

Sodium: Look at the Label

Over 75% of sodium you eat comes from packaged foods and foods you eat in restaurants.

Use the Nutrition Facts Label!

- High levels of sodium may seem “hidden” in packaged food, particularly when a food doesn’t “taste” salty — but sodium is not hidden on the **Nutrition Facts Label!**
- Check the **Percent Daily Value (%DV)** for sodium in the food you are considering.* You can see at a glance if the sodium in one serving of food contributes a little — or a lot — to the recommended amount you should eat in a day.

Use the %DV on the Nutrition Facts Label to compare food products, and remember: 5% DV or less of sodium is **LOW**, and 20% DV or more of sodium is **HIGH**. Also, ask to see the nutrition information in restaurants and choose a lower sodium option.

Choose Less Sodium

Nutrition Facts

Serving Size 1 package (255g)
Servings Per Container 1

Amount Per Serving

Calories 230 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 480mg 20%

Potassium 530g 15%

Total Carbohydrate 37g 12%

Dietary Fiber 5g 20%

Sugars 7g

Proteins 10g

* Percent Daily Values are based on a 2,000 calorie diet.

**20% DV
or more
per serving
is high!**



Sodium and Health

Sodium has been linked to high blood pressure...and high blood pressure can increase your risk of heart disease, kidney disease and stroke. But using the Nutrition Facts Label and eating less sodium can often help lower blood pressure — which can, in turn, help you reduce your risk of these diseases!

* The %DV is based on 100% of the recommended amount of sodium, which is less than 2400 milligrams (mg) per day.