



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

Nutrition Facts	
Serving Size 1 cup (237 g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 100	Calories from Fat 20
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% 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	
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Vitamin A 20%	• Vitamin C 0%
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.