HOW MUCH SODIUM IS IN YOUR FOOD?
Let’s find out how much sodium is in common foods we eat!
How much sodium should you eat in a day?

1,150 milligrams (½ teaspoon)

2,300 milligrams (1 teaspoon)

6,900 milligrams (1 tablespoon)
You should eat no more than 2,300 milligrams* (mg) of sodium per day. Most people eat more sodium than this and don’t know it because foods high in sodium don’t always taste salty. Packaged, processed and restaurant foods are often high in sodium.

*When reading a Nutrition Facts label, you’ll see sodium listed in milligrams (mg).
Which of these foods has more sodium?

Corn Tortilla VS. Flour Tortilla
Don’t rely on taste.

Check the Nutrition Facts label to see how much sodium your packaged foods contain.

Choose the option with the least amount of sodium.

Limit how much of the item you eat.
Which of these foods has more sodium?

Plain brown rice VS. Seasoned brown rice
Cook plain brown rice and season it to taste.

Boost flavor by adding garlic, onion, herbs and spices to your foods.

Sprinkle vinegar or citrus on foods just before eating.

Many times, the flavor packets that come with seasoned rice are high in sodium.
Which of these foods has more sodium?

Canned Vegetables vs. Frozen Vegetables
Canned vegetables can have as much as 650 mg of sodium per serving. Try this:

- **Drain and rinse** canned vegetables to reduce sodium.
- **Look for low-salt or no-salt** options.
- **Choose frozen or fresh vegetables instead.**
- Choose frozen vegetables that do not come with a pre-made sauce—sauces are often high in sodium.
Which of these foods has more sodium?

Lean Deli Turkey

VS.

Roasted Turkey
Lean Deli Turkey!

- Processed meats can be very high in sodium.
- Even products labeled as lean, healthy or natural may have a lot of sodium.

**Try this**

- **Use more fresh ingredients** when preparing meals at home.
- **Use less salt** while you cook and **add salt to taste at the table** instead.
- **Boost flavor** by adding garlic, onion, herbs and spices to your foods.
- **Sprinkle vinegar or citrus** on foods just before eating.
Which restaurant meal has more sodium?

Baked Cod

VS.

Southwest Grilled Chicken Salad with Regular Dressing
Southwest Grilled Chicken Salad!

- The southwest grilled chicken salad has 3,550 mg of sodium. That’s well above the maximum amount of sodium you should eat in a full day!
- The baked cod has 1,200 mg of sodium. That is still a lot of sodium for one meal.

Try this

✓ Look for the sodium warning icons on menus in chain restaurants. It means a dish has 2,300 mg or more of sodium. Avoid these dishes.

✓ Ask for dressings and sauces, like soy sauce, on the side and look for low sodium versions.

✓ When possible, cook more fresh meals at home where you can control the amount of sodium in your food.
Always read the Nutrition Facts label to find products with less sodium.

Remember to check the number of servings per container as well. The container may have more than one portion.

Look for items that have 5% or less of the Daily Value (DV) of sodium per serving.

This can of soup has too much sodium!
Choose less processed foods more often.
Eating less processed foods usually means less sodium in your diet.
Tips to reduce the amount of sodium in your diet:

- Eat less than 2,300 mg of sodium a day.
- Check the Nutrition Facts label on all packaged foods. Choose the product with less than 5% daily value of sodium per serving.
- Prepare more meals at home using less processed foods. Fill half of your plate with fruits and vegetables.
- Look for the sodium warning icons on menus in chain restaurants in New York City. The icon tells you if a dish has 2,300 mg or more of sodium.
- Use less salt while you cook. Flavor food with herbs, spices, citrus, vinegar or vegetables instead.

Take these small steps to reduce the amount of sodium you eat and stay on the path to a healthier life!