

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>			
		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

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