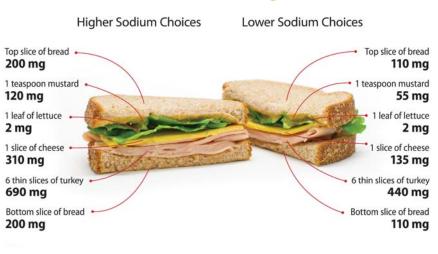
GET THE FACTS: Sodium Reduction Tips



Tips for Reducing Sodium

- Buy fresh, frozen (no sauce), or no-saltadded canned vegetables.
- Use fresh poultry,* fish, pork,* and lean meat, rather than canned or processed meats.
- When available, buy low-sodium, lowersodium, reduced-sodium, or no-salt-added versions of products.
- Limit sauces, mixes, and "instant" products, including flavored rice and ready-made pasta.
- Compare Nutrition Facts labels on food packages for percent Daily Value or amount of sodium in milligrams.
- * Check to see if saline or salt solution has been added if so, choose another brand.

Choose wisely—sodium content can vary within food categories



Total = 1,522 mg per whole sandwich

Total = 852 mg per whole sandwich

Which of These Sauces Is Lower in Sodium?

		60 A 71	(BYE)		1000		
Amount/serving %	DV*	Amount/serving	%DV*				
Total Fat 1.50	2%	Sodium 360mg	150/	Nutrition	Amount/Serving	% DV*	Amount/Servi
	0%	Potassium 300	10 /0	Facts	Total Fat 8g	12%	Total Carb
	• 10				Sat. Fat 1g	5%	Fiber 2g
	_			Servings about 5	Trans Fat Og		Sugars 3
			12%	Calories 110	Cholest. Omg	0%	Protein 1g
				Fat Cal. 70		32%	
Non statement of the second				*Percent Daily Values (DV) are	Vitamin A 20% • V	itamin C 3	0% · Calcium
	Total Fat 1.5g Sat. Fat 0g Trans Fat 0g Polyunsat. Fat 0.5g Monounsat. Fat 1g Cholest. 0mg	Total Fat 1.5g 2% Sat. Fat 0g 0% 7 Trans Fat 0g 0% 7 Polyunsat. Fat 0.5g 0 7 Monounsat. Fat 1 0 7 Cholest. 0mg 0% 7	Total Fat 1.5g 2% Sodium 360mg Sat. Fat 0g 0% Potassium 390 Trans Fat 0g Total Carb. 13 Polyunsat. Fat 0.5g Fiber 3g Monounsat. Fat 1g Sugars 10g Cholest. 0mg 0% Protein 2g	Total Fat 1.5g 2% Sodium 360mg 15% TW Sat. Fat 0g 0% Potassium 390mg 11% 50% Trans Fat 0g Total Carb. 13g 4% 14% 50% Polyunsat. Fat 0.5g Fiber 3g 12% 14% Monounsat. Fat 1g Sugars 10g Cholest. 0mg 0%	Total Fat 1.5g 2% Sodium 360mg 15% The second s	Nutrition Amount/Serving Sat. Fat 0g 0% Potassium 390mg 15% 5% Trans Fat 0g Total Carb. 13g 41% 5% 5% Polyunsat. Fat 0.5g Total Carb. 13g 41% 5% 5% Monounsat. Fat 1.5 Fiber 3g 12% 141 Cholest. 0mg 0% Protein 2g 12%	Nutrition Amount/Serving % DV* Sat. Fat 0g 0% Potassium 390mg 11% % Mutrition Tatal Fat 8g 12% Trans Fat 0g Total Carb. 13g 4% Mutrition Servings about 5 Servings about 5 Servings about 5 Trans Fat 0g Total Carb. 13g 4% Mutrition Servings about 5 Servings about 5 Servings about 5 Trans Fat 0g Trans Fat 0g Trans Fat 0g Cholest. 0mg 0% Servings about 5 Trans Fat 0g Trans Fat 0g Trans Fat 0g Servings about 5 Trans Fat 0g Servings about 5 Trans Fat 0g Cholest. 0mg 0% Sodium 770mg 32% Servings about 5 Servings about 5 Servings about 5 Trans Fat 0g Cholest. 0mg 0% Sodium 770mg 32% Sodium 770mg 32% Sodium 770mg 32% Sodium 770mg 32% Sodium 770mg Servings Sodium 770mg S

The majority of sodium in our diets is from packaged food and is a direct result of food processing. Even foods that may not taste salty can be substantial sources of sodium.

Check the amount of sodium per serving, and don't forget to check the number of servings per container!

Remember, the 2010 Dietary Guidelines for Americans recommend that Americans aged 2 and up reduce sodium intake to less than 2,300 milligrams (mg) per day. People 51 and older and those of any age who are African Americans or who have high blood pressure, diabetes, or chronic kidney disease—about half the U.S. population and the majority of adults—should reduce sodium intake to 1,500 mg per day. *Learn more at www.cdc.gov/salt*.

For more information please contact Centers for Disease Control and Prevention 1600 Clifton Road NE, Atlanta, GA 30333 Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348 E-mail: cdcinfo@cdc.gov • Web: www.cdc.gov Publication date: 08/2011



