

## Reading a Food Label For Sodium Content

- It is important to review serving size.
- The serving size for *this item* is one cup.
- **NOTE:** There are two servings per container.
- Therefore, if you eat the entire container you are eating double the amount of sodium.

- **Limit your sodium to 2000 mg** per day or less.
- **NOTE:** The amount of sodium for one cup of this item is **660mg**. This is nearly one third of your daily allowance.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings per Container 2			
Amount Per Serving			
Calories 280		Calories from Fat 120	
% Daily Value*			
Total Fat	13g		20%
Saturated Fat	5g		25%
Trans Fat	2g		
Cholesterol	2mg		10%
Sodium	660mg		28%
Total Carbohydrate	31g		10%
Dietary Fiber	3g		0%
Sugars	5g		
Protein	5g		
Vitamin A	4%		Vitamin C 2%
Calcium	15%		Iron 4%
<small>*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
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
<b>Calories per gram:</b>			
Fat	9	Carbohydrate	4
		Protein	4

- Look at the percent of Daily Value, this number should be 7% or less.
- At 28% per serving, this item is high in sodium.