

McLaren Print System Order

Order No: 42901
 Order Date: 2019-02-15
 User: Kathi Scruggs
 Phone: 342-5233

Ship Location: McLaren Flint 12 Tower
 Attn: Kathi Scruggs
 Flint, MI 48532

Brochures
 Quantity: 100
 Paragon Dept No: 23060
 Dept Name: 12S
 Company Number: 60

Order Total Price: 8.76

Item Number: M-2941
 Item Description: CHF Diet Handout
 Revision Date: 1/2016
 Print: 2 sided black and white
 Paper: 20# White Text
 Size: 8.5 x 11
 Fold:
 Finish: None
 Drill: None
 Misc Info: ds; black and white

Sodium in Your Diet

Using the Nutrition Facts Label to Reduce Your Intake

You've probably heard that most Americans eat too much salt. Salt contains sodium and too much sodium can raise blood pressure – which can have serious health consequences if not treated.

Despite what many people think, one of the salt shakers in use the main cause of too much sodium in your diet. In fact, over 75% of dietary sodium comes from eating packaged and restaurant foods.

- The Nutrition Facts Label on food and beverage packages is a useful tool for making healthier dietary choices and monitoring how much sodium is contained in a food you are considering.
- Full nutrition labeling is not required of restaurants for their menu items, unless nutrient claims are made, such as "Low Sodium" or "Low Fat." So, you may not learn how much sodium is in a food unless you ask.

Check the Label!

High levels of sodium may seem "hidden" in packaged food, particularly when a food doesn't "taste" salty – but sodium is not hidden on the Nutrition Facts Label!

- The Nutrition Facts Label lists the Percent Daily Value (%DV) of sodium in one serving of a food.
- The %DV for sodium is based on 100% of the recommended amount of sodium, which is less than 2,300 milligrams (mg) per day.

is for one serving, but many packages contain more than one serving! Look at the serving size and how many servings you are actually consuming – if you eat two servings you get twice as much sodium (or double the %DV).

Use the Percent Daily Value (%DV) to Compare Products

The %DV tells you whether a food contributes a little or a lot to your total daily diet.

5% DV (120 mg) or less of sodium per serving is low
20% DV (480 mg) or more of sodium per serving is high

You can also check the front of the food package to quickly identify foods that may contain less sodium. For example, look for foods with claims such as:

Salt/Sodium Free	Less than 5 mg of sodium per serving
Very Low Sodium	35 mg of sodium or less per serving
Low Sodium	140 mg of sodium or less per serving
Reduced Sodium	At least 25% less sodium than the original product
Light in Sodium or Lightly Salted	At least 50% less sodium than the regular product
No Salt Added or Unsalted	No salt is added during processing, but not necessarily sodium-free. Check the Nutrition Facts Label to be sure!

FDA Safety • Health • Science • Nutrition
 www.fda.gov July 2012