



Check 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.



1. 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.

2. Amount Per Serving

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

3. Percent Daily Value

The Percent Daily Value helps you compare products. It tells you if it has a lot of sodium. Choose products with the lowest Percent Daily Value for sodium: 5 percent or less is low, and 20 percent or more is high.

4. Nutrients

Here’s the amount of sodium in one serving. It’s listed in milligrams (mg).

Packaged Noodle Soup

Nutrition Facts	
2 servings per container	
Serving size	1/2 block (247g)
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 710mg	31%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 10mcg	50%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 95mg	2%

*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.

The Choice Is Yours – Compare!

Which one would you choose?

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

Reduced-Sodium Soup

One serving (1 cup) of low-sodium soup has 430 mg of sodium and 19 percent of the Daily Value for sodium.

Packaged Noodle Soup

One serving, ½ block of the packaged noodle soup, has 710 mg of sodium and 31 percent of the Daily Value for sodium. This is nearly four times the amount of sodium in a serving of low-sodium soup.

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 710mg	31%

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