

Reading Food Labels to Look for Sodium

The Nutrition Facts label can help you find foods low in sodium. This will help you track 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 reducing your sodium intake and managing your heart failure.

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. (These products may not be sodium-free unless stated.)
Low sodium	140 mg or less of sodium
Reduced or less sodium	At least 25% less sodium than the regular product
Light in sodium	50% less sodium than the regular product

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

*People with milder forms of heart failure should reduce the amount of sodium in their diet to 1,500 mg a day or less. If you have more severe heart failure, talk with your health care professional about your individual needs.