

## QUICK FACTS

# SALT

sodium  
& health

Most sodium is consumed in the form of sodium chloride, which is table salt. Other forms of sodium are also found in food, so watch out for salt AND sodium.

Try to have less than 2,300 milligrams of sodium a day – that's the same as 6 grams of salt, or about 1 teaspoon of table salt.

That includes ALL sodium and salt in your diet, added to recipes, and at the table – not the amount in just one item.

Processed foods account for most of the sodium and salt consumed in most people's diet.

Check food labels – sodium is in some foods you might not expect, such as soy sauce and some antacids.

Kosher salt and sea salt are just that – salt. Don't forget to include them when adding up your sodium intake for the day.

Reducing salt in the diet can lower blood pressure. If you have high BP, you must follow a low salt diet.



CardioVisual®

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### Nutrition Facts

Serving Size 1 cup (250 mL)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 130</b>	
% Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat 0.5g	2%
<b>Sodium</b> 1060mg	44%
<b>Total Carbohydrate</b> 20mg	6%
Dietary Fiber 1g	24%
<b>Protein</b> 4g	
Vitamin A 30%	Calcium 8%
Calcium 4%	Iron 10%
Not a significant source of trans fat, cholesterol, sugars and vitamin A	
*Percent Daily Values are based on a 2,000 calorie diet.	

Check the Percent Daily Value (%DV) for sodium in the food you are considering. You can see at a glance if the sodium in one serving of food contributes a little – or a lot – of the recommended amount you should eat in a day.

Use the %DV on the Nutritional Facts Label to compare food products, and remember: 5% DV or less of sodium is LOW and 20% DV or more of sodium is HIGH. Also, ask to see the nutrition information in restaurants and choose a lower sodium option.