

Ric's Food Choices



Ric's blood pressure was slightly higher the last time he visited his doctor.

The doctor told him to cut back on the amount of sodium he eats.

Use the Nutrition Facts labels to help Ric choose foods that will help him follow his doctor's advice.

Write the number of your choice for each pair in the space between the labels.

1 – Tomato Juice

Nutrition Facts	
Serving Size $\frac{3}{4}$ cup (177 ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	27%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 1g	
Vitamin A 6% • Vitamin C 0%	
Calcium 0% • Iron 5%	

2 – Pineapple Juice

Nutrition Facts	
Serving Size $\frac{3}{4}$ cup (177 ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 85	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 1g	
Vitamin A 0% • Vitamin C 100%	
Calcium 2% • Iron 2%	

Lower sodium choice

3 – Soy Sauce

Nutrition Facts	
Serving Size 1 Tablespoon	
Servings Per Container 20	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 920mg	38%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

4 – Light Soy Sauce

Nutrition Facts	
Serving Size 1 Tablespoon	
Servings Per Container 20	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	25%
Total Carbohydrate 0g	0%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

Lower sodium choice

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

Ric's Food Choices *(continued)*

5 – Dry Roasted Peanuts, Unsalted

Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 16	
Amount Per Serving	
Calories 178	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 8g	
Vitamin A 2% • Vitamin C 0%	
Calcium 8% • Iron 0%	

6 – Beef Jerky

Nutrition Facts	
Serving Size 1 ounce	
Servings Per Container 4	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 460mg	19%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 10g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 6%	

Lower
sodium
choice

7 – Canned Pork, Regular

Nutrition Facts	
Serving Size 2 ounces (56g)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 300mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 8g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	

8 – Chicken Siopao (Steamed Bun With Chicken Filling)

Nutrition Facts	
Serving Size 1 Tablespoon	
Servings Per Container 20	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	25%
Total Carbohydrate 0g	0%
Dietary Fiber 1g	8%
Sugars 0g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

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Ric's Food Choices *(continued)*

9 – Pork Rinds

Nutrition Facts	
Serving Size 1 ounce (15g)	
Servings Per Container 7	
Amount Per Serving	
Calories 80	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 300mg	13%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 8g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%

10 – Crackers, Low Sodium

Nutrition Facts	
Serving Size 5 crackers	
Servings Per Container 32	
Amount Per Serving	
Calories 60	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 4%

Lower
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