



Controlling Sodium and Reading Labels When You Shop

What foods should be in your shopping cart?

- Herbs, spices, and seasonings that contain no sodium or salt
- Vegetables: fresh or frozen
- Lean unprocessed meats and legumes
- Fruit: fresh, frozen, or canned
- Whole grain breads and cereals
- Unsalted nuts and seeds
- Low fat dairy foods



Where do you find these foods in the store?

- Plan a grocery list before you go to the store.
- Shop the outside aisles where you find the fresh produce and fresh meats.
- You will find fresh herbs with the fresh produce.
- Look for “no salt added” or “low sodium” foods near the regular items on the shelf.
- Some low sodium items will be found in the “Diet Section” of the grocery store.

What should you look for on the food label?

Reading the label will help you see how much sodium is in the foods you buy. Start with the serving size, then look at the sodium content and compare choices.

Extra Helping Meatloaf/Potato/Carrots:

Nutrition Facts			
Serving Size: 1 meal(450g)			
Servings Per Container: 1			
Amount Per Serving			
Calories 612 Calories from Fat 360			
% Daily Value*			
Total Fat 40g			62%
			77%
Saturated Fat 15g			
Cholesterol 113mg			38%
Sodium 1944mg			81%
Total Carbohydrate 34g			11%
	6g		25%
Dietary Fiber 2g			
Sugars 9g			
Protein 9g			
Vitamin A 42%		Vitamin C 13%	
Calcium 8%		Iron 22%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
	Less than	20g	25g
Saturated Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
		30g	30g
Dietary Fiber per gram:		25g	
Fat 9	Carbohydrate 4		Protein 4

Roasted Turkey and Vegetables:

Nutrition Facts			
Serving Size: 1 meal (226g)			
Servings Per Container: 1			
Amount Per Serving			
Calories 120 Calories from Fat 20			
% Daily Value*			
Total Fat 2g			3%
	0.5g		2%
Saturated Fat			
Cholesterol 20mg			7%
Sodium 450mg			18%
Total Carbohydrate 13g			5%
	4g		15%
Dietary Fiber 4g			
Sugars 12g			
Protein 12g			
Vitamin A 15%		Vitamin C 15%	
Calcium 6%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
	Less than	20g	25g
Saturated Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
		25g	30g
Dietary Fiber per gram:			
Fat 9	Carbohydrate 4		Protein 4