Sodium: How to Read Food Labels

Reading food labels can help you monitor how much sodium you are getting in your diet. Here are some of the key parts to check:

**Notice the serving size.** Is that the same portion as you are eating? If your serving size increases, then the amount of sodium you eat also increases.

This product has **2 servings per container**. If you eat the whole amount you will need to double the sodium content.

**Sodium** is listed in milligrams. A food low in sodium should have about 140 milligrams or less per serving.

### Nutrition Facts

**Serving Size 1 cup (228g)**  
**Servings per Container 2**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 280</th>
<th>Calories from Fat 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>13g</td>
<td>20%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5g</td>
<td>25%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>2g</td>
<td>10%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>2mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>660mg</td>
<td>28%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td></td>
</tr>
</tbody>
</table>

**Vitamin A 4%**  
**Vitamin C 2%**  
**Calcium 15%**  
**Iron 4%**

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

Sodium is listed in milligrams. A food low in sodium should have about 140 milligrams or less per serving.

This product has **2 servings per container**. If you eat the whole amount you will need to double the sodium content.

**Sodium** is listed in milligrams. A food low in sodium should have about 140 milligrams or less per serving.

### Low-sodium label hints

The label might say it is “low sodium,” but how do you know how much that really is? Here’s a cheat sheet:

**Sodium free** — Less than 5 milligrams of sodium per serving  
**Very low sodium** — 35 milligrams or less of sodium per serving  
**Low sodium** — 149 milligrams or less of sodium per serving  
**Reduced sodium** — 25% less sodium than the original version  
**No added salt or unsalted** — No salt is added during the processing (this does not guarantee the food product is sodium-free)  
**Light in sodium** — 50% less sodium than the product it is compared to

---

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo.

我们将根据您的需求提供免费的口译服务。请找尋工作人員協助

---

This handout is intended for use during an appointment with a registered dietitian only, and is not meant for use by other clinicians.