

Lowering Sodium Intake

5 Clues for Low Sodium Foods

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Package claim: Very Low Sodium

2

Package Claim:
"Sodium Free"

3

Package Claim:
"Healthy"

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* 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.

Package Claim:
"Low Sodium"

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Food Label:
6% or Less Daily
Value for Sodium

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Most adults should keep sodium intake to about 2300 mg per day but the average person consumes 3400 mg per day due to the high sodium intake of processed foods and restaurant meals. By reading labels and packages you can keep your sodium intake low so you can keep your blood pressure at a healthy level.