Read the Food Label for Sodium!

Food labels tell you what you need to know about choosing foods that are lower in sodium. Here's a food label for packaged noodle soup.

Packaged Noodle Soup

Nutrition Facts

Serving Size 1/2 block
Servings Per Container 2

Amount Per Serving

Calories 190	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 820mg	**34%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 5g	

Vitamin A 2%	•	Vitamin C 2%
Calcium 2%	•	Iron 6%

Serving Size and Number of Servings

The serving size is ½ of the block of noodles. The package contains two servings. Remember, the numbers on the label are for one serving, not the whole package.

Amount Per Serving

The nutrient amounts are for one serving. So, if you eat the whole block of noodles, you are eating two servings, and you need to double the nutrient amounts.

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.

Nutrients

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

The Choice Is Yours—Compare!

Which one would you choose?

Low-sodium soup is lower in sodium than packaged soup.

Read the food labels, and choose foods that are lower in sodium to help keep your heart strong.

Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**

Low-Sodium Soup

One serving (1 cup) of low-sodium soup, has 210 mg of sodium and 9 percent of the Daily Value for sodium.

Calories 180	Calories from Fat 0
	% Daily Value*
Total Fat 1.5g	**12%**
Saturated Fat 4g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 820mg	**34%**

Packaged Noodle Soup

One serving, ½ block of the packaged noodle soup, has 820 mg of sodium and 34 percent of the Daily Value for sodium. This is nearly four times the amount of sodium in a serving of low-sodium soup.

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

Mariano's Food Choices

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

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

Use the food labels to help his wife Virginia choose foods that will help Mariano 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 8 fl oz (240mL)
Servings Per Container 8

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 750mg	**31%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 1g	**4%**
Sugars 6g	
Protein 2g	
Vitamin A 10% •	Vitamin C 120%
Calcium 2% •	Iron 5%

2 – Orange Juice

Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 1g	**4%**
Sugars 20g	
Protein 1g	
Vitamin A 0% •	Vitamin C 143%
Calcium 0% •	Iron 8%

Lower sodium choice _____

3 – Corn Tortillas

Nutrition Facts
Serving Size 2, 6-inch (48g)
Servings Per Container 5

Amount Per Serving	
Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 80mg	**3%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**12%**
Sugars 0g	
Protein 3g	
Vitamin A 0% •	Vitamin C 0%
Calcium 8% •	Iron 4%

4 – Flour Tortillas

Nutrition Facts
Serving Size 2, 6-inch (48g)
Servings Per Container 5

Amount Per Serving	
Calories 160	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 4g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 8%

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.

Mariano's Food Choices *(continued)*

5 – Canned Chicken

Nutrition Facts
Serving Size 1 can (88g)
Servings Per Container 1

Amount Per Serving

Calories 90 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 345mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 8%

Lower sodium choice

6 – Roasted Chicken (Boneless, Skinless Breasts)

Nutrition Facts
Serving Size 3 oz (85g)
Servings Per Container 4

Amount Per Serving

Calories 110 Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 30mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 4%

7 – Thin Pretzels

Nutrition Facts
Serving Size 1 oz (28g/about 10 pretzels)
Servings Per Container 2

Amount Per Serving

Calories 100 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

Lower sodium choice

8 – Baked Tortilla Chips

Nutrition Facts
Serving Size 1 oz (28g/about 8 chips)
Servings Per Container 8

Amount Per Serving

Calories 120 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 4%

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