

# Learn to Read Food Labels

EATING LESS SALT HELPS CONTROL YOUR HIGH BLOOD PRESSURE

## Sample Label: Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

### Start Here: Serving Size

Always check the serving size and number of servings in the container.

If you eat this whole box, you are eating 2 servings!

### Find the % Daily Value

### Look for the % of Sodium (Salt)

Pick foods that have less than **5%**.

This box of macaroni & cheese has too much salt!

**REMEMBER**

Compare the amount of sodium in different brands of the same food. Buy brands that have the least amount of salt.