

Using Food Labels to Eat Less Sodium

Eating Less Sodium (Salt) Can Help Lower Your Blood Pressure

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

Chicken and Rice Soup

Nutrition Facts	
2 servings per container	←
Serving size	1 cup (240mL)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 5mg	2%
Sodium 950mg	34%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	
Calcium 50mg	4%
Iron 0.4mg	2%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. Decide How Many Servings You Will Eat

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!



If you eat this whole can of soup, you will have almost reached your daily limit in one meal.

Compare sodium in different products.

Look for foods with low sodium or no sodium on the label. Doing this will support a healthy blood pressure before, during and after pregnancy. A healthy blood pressure can vary. Talk to your health care provider to find out what a healthy blood pressure is for you.

Sèvi ak etikèt aliman pou ou ka manje mwens sodyòm

Lè ou manje mwens sodyòm (sèl) sa ka ede tansyon w bese

Pa manje plis pase **2,300 miligram (mg)** sodyòm pa jou.

Soup poul ak diri

Enfòmasyon sou Nitrisyon

2 Pòsyon nan chak bwat
Kantite pòsyon an 1 tas (240mL)

Kantite pou chak pòsyon

Kalori 100

% Valè kotidyen a*

Total grès 2g 3%

Grès Satire 0.5g 3%

Grès *Trans* 0g

Grès poli-ensatire 0g

Grès Mono-ensatire 0g

Kolestewòl 5mg 2%

Sodyòm 950mg 34%

Total Glisid 13g 5%

Fib Alimantè 1g 4%

Fib ki ka fonn 0g

Fib ki pa ka fonn 0g

Total sik 1g

Gen ladan 0g sik ki ajoute 0%

Pwoteyin 2g

Vitamin D 0mcg

Kalsyòm 50mg 4%

Fè 0.4mg 2%

Potasyòm 40mg 0%

* % Valè Kotidyen (VK) a di w ki kantite nitriman ki gen nan yon pòsyon alimantè ki kontribye nan alimantasyon kotidyen an. Yo itilize 2,000 kalori pa jou pou konsèy jeneral sou nitrisyon yo.

1. Deside Konbyen pòsyon w ap manje

Verifye gwoès pòsyon an ak kantite pòsyon ki nan bwat la.

Si w manje tout bwat sa a, w ap konsome 2 pòsyon.

2. Jwenn % valè kotidyen an pou sodyòm

Chwazi manje ki gen yon kantite sodyòm ki enferyè oswa egal a 5% pou chak pòsyon.

Bwat soup sa a gen twòp sodyòm!



Si ou manje tout bwat soup sa a, w ap prèske atenn limit kotidyen w lan nan yon sèl repa.

Konpare sodyòm nan diferan pwodwi.

Chèche manje ki gen yon ti kantite sodyòm oswa ki pa gen sodyòm sou etikèt la. Lè w fè sa, sa ap pèmèt ou kenbe tansyon an sante anvan, pandan ak aprè gwoès la. Yon tansyon ki an bon sante ka varye. Pale ak pwofesyonèl swen sante ou pou w ka konnen ki tansyon ki ideyal pou ou.