

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.

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.

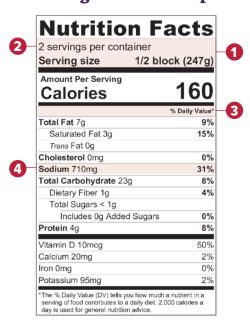
3. Percent Daily Value

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



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.