

Sodium: Look at the Label

Over 75% of dietary sodium comes from packaged foods and foods you eat in restaurants.

Use the Nutrition Facts Label!

- High levels of sodium may seem “hidden” in packaged food, particularly when a food doesn’t “taste” salty — but sodium is not hidden on the **Nutrition Facts Label!**
- Check the **Percent Daily Value (%DV)** for sodium in the food you are considering.* You can see at a glance if the sodium in one serving of food contributes a little — or a lot — to the recommended amount you should eat in a day.

Use the %DV on the Nutrition Facts Label to compare food products, and remember: 5% DV or less of sodium is **LOW**, and 20% DV or more of sodium is **HIGH**. Also, ask to see the nutrition information in restaurants and choose a lower sodium option.

Sodium and Health

Increased sodium intake can increase your risk of developing high blood pressure (also known as hypertension), which can lead to heart attacks, heart failure, stroke, kidney disease, and blindness. But using the Nutrition Facts Label and eating less sodium can often help lower blood pressure — which can, in turn, help you reduce your risk of these diseases!

* The %DV is based on 100% of the recommended amount of sodium, which is less than 2,400 milligrams (mg) per day.

Choose Less Sodium

Nutrition Facts

Serving Size 1 package (255g)
Servings Per Container 1

Amount Per Serving
Calories 220 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 20mg 7%

Sodium 480mg 20%

Total Carbohydrate 37g 12%
Dietary Fiber 5g 20%
Sugars 7g

Protein 10g

* Percent Daily Values are based on a 2,000 calorie diet.

20% DV
or more
per serving
is high!

