

Reading Food Labels for Sodium (Salt)

You will find the Nutrition Facts box on most packaged food products. The Percent Daily Value (%DV) tells you whether a food has a little or a lot of a given nutrient. The %DV for sodium is based on a total amount of 2400 mg sodium per day. Choose a food with a %DV of 5% or less for sodium.

See if you can find the %DV for sodium on the following label. This food product contains a little sodium at 4% DV. Foods with a higher %DV contain more sodium. The nutrition facts label will also give you the exact amount of sodium in milligrams (mg) per serving.

Nutrition Facts	
Per 3/4 cup (175g)	
Amount	% Daily Value
Calories 170	
Fat 10g	15%
Saturated 6g + Trans 1g	35%
Cholesterol 30mg	
Sodium 100mg	4%
Carbohydrate 13g	4%
Fibre 0g	0%
Sugars 6g	
Protein 7g	
Vitamin A 10%	Vitamin C 2%
Calcium 25%	Iron 0%

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

Packaged foods may also have labelling claims. Knowing what the labelling claim means will help you make healthy choices. The boxes below will help you understand the manufacturers' claims.

What the Label Says	What it Means
Free of sodium or salt - "salt-free", "without salt", "contains no sodium"	Contains less than 5 mg of sodium or salt per serving
Low in sodium or salt - "low sodium", "low source of sodium or salt", "contains only (number) mg of salt per serving"; "contains less than (number) mg of salt per serving"	Contains less than 140 mg sodium per serving; or if it's a pre-packaged meal it would contain less than 140 mg per 100 g serving
Reduced in sodium or salt - "lower in sodium or salt"; "sodium-reduced"; "less salt"; "reduced in salt"	Contains 25% or less sodium than the regular version of that food product
No added sodium or salt - "without added sodium"; "no added salt"; "unsalted"	Contains no added salt, or other ingredients that contain sodium
Lightly salted - "salted lightly"	Contains 50% or less sodium than the regular version of that food product
"For use in a sodium-restricted diet" or similar wording	One of the following: "free of sodium or salt", "low in sodium or salt", "reduced in sodium or salt", or "lower in sodium or salt"
"For special dietary use" for the sodium (salt) content	One of the following: "free of sodium or salt", "low in sodium or salt"

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