

# LEARN THE LABEL TO LIMIT SALT

It's a fact—less salt is good for your heart. Taking it off the table and out of the kitchen are good places to start, but knowing how to read the Nutrition Facts label is another important step to reduce salt in your diet.

## Focus on Serving Size and Sodium

Food comes packaged in different ways, but the label is standard so you know the same thing to look for every time:

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Serving Size

Typical amount eaten by an adult in a single sitting.

### Sodium

Another term for salt and listed in milligrams (mg).

*The mg number listed after sodium is the amount of salt in each serving size.*

Throughout your day, add the amount of sodium you eat with each serving to get your total. A general goal is less than 1,500 mg per day (about 2/3 of a teaspoon), but ask your doctor the salt limit that's right for you.



## Make the supermarket less salty

Even when shopping to limit salt, you can still fill your cart with flavor:

**Keep it fresh or frozen**—avoid canned and processed food, premade sauces and mixes, or “instant” food products

**Seek out substitutes**—try just blueberries instead of a muffin, fat-free or soy milk instead of whole, or a reduced-fat granola bar instead of trail mix

## Mind the salt when dining out

Everyone likes to eat out, and you can still enjoy it without so much salt:

**Look for less**—call ahead, check online, or ask your server about the sodium amount for items on the menu

**Get salt content control**—ask for sauces and dressings on the side and add only a little to your food, if any at all

*Print out and have these salt tips handy when food shopping or out to eat.*