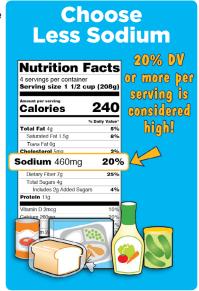# Sodium: Look at the Label

Over 70% of dietary sodium comes from eating packaged and prepared foods

Use the Nutrition Facts Label!

Packaged and prepared foods can contain high levels of sodium, whether or not they *taste* salty. The U.S. Food and Drug Administration is working with the food industry to make reasonable reductions in sodium across a wide variety of foods so Americans have an easier time consuming less sodium if they want to. Even though sodium may already be in these foods, you can follow these steps to lower your daily sodium intake.

- **Limit sodium to less than 2,300 milligrams (mg)* per day**—*that's equal to about 1 teaspoon of salt*!

- **Use % Daily Value (%DV)** to see if a serving of food is high or low in sodium and to compare food products. As a general guide: 5% DV or less per serving of sodium is considered low, and 20% DV or more per serving of sodium is considered high.

- **Pay attention to the serving size** and the number of servings you eat or drink to determine how much sodium you are consuming.

Choose Less Sodium

Nutrition Facts
4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories **240**

	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 460mg	**20%**
Dietary Fiber 7g	**25%**
Total Sugars 4g	
Includes 2g Added Sugars	**4%**
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%

20% DV or more per serving is considered high!

Sodium and Health

According to the *Dietary Guidelines for Americans*, diets higher in sodium are associated with an increased risk of developing **high blood pressure** (also known as **hypertension**). Uncontrolled high blood pressure can raise the risk of heart attacks, heart failure, stroke, kidney disease, and blindness. Consuming less sodium can help reduce your risk of developing these health conditions.

* The Daily Value (100% DV) for sodium—reference amount not to exceed each day