

Learn to Read Food Labels

EATING LESS SALT (SODIUM) HELPS PREVENT AND CONTROL HIGH BLOOD PRESSURE

Most people should eat no more than 1,500 mg of sodium per day.

Chicken and Rice Soup

Nutrition Facts	
Serving Size 1 cup (239g)	
Servings Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 870mg	36%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 6g	

Start Here: Serving Size

Always check the serving size and number of servings in the container.

If you eat this whole can, you are eating 2 servings!

Look for the amount of sodium. This can of soup has a lot of sodium!

COMPARE sodium in different products. Choose products that have the least amount of sodium.



Sodium 870mg

Sodium 480mg

Choose the lowest!

