

SHOP SODIUM SMART

Decode the Claims

- **Very Low Sodium:** ≤ 35 mg per serving
- **Low Sodium:** ≤ 140 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%

* 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.

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