

Shake the Salt Habit



- 5% added during cooking
- 6% added at the table
- 12% naturally occurring
- 77% processed or prepared foods

Sodium in our diet
Where does it come from?



Diets high in sodium are linked to:

- high blood pressure
- heart disease
- stroke
- water retention



Learn to Read Labels

Food packages and labels include salt and sodium-related words. Here's what they mean:

- **Sodium-free or salt-free**
Each serving in this product contains less than 5 mg of sodium.
- **Very low sodium**
Each serving contains 35 mg of sodium or less.
- **Low sodium**
Each serving contains 140 mg of sodium or less.
- **Reduced or less sodium**
The product contains at least 25 percent less sodium than the regular.
- **Lite or light in sodium**
The sodium content has been reduced by at least 50 percent from the regular version.
- **Unsalted or no salt added**
No salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium.

Limit foods with more than 200 mg of sodium per serving

Read the Nutrition Facts label for the serving size and consider how many servings you actually eat.



Nutrition Facts	
Serving Size 1 cup (233g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 270	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Sodium 1310mg	54%
Dietary Fiber 2g	6%
Protein 9g	
Vitamin A 10% • Vitamin C 0%	
Calcium 2% • Iron 10%	