

Learn to Read Food Labels

EATING LESS SALT (SODIUM) HELPS PREVENT AND CONTROL HIGH BLOOD PRESSURE

People should eat less than 2,300 mg of sodium per day, unless given a lower target by their doctor.

Chicken and Rice Soup

Nutrition Facts

Serving Size 1 cup (239g)	
Servings Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 1200mg	50%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 6g	

Start Here: Serving Size

Always check the serving size and number of servings in the container.

If you eat this whole can, you are eating 2 servings!

Look for the amount of sodium. This can of soup has a lot of sodium!

COMPARE sodium in different products. Choose products that have the least amount of sodium.



Sodium 1200mg

Sodium 480mg

Choose the lowest!

