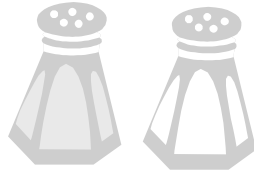


KNOW MORE ABOUT THE SODIUM IN YOUR FOOD



READ FOOD LABELS

Check the Nutrition Facts label before purchasing food. With the exception of fresh fruits, vegetables and meats, most foods have a nutrition label like the one shown here. The amount of sodium a product contains is listed on the label. By checking labels, you can find out how much sodium is in the foods you eat. The food label is a guide to better nutrition – but only if you use it.

It is not only important to read labels; you should also compare them. There is often a difference between brands of the same product, and it can be substantial. If sodium is listed as one of the first 3 ingredients, it probably has a high amount of sodium and should be avoided.

HOW TO READ THE NUTRITION FACTS LABEL

The **Serving Size** tells the amount normally eaten at one setting. The serving size is given in common measures, such as two pieces or ½ cup.

The number of **Servings Per Container** describes the number of servings the package contains. Although a package may look small, it may contain more than one serving. The sodium content listed is for one serving, not necessarily the entire package.

Along side each nutrient (fat, saturated fat, cholesterol, sodium, carbohydrate, dietary

fiber, sugars, and protein) lists the amount of each nutrient per serving.

By using the **% Daily Values**, you can easily see whether a food provides a lot or a little of a particular nutrient. A high percentage means the food contains a lot of the nutrient. A low percentage means the food contains a little.

| Nutrition Facts | | | |
|---|-----------|----------------------|----------------------------|
| Serving Size ½ cup (114g) | | | |
| Servings Per Container 4 | | | |
| Amount Per Serving | | | |
| Calories 90 | | Calories from Fat 30 | |
| % Daily Value* | | | |
| Total Fat | 3g | | 5% |
| Saturated Fat | 0g | | 0% |
| Cholesterol | 0mg | | 0% |
| Sodium | 300mg | | 13% |
| Total Carbohydrate | 13g | | 4% |
| Dietary Fiber | 3g | | 12% |
| Sugars | 3g | | |
| Protein | 3g | | |
| Vitamin A | 80% | ● | Vitamin C 60% |
| Calcium | 4% | ● | Iron 4% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300m |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat | 9 | ● | Carbohydrate 4 ● Protein 4 |

♥ **Remember!** Foods with over 140mg of sodium per serving are considered high in sodium. Sodium makes the body retain fluid, making more work for your heart.