

SCARSTORIES · A LITTLE COMPANY ON THE WAY

A dinner my teenager approved

Fatima S. — heart failure warrior · 9 Sep 2026

Low-sodium dinner that got a thumbs up from my picky teenager: baked salmon, lemon, garlic, and a pile of roasted vegetables.

Seasoning mix: smoked paprika, black pepper, onion powder, thyme. Zero salt needed. The lemon does the heavy lifting. Total sodium for the plate: about 90mg.

A personal account, not a treatment recommendation. Experiences and recovery vary.

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.