

AUGUST

SODIUM

(a.k.a. Salt)

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 3g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A **4%**

Vitamin C **2%**

Calcium **20%**

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.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Sodium is an essential nutrient found in salt, which the body needs in order to work properly.

You need less than **2300 mg** (1 teaspoon) per day, but most Americans consume more than **3400 mg** (1.5 teaspoons) per day.

LOOK TO THE LABEL!

HIGH SODIUM = over 400mg

MODERATE SODIUM = less than 400mg

LOW SODIUM = less than 140mg

Most of the sodium Americans consume comes from **pre-packaged** and **prepared food**, like you'd get at the grocery store or at a restaurant. Try to limit or avoid these items!

Na ¹¹

TOO MUCH SODIUM CAN LEAD TO:

- High blood pressure
- Kidney problems
- Heart attack
- Stroke
- Osteoporosis



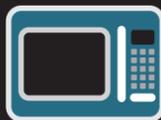
WATCH OUT FOR THESE HIGH-SODIUM FOODS:



CANNED GOODS



PROCESSED MEAT



FROZEN MEALS



FAST FOOD



CONDIMENTS

Always check the nutrition label!

