



Sodium Awareness



Understanding Sodium's Role in Our Diet

Sodium is frequently found in our diet as salt to provide seasoning and preservation. Lowering your sodium intake can make a big difference for your heart health

Sodium is essential for our body's function, but too much sodium can lead to serious health issues.

Checking nutrition labels on packaged foods is important



Reading Nutrition Labels

Green Giant Broccoli and Cheese Sauce

Nutrition Facts		Per serving % DV*		Per container % DV*		Per serving % DV*		Per container % DV*					
About 2.5 servings per container		Total Fat		1g	1%	2.5g	3%	Total Carb.		7g	3%	19g	7%
Serving size		Saturated Fat		0g	0%	0.5g	3%	Dietary Fiber		2g	7%	6g	21%
1 1/3 cup (110g) frozen		Trans Fat		0g		0g		Total Sugars		3g		9g	
3/4 cup prepared		Cholesterol		0mg	0%	0mg	0%	Incl. Added Sugars		0g	0%	0g	0%
Calories		Sodium		340mg	15%	870mg	38%	Protein		3g		7g	
45		Vitamin D		0mcg	0%	0mcg	0%	Iron		0.7mg	4%	1.8mg	10%
110		Calcium		80mg	6%	190mg	15%	Potassium		240mg	6%	620mg	15%
per serving													