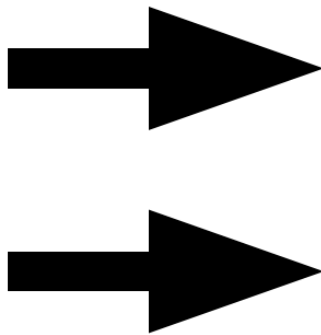


Sodium



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 160mg	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%

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)



Cheap Flavor Enhancer

Avoid foods with >10% of your daily sodium allowance.



Taste Buds Adapt

Taste buds change in ~2 weeks – you won't miss flavor!



Give Kidneys Rest

Sodium is processed in the kidneys.

Don't Be Salty!

Too much sodium in your diet can be dangerous

Kidneys that don't filter sodium properly can cause fluid to buildup throughout the body. This can cause:

- Swollen ankles
- Shortness of breath
- High blood pressure and more!

I DON'T ADD SALT!

75% of sodium consumption is from processed foods – not added table salt

LABEL JARGON

- Low Sodium = 50% less
- Reduced Sodium = 75% less
- No Salt Added = Unsalted

KNOW THE FACTS

Check the sodium column on nutrition labels.

Check the sodium content on restaurant nutrition facts.