



# Using Food Labels to Eat Less Sodium

EATING LESS SODIUM (SALT) CAN HELP LOWER YOUR BLOOD PRESSURE

Eat no more than **2,300 mg** of sodium per day.

## Chicken and Rice Soup

<b>Nutrition Facts</b>	
Serving Size 1 cup (237 g) ←	
Servings Per Container about 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 100	Calories from Fat 20
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% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 950mg	<b>40%</b>
<b>Total Carbohydrate</b> 12mg	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 7g	
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Vitamin A 20%	• Vitamin C 0%
Calcium 2%	• Iron 4%
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*Percent Daily Values are based on a 2,000 calorie diet.	

### 1 Decide How Many Servings You Will Eat

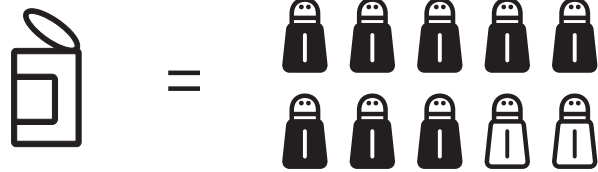
Always check the serving size and number of servings in the container.

**If you eat this whole can, you are eating 2 servings.**

### 2 Find the % Daily Value for Sodium

Pick foods near 5% or less per serving.

**This can of soup has too much sodium!**



By eating this whole can of soup, you've almost reached your daily limit in one meal.

## Compare sodium in different products.

Choose products that have the least amount of sodium.