

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

Amount Per Serving Calories 100 Calories from Fat 20 **Daily Value** Total Fat 2.5g 4% Saturated Fat 0.5g 3% Trans Fat 0g Polyunsaturated Fat 0.5g Monounsaturated Fat 1g Cholesterol 25mg 8% Sodium 950mg 40% Total Carbohydrate 12mg 4% Dietary Fiber 1g 4% Sugars 1g Protein 7g Vitamin A 20% Vitamin C 0%	Nutrition Serving Size 1		ts
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Dietary Fiber 1g Sugars 1g Protein 7g	Sodium 950mg	4	10%
Sugars 1g Protein 7g	Total Carbohyd	rate 12mg	4%
Protein 7g	Dietary Fiber 1g	9	4%
	Sugars 1g		
Vitamin A 20% • Vitamin C 0%	Protein 7g		
	Vitamin A 20%	• Vitamin C	0%
Calcium 2% • Iron 4%	Calcium 2%	• Iron 4%	

*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.

