

# Shake on This: The Truth about Salt



**Eating less salt helps prevent and lower high blood pressure.  
Lowering high blood pressure can reduce chances of heart disease & stroke.**

Almost all of us eat too much salt. The bad news is that usually the more salt a person eats, the higher his or her blood pressure. Already watching what you shake? That's great! But did you know that most of the salt we eat comes from processed and packaged foods and not the salt shaker? It is important to read food labels so we know what is in our foods before we eat! When we compare foods for smart shopping we prepare for smart eating.

## Check This Out

The **Percent Daily Value** on food labels shows us what percent of nutrients we eat with each serving (based on daily recommendations). For example, reading the **Percent Daily Value** for salt (listed as "sodium") tells us if a food is high or low in salt.

**Try to choose foods with lower values of salt (sodium) per serving:**

**Less than 5% is low ♦ Between 5% and 20% is acceptable ♦ More than 20% is too much**

The same kind of food may have different nutritional contents in a different brand or package. Use the Percent (%) Daily Value to see which of these foods is lower in salt (sodium)? The answer is given below.

<b>Frozen Peas</b>		
Serving size ½ cup		
Serving per container about 3		
<b>Amount per Serving</b>		
Calories 60	Calories from fat	
	0	
		% Daily Value*
<b>Total Fat</b> 0g		0%
Saturated Fat 0g		0%
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 125mg		5%
<b>Total Carbohydrate</b> 11g		4%
Dietary Fiber 6g		22%
Sugars 5g		
<b>Protein</b> 5g		
Vitamin A 15%	Vitamin C 30%	
Calcium 0%	Iron 6%	
* Percent Daily Values are based on a 2,000 calorie diet		

<b>Canned Peas</b>		
Serving size ½ cup		
Serving per container about 3		
<b>Amount per Serving</b>		
Calories 60	Calories from fat	
	0	
		% Daily Value*
<b>Total Fat</b> 0g		0%
Saturated Fat 0g		0%
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 380mg		16%
<b>Total Carbohydrate</b> 12g		4%
Dietary Fiber 3g		14%
Sugars 4g		
<b>Protein</b> 4g		
Vitamin A 6%	Vitamin C 10%	
Calcium 2%	Iron 8%	
* Percent Daily Values are based on a 2,000 calorie diet		

**ANSWER:** The frozen peas. The canned peas have three times more sodium than the frozen peas per serving.