



# Darnell's Food Choices

During a recent visit to the health care provider, Darnell learned that he has high blood pressure. The provider told him to cut back on the amount of sodium he eats. Use the food labels to help Darnell choose foods that will help him follow his provider's advice. **Mark the number of your choice for each pair in the space between the labels.**

## 1. Tomato Juice

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>8 fl oz (248g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>40</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 630mg	<b>27%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 25mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 538mg	<b>10%</b>

Lower sodium choice

## 2. Orange Juice

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>8 fl oz (248g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 21g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 27mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 441mg	<b>10%</b>

## 3. Barbecued Chicken

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>3 oz (85g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 19g	<b>38%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 11mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 247mg	<b>6%</b>

Lower sodium choice

## 4. Herb-Roasted Chicken

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>3 oz (85g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 23g	<b>46%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 7mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 265mg	<b>6%</b>

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



# Darnell's Food Choices (continued)

## 5. Frozen Peas

Nutrition Facts	
3 servings per container	
<b>Serving size</b>	1/2 cup (80g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>60</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 87mg	2%

Lower sodium choice

## 6. Canned Peas

Nutrition Facts	
3 servings per container	
<b>Serving size</b>	1/2 cup (85g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>60</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 90mg	2%

## 7. Buttermilk Biscuit

Nutrition Facts	
5 servings per container	
<b>Serving size</b>	1 biscuit (63g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	26%
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	4%
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 2mg	10%
Potassium 141mg	4%

Lower sodium choice

## 8. English Muffin

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	1 muffin (58g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 2mg	10%
Potassium 63mg	2%

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



# Darnell's Food Choices (continued)

## 9. Mixed Nuts

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	1 oz (28g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>170</b>
	% Daily Value*
<b>Total Fat</b> 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 90mg	4%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	12%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 169mg	4%

Lower sodium choice

## 10. Unsalted, Dry-Roasted Mixed Nuts

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	1 oz (28g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>170</b>
	% Daily Value*
<b>Total Fat</b> 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	12%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 170mg	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.