

CHECK FOOD LABELS

Check the amount of sodium per serving, and don't forget to check the number of servings per container!

Use the 10-10-5 rule to choose a healthy snack.

Nutrition Facts

Serving Size 1 bar (35g)
Servings Per Container 1

Amount Per Serving
Calories 140 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0.5g 3%

Cholesterol 0mg 0%

Sodium 110mg 5%

Total Carbohydrate 27g 9%

Dietary Fiber 1g 4%

Sugars 9g

Protein 2g

Vitamin A 15% • Vitamin C 0%

Calcium 20% • Iron 10%

* 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
Sat Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	300mg
Sodium	Less Than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Rolled whole oats, crisp rice [rice, sugar, salt, high fructose corn syrup, malt flavoring], high fructose corn syrup, brown sugar, rolled whole wheat, raisins, cottonseed oil, corn syrup, high fructose corn syrup, sugar, fructose, corn syrup solids, glycerin, dextrose, natural and artificial flavor, soy lecithin, salt, cinnamon, niacinamide, nonfat dry milk, reduced iron, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), calcium pantothenate, thiamin hydrochloride (vitamin B1), and folic acid.

TERMS TO LOOK FOR:
Sodium Free - less than 5mg/serving
Very Low Sodium - 35mg or less/serving
Low Sodium - 140mg or less/serving
Reduced Sodium - 25% reduction in normal amount of sodium
Sodium or Na (symbol for sodium) - in list of ingredients

Only one serving

10% or less Daily Value of total fat

360mg or less sodium

10% or less Daily Value of total carbohydrate

5% or more Daily Value of at least one: fiber, Vitamin A, Vitamin C, calcium or iron

REFERENCES:

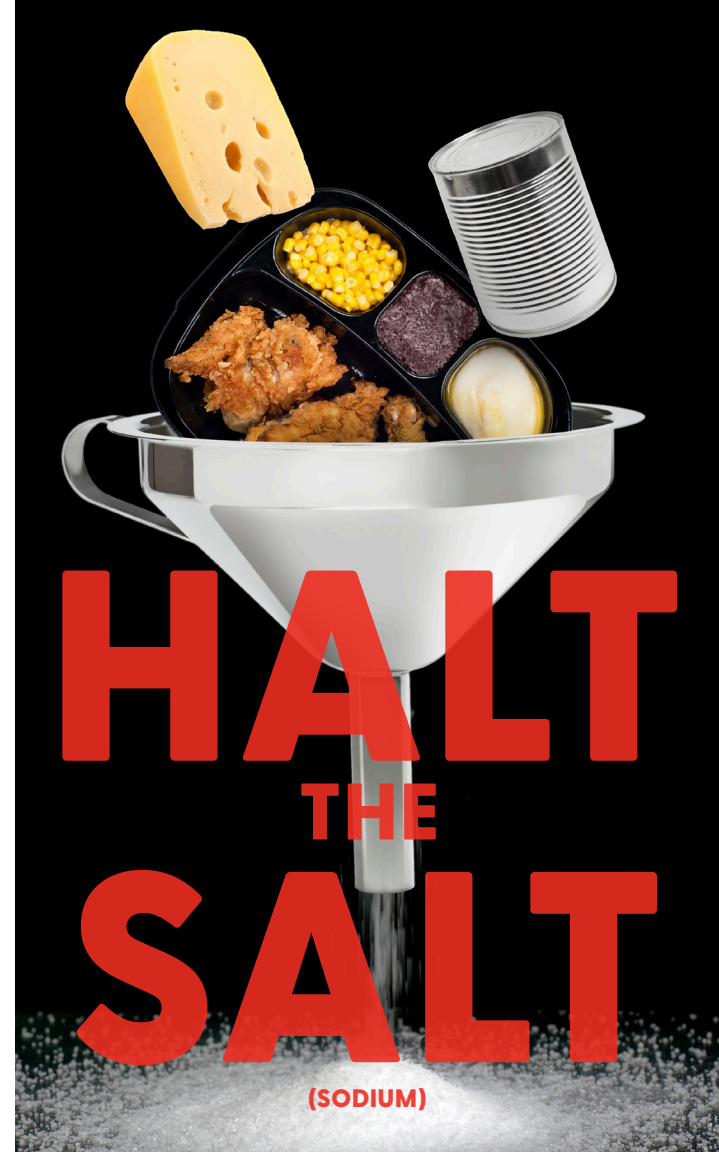
1. Institute of Medicine. Dietary reference intakes for water, potassium, sodium chloride, and sulfate. Washington, DC: National Academies Press; 2004.
2. Murphy, S.L., Xu, J.Q., Kochanek, K.D., (2012). Deaths: Preliminary Data for 2010. National Vital Statistics Reports, V.60(4). Hyattsville, MD: National Center for Health Statistics.
3. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans 2010. 7th edition. Washington DC: U.S. Government Printing Office. 2010.
4. Mattes R.D., Donnelly D. Relative contributions of dietary sodium sources. J Am Coll Nutr. 1991; 10:383-93.
5. He F.J., MacGregor G.A. Effect of longer-term modest salt reduction on blood pressure. Cochrane Database Syst Rev. 2004(3); CD004937.
6. Zeratsky, K. Nutrition and Healthy Eating: Is sea salt better for your health than table salt: 1998-2012, Mayo Foundation for Medical Education and Research. August 23, 2011.

Alabama Department of Public Health
Cardiovascular Health Unit
Bureau of Prevention, Promotion, and Support



Updated in September 2021

alabamapublichealth.gov/cardio



Too much salt can raise blood pressure and lead to heart attack and stroke, Alabama's 1st and 4th leading causes of death.²



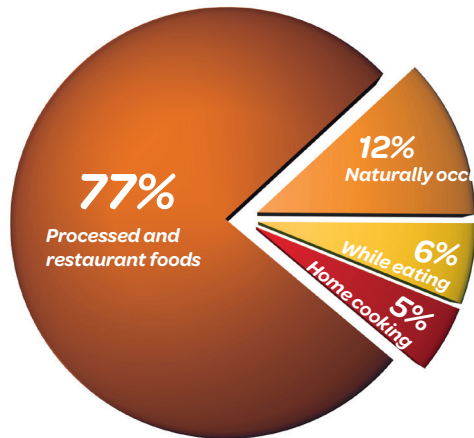
WHAT IS SODIUM?

QUICK FACTS...

- Sodium is a building block of salt; table salt is 40% sodium and 60% chloride.
- Our bodies need a small amount of sodium.¹
- The highest suggested amount of sodium intake is 2,300 milligrams (mg) per day. This is about 1 teaspoon of salt.³
- Sodium is found naturally in most foods.
- Most of the sodium we eat comes from packaged, processed, store-bought, and restaurant foods.⁴
- Salty foods don't always taste salty.



Most sodium comes from processed and restaurant foods



SODIUM AND HIGH BLOOD PRESSURE

- Eating too much salt can raise blood pressure.
- When less salt is eaten, blood pressure may decrease in weeks.⁵
- Lower sodium intake could help to reduce the amount of blood pressure medicines needed.

WHO SHOULD LIMIT SALT?

Most Americans should limit sodium to 2,300 mg per day. Some people need to reduce sodium even more.

Limit sodium intake to 1,500 mg for³

- People ages 51 and older
- African Americans
- Someone with –
 - High blood pressure
 - Diabetes
 - Chronic kidney disease

SALT BY ANY OTHER NAME

- Sea salt has about the same amount of sodium as table salt.⁶
- Seasonings with the word salt, like garlic salt or onion salt, have sodium.
- Salt substitutes may have potassium. Check with your doctor before using a salt substitute.

WHAT CAN YOU DO?

- Try cutting salt in recipes by half.
- When eating out, ask for no salt or low sodium foods.
- Choose fresh or frozen fruits and vegetables, or no salt added canned vegetables.
- Substitute seasonings like oregano, basil, celery seed, curry powder, cayenne pepper, garlic cloves, and rosemary for salt.
- Limit sauces, mixes, and “instant” foods including flavored rice and ready-made pasta.
- Watch out for condiments and foods that might not taste salty.
- Watch for hidden salt in frozen dinners, canned foods and deli meats.

FOOD ITEM	SODIUM (in milligrams)
3 oz turkey breast, deli or pre-packaged luncheon meat	450 – 1,050
4 oz slice restaurant pizza, plain cheese, regular crust	510 – 760
3 oz chicken strips, restaurant, breaded	430 – 900
1 cup chicken noodle soup, canned prepared	100 – 940
1 cheeseburger, fast food restaurant	710 – 1,690
1 oz slice American cheese, processed (packaged or deli)	330 – 460
1 cup canned pasta with meat sauce (packaged)	530 – 980