



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

% 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

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!



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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.