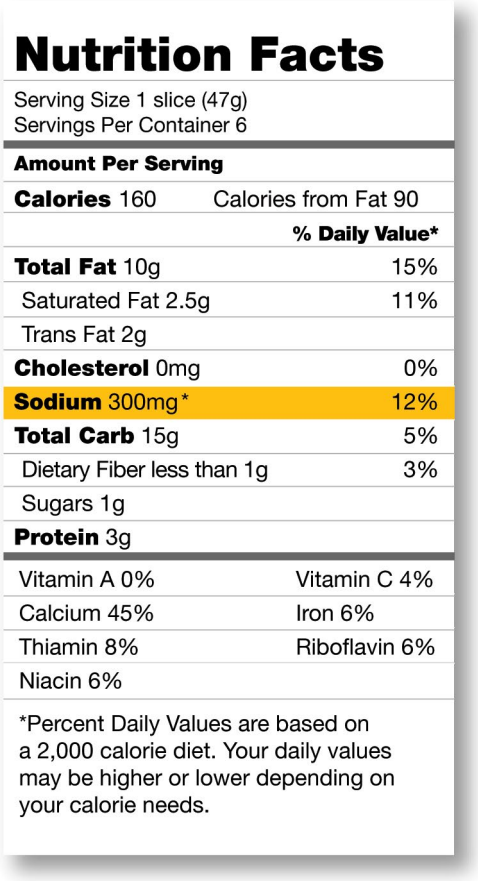
Reading Food Labels to Look for Sodium

RISE ABOVE Heart Failure

Easy-to-read food labels can help you find foods low in sodium. This will help you keep track of the number of grams (g) or milligrams (mg) you consume each day. According to Food and Drug Administration regulations, no manufacturer can say that their product is "low-sodium" unless they can prove that claim. Learning to read food labels is a good first step in a sensible eating plan.

If the Label Says:	One Serving of the Product Has:
Sodium-free, salt-free or no sodium	Less than 5 mg of sodium and no sodium chloride in ingredients
Very low sodium	35 mg or less of sodium
No added salt or unsalted	No salt added to the product during processing (this is not a sodium-free product)
Low sodium	140 mg or less of sodium
Reduced or less sodium	At least 25 percent less sodium than the regular product
Light in sodium	50 percent less sodium than the regular product

Always compare the sodium content for several similar products and choose the food or beverage with the lowest amount of sodium.



Nutrition Facts

Serving Size 1 slice (47g)
Servings Per Container 6

Amount Per Serving

Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg*	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	

Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**The American Heart Association recommends that all Americans should reduce the amount of sodium in their diet to less than 1500 mg a day. Ask your healthcare provider for guidance on your sodium intake.*

American Heart Association | American Stroke Association
life is why

www.RiseAboveHF.org

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