SODIUM IN YOUR DIET

What is Sodium?

Sodium is an essential nutrient. We consume sodium in the form of salt. While we all need some sodium to help control blood pressure and blood volume, the average person eats too much. For some medical conditions (high blood pressure, heart disease, and kidney disease) it's important to watch how much sodium you eat.

KNOW YOUR NUMBERS

2,300 mg/day

This value is based on the Chronic Disease Risk Reduction. The amount of recommended sodium varies based on age group. This value is appropriate for those 14+.

What Foods Have Sodium?

In the typical American diet, most sodium comes from processed or prepared foods like breads, pizza, deli meats, cheese, soups, and fast foods. Some recipes call for additional salt and some people add extra salt to their meals using a salt shaker.



The Nutrition Facts Label

Check out the Nutrition Facts label to help you make informed decisions when choosing foods.

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 60mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ways to Lower Sodium

- Choose low-sodium foods.
- Rinse and drain canned foods.
- Eat at home as much as possible.
- Replace salt with herbs and spices.
- Go easy on the condiments.
- Compare the sodium content of different foods by looking at the Nutrition Facts label.

Do you have nutrition questions or would like to schedule a group nutrition education session? Call our Registered Dietitian at (615) 627-1568.

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