

# 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	
<b>Serving size</b>	<b>1 cup (240mL)</b>
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 950mg</b>	<b>34%</b>
<b>Total Carbohydrate 13g</b>	<b>5%</b>
Dietary Fiber 1g	4%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 2g</b>	
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.

# Cómo usar las etiquetas de alimentos para comer menos sodio

Comer menos sodio (sal) puede ayudar a disminuir la presión arterial

No coma más de **2300 miligramos (mg)** de sodio por día.

## Sopa de pollo y arroz

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1 cup (240mL)</b>
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0.5g	3%
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<b>Protein 2g</b>	
Vitamin D 0mcg	
Calcium 50mg	4%
Iron 0.4mg	2%
Potassium 40mg	0%

### 1. Decida cuántas porciones comerá

Controle el tamaño de la porción y la cantidad de porciones en el envase. Si come toda la lata, comerá **2 porciones**.

### 2. Descubra el % de valor diario para el sodio

Seleccione alimentos que tengan **5 % o menos** por porción. ¡Esta lata de sopa tiene demasiado sodio!



Si come esta lata completa de sopa, estará cerca de alcanzar el límite diario en una comida.

### Compare el sodio en diferentes productos.

Busque alimentos con bajo contenido de sodio o sin sodio en la etiqueta. Así ayudará a tener una presión arterial saludable antes, durante y después del embarazo. La presión arterial saludable puede variar. Hable con su proveedor de atención de salud para saber cuál es la presión arterial saludable para usted.

\* 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.