juicy Honeydews EACH **.79**
GREAT FLAVOR, FRESH
Zucchini Squash LBS. **2/\$1**

CALIFORNIA HASS
Creamy Avocados
4 \$1
1 LB. PKGS. FOR

RED ITALIAN
Sweet Onions
2 \$1
JUMBO SIZE LBS. FOR

TENDER
Texas Carrots
4 \$1
LARGE SIZE

LARGE SIZE
Fresh Juicy Mangoes EACH **\$1**
U.S. NO. 1
Russet Potatoes 10 LB. BAG **\$1.69**
FRESH LARGE SIZE
Green Bell Peppers **4/\$1**
FRESH GREEN
Juicy Limes **5/\$1**
LARGE SIZE, PLANTATION
Ripe Pineapple EACH **\$1**
FRESH FLORIDA
White Corn EARS **4/\$1**
CALIFORNIA
Sweet Oranges 5 LB. BAG **\$1.79**



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