

Read the Nutrition Facts Label for Sodium!



Nutrition Facts labels tell you what you need to know about choosing foods that are lower in sodium. Here is a Nutrition Facts label for frozen peas and carrots.

Frozen Peas and Carrots

Nutrition Facts	
Serving Size ½ cup (121g)	
Servings Per Container 3	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 2g	
Vitamin A 35%	Vitamin C 6%
Calcium 2%	Iron 2%

Amount Per Serving

The nutrient amounts are for one serving. So, if you eat more or less than a serving, you need to add or subtract nutrient amounts. For example, if you eat 1 cup of peas and carrots, you are eating two servings.

Nutrients

Listed are the amounts of sodium in one serving. These amounts are given in milligrams (mg).

Serving Size and Number of Servings

The serving size is ½ cup. The package contains about three servings. Remember, the numbers on the label are for one serving, not the whole container.

Percent Daily Value

The Percent Daily Value helps you compare products and quickly tells you if the food is high or low in sodium. Choose products with the lowest Percent Daily Value for sodium: 5 percent or less is low, and 20 percent or more is high.

The Choice Is Yours—Compare!

Which one would you choose?

Frozen peas and carrots are lower in sodium than canned. Read the labels, and choose foods that are lower in sodium to help keep your heart strong.

Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%

Frozen Peas and Carrots

One serving (½ cup) of frozen peas and carrots has 125 mg of sodium and 5 percent of the Daily Value for sodium.

Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%

Canned Peas and Carrots

One serving (½ cup) of canned peas and carrots has 360 mg of sodium and 15 percent of the Daily Value for sodium. That is almost three times the sodium found in a serving of frozen peas and carrots.

* Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.