

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 nutriton labels on packaged foods is important



Reading Nutrition Labels

Green Giant Broccoli and Cheese Sauce

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About 2.5 servings per container Serving size 1 1/3 cup (110g) frozen 3/4 cup prepared

Calories

45 per serving

110 per container

	Pers	Per container % DV*		
Total Fat	1g	1%	2.5g	3%
Saturated Fat	0g	0%	0.5g	3%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	340mg	15%	870mg	38%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	80mg	6%	190mg	15%

	Per serving % DV*		Per container % DV*	
Total Carb.	7g	3%	19g	7%
Dietary Fiber	2g	7%	6g	21%
Total Sugars	3g		9g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	3g		7g	
Iron	0.7mg	4%	1.8mg	10%
Potassium	240mg	6%	620mg	15%

*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.

Understanding Daily Value %

The "Daily Value" you see on food labels is like a guide. It tells you how much of a nutrient most people need each day. If a food label says 5% or less of sodium, that food has low salt. If it says 20% or more, that food has a lot of salt. For example, if this label it shows 15% sodium for one serving, and 38% for the whole container, it means that one serving has some salt, but eating the whole container gives you a lot more than you need.

Hidden Sodium

Sodium likes to hide in these frozen veggie packages with sauces, ready-to-eat meals, and canned goods. Brands also like to use the claim "low sodium" or "reduced sodium". This does not mean that the item has low sodium. This claim means that it has less sodium than the original item. Think of soy sauce and low sodium soy sauce, both contain sodium just in different amounts.

Cheap Spices

Spices are expensive so looking for cheap options is best. The Walmart Great value brand, ethnic isles for bags of spices/herbs, or buying in bulk at sprouts or natural grocers are all great options when looking for cheaper options

Looking at Sodium

This Nutrition Facts Label does a good job of separating per serving and per container amounts. It gives you the mg and daily percent value (%DV). This package contains 2.5 servings per container, with a serving size being 3/4 of a cup prepared.

Making Food Flavorful

Spices

Switch out some sodium or table salt in recipes and experiment with your favorite spices. Cumin, paprika, turmeric, coriander, or chili powder are all good examples of spices to add more depth to recipes

Herbs

Dried or fresh basil, oregano, thyme, or parsley are all great herbs to add for different flavor medleys

Acids

The use of citrus fruit juice or vinegar in a recipe can add a tart or sweet flavor

Blends

Watch out for spice blends, as they often use a base of salt or sodium chloride in them. For example Lemon Pepper