



HOW TO READ A FOOD LABEL FOR *SODIUM*

- ü Reading **food labels** is the only way to be sure of the sodium content of foods. The sodium content must be listed on the package ** check the **Nutrition Facts** panel.
- ü Food manufacturers change ingredients all the time; make it a habit to **read the label**.



Follow these 3 easy steps to read the label:

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	
Fat 0.5 g	1 %
Saturated Fat 0 g	0 %
+ Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 250 mg	10 %
Carbohydrate 13 g	4 %
Fibre 2 g	8 %
Sugars 6 g	
Protein 2 g	
Vitamin A 1 %	Vitamin C 2 %
Calcium 0 %	Iron 4 %

Step 1: Serving Size. Always compare the serving size on the package to the amount that you eat. The label lists the amount of sodium per serving of food (not the package or container).

Step 2: Sodium. Low sodium choices for most foods are:

- ü 200 mg sodium or less/serving or
- ü 8% Daily Value (DV) or less/serving.

INGREDIENTS:

CORN, WATER, SALT FOR TASTE

Step 3: Ingredients are listed in decreasing order by weight – if salt or sodium appears on the ingredient list at all, make sure it is near the end.

Ingredients that shout **HIGH IN SODIUM!**

- ü Baking soda
- ü Brine
- ü Disodium phosphate
- ü Garlic, onion or celery salt
- ü Kosher salt
- ü Monosodium glutamate (MSG)
- ü Salt
- ü Sea salt
- ü Any other ingredient with the word "sodium", such as: sodium citrate or sodium nitrate.



What the Label *Really Means*

If labels say ...	It means...
Sodium free/ Salt-free	Less than 5mg sodium/serving, remember to check the serving size.
Reduced Sodium	At least 25% less sodium than the original product (may still be too high in sodium).
Unsalted/ No added salt	No salt added during processing (not necessarily sodium-free).

