

Salt = Sodium

How to Read a Nutrition Label for a Low-Salt Diet

Nutrition labels can help you understand how much sodium is in packaged foods. Sodium is the part of salt that can affect blood pressure and fluid balance, so it is important to check the label carefully if you are following a low-salt or low-sodium diet.

Always look at the **serving size**, the **number of servings per container**, and the **sodium amount**. If you eat more than one serving, you will need to multiply the sodium amount by the number of servings you eat.

Nutrition Facts			
Serving size 1 cup (40g)			
Amount per serving			
Calories		160	
		% Daily Value**	
Total Fat	2g		3%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		10%
Sodium	220mg		10%
Total Carbohydrate	34g		12%
Dietary Fiber	3g		11%
Includes	7g Added Sugars		14%
Protein	4g		
Vitamin D	2mcg	10%	Calcium 100mg 8%
Iron	8mg	45%	Potassium 150mg 4%

* The % Daily Value 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

The serving size tells you the amount of food the nutrition facts are based on. It may be smaller than the amount you usually eat.

For example, if the serving size is 1 cup and you eat 2 cups, you are eating two servings. That means you are getting twice the sodium listed on the label.

Amount per Serving

This section shows the nutrition information for one serving of the food. When watching your salt intake, focus first on the sodium line.

Sodium

Sodium tells you how much salt-related content is in one serving. It is usually listed in milligrams, shown as “mg.”

For a low-sodium diet, choose foods with lower sodium amounts whenever possible. A food with **140 mg of sodium or less per serving** is considered low sodium.

% Daily Value

The % Daily Value shows how much one serving contributes to the recommended daily limit for that nutrient.

For a low-salt diet, **aim for 5% or less**.

Keywords & Their Meaning

It is important that you read food labels to find out the sodium content of foods. It may also be helpful to know that the government ruled that some words used on labels must mean what they say:

Sodium/Salt Free = Very little salt (less than 5 mg per serving)

Very Low Sodium = 35 mg sodium or less per serving

Low Sodium = 140 mg sodium or less per serving

Less Sodium = 20% sodium reduction from original

Reduced Sodium = At least 25% reduction from the original

Light in Sodium = 50% sodium reduction from the original

Unsalted/ Without added salt = No salt added during process

“No salt added” = No salt added during process

Other Sources of Sodium in Your Diet

Sodium can also be found in certain ingredients and seasonings we add to our foods or cook with. Here’s a breakdown of how much sodium can be found in:

- 1 teaspoon salt = 2,000 mg sodium
- 1 teaspoon baking soda = 821 mg sodium
- 1 teaspoon baking powder = 339 mg sodium
- 1 teaspoon MSG = 492 mg