

SHOP SODIUM SMART

Decode the Claims

- **Low Sodium:** ≤ 140 mg per serving
- **Very Low Sodium:** ≤ 35 mg per serving
- **Salt/Sodium-Free:** <5 mg per serving
- **Unsalted:** No salt has been added

Sources of Sodium

- Sodium isn't only in the salt shaker and salty snacks!
- It is used as a preservative in many boxed, canned and prepared foods (75% of the sodium we eat)
- Inexpensive way to add flavor
- Condiments and marinades typically contain high amounts

Eat Sodium Smart

- Skip the salt shaker -- try herbs, spices, citrus or vinegar instead
- Use salt-free seasoning blends
- Rinse canned foods to reduce salt by about 30%
- Buy low sodium varieties of your favorite products
- Limit cured foods, including cold cuts and sausages
- Choose fresh, plain meats without breading or marinade
- Eat plenty of fruits, vegetables and whole grains

Know the Facts



| 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% |
| <small>* 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.</small> | |

What does salt do in my body?

A high sodium diet can raise blood pressure, which is hard on your heart!



*Whole foods such as fruits, vegetables, lean meats, fish, unsalted nuts and seeds, and eggs are naturally low in sodium