

Low Sodium Food

Pick your preferred food to create your own custom meal combinations

♥ How to use this menu

Our vegetables, starches, meat and alternatives are packaged separately, so you can create tasty meals catered to your unique needs and preferences.

Your health professional has given you a sodium restriction. This restriction is based on your individual condition and should only be followed as per direction of your health professional.

All food items in this menu have a sodium value in milligrams (mg). Just add them up.

A Satisfying Proteins

<input type="radio"/> Lentil Delish	82 mg	\$4.00
<input type="radio"/> Savoury Chicken	96 mg	\$5.50
<input type="radio"/> Fish Parsley & Lemon	88 mg	\$5.50
<input type="radio"/> Beef & Mushroom Sauce	116 mg	\$5.50
<input type="radio"/> Roasted Pork & Garlic	127 mg	\$5.50
<input type="radio"/> Slow roasted Beef		\$5.50
<input type="radio"/> Sweet & Sour Pork	158 mg	\$5.50
<input type="radio"/> Crustless Quiche	198 mg	\$4.75
<input type="radio"/> Chicken Curry	189 mg	\$5.50
<input type="radio"/> Beef Italian Tomato Sauce	238 mg	\$5.50
<input type="radio"/> Salmon		\$7.00

2 Tasty Carbohydrates

<input type="radio"/> Herbed Rice	1 mg	\$2.75
<input type="radio"/> Whipped Potato	24 mg	\$2.00
<input type="radio"/> Whipped Butternut Squash	98 mg	\$2.20
<input type="radio"/> Roasted Potatoes	81 mg	\$3.00
<input type="radio"/> Roasted Yams	88 mg	\$2.75
<input type="radio"/> Whipped Potato & Herbs	72 mg	\$2.20
<input type="radio"/> Whipped Yams	84 mg	\$3.75
<input type="radio"/> Whipped Potato & Cheese	96 mg	\$2.75
<input type="radio"/> Rice Pilaf	140 mg	\$2.75
<input type="radio"/> Pasta & Italian Herbs	148 mg	\$3.00

3 Fantastic Veggies

<input type="radio"/> Broccoli & Cauliflower	26 mg	\$3.75
<input type="radio"/> Green Beans & Garlic	80 mg	\$3.00
<input type="radio"/> Beet & Apple Puree	68 mg	\$3.00
<input type="radio"/> Braised Red Cabbage	91 mg	\$3.00
<input type="radio"/> Whipped Carrot & Parsnip	98 mg	\$3.00
<input type="radio"/> Peas & Mushrooms	126 mg	\$3.75
<input type="radio"/> Cauliflower & Cheese	119 mg	\$3.25
<input type="radio"/> Candied Carrots	138 mg	\$3.00
<input type="radio"/> Herbed Carrots	142 mg	\$3.00
<input type="radio"/> Creamed Spinach	148 mg	\$3.75
<input type="radio"/> Seasonal Veggie Dish	mg varies	\$3.75

4 Velvety Sauces

<input type="radio"/> Cheese Sauce	147 mg	\$1.00
<input type="radio"/> Savoury Sauce	65 mg	\$1.00
<input type="radio"/> Garlic Sauce	75 mg	\$1.00
<input type="radio"/> Mushroom Sauce	80 mg	\$1.00
<input type="radio"/> Beef Gravy	65 mg	\$1.00
<input type="radio"/> Italian Tomato Sauce	70 mg	\$1.00
<input type="radio"/> Coconut Curry Sauce	45 mg	\$1.00



Therapeutic Meals

Eat Well. Feel Good.

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Prices and availability are subject to change.

5 Nutrition Therapies & Lifestyles

<input type="radio"/> Swallowing Difficulty	<input type="radio"/> Diabetes
<input type="radio"/> Chewing Difficulty	<input type="radio"/> Renal
<input type="radio"/> Low Sodium	<input type="radio"/> Healthy Heart
<input type="radio"/> Gluten Free	<input type="radio"/> Taste Changes
<input type="radio"/> Dairy Free	<input type="radio"/> Post Surgery
<input type="radio"/> IBS/IBD Management	<input type="radio"/> Allergies
<input type="radio"/> Vegan	<input type="radio"/> Vegetarian