

Using Food Labels to Eat Less Sodium

Eating Less Sodium (Salt) Can Help Lower Your Blood Pressure

Eat no more than **2,300 milligrams (mg)** of sodium per day.

Chicken and Rice Soup

Nutrition Facts	
2 servings per container	
Serving size	1 cup (240mL)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 5mg	2%
Sodium 950mg	34%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	
Calcium 50mg	4%
Iron 0.4mg	2%
Potassium 40mg	0%

* 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.

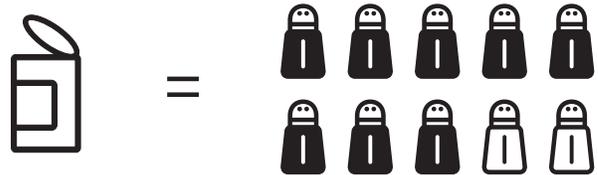
1. Decide How Many Servings You Will Eat

Check the serving size and number of servings in the container.

If you eat this whole can, you are eating **2 servings**.

2. Find the % Daily Value for Sodium

Pick foods near 5% or less per serving. **This can of soup has too much sodium!**



If you eat this whole can of soup, you will have almost reached your daily limit in one meal.

Compare sodium in different products.

Look for foods with low sodium or no sodium on the label. Doing this will support a healthy blood pressure before, during and after pregnancy. A healthy blood pressure can vary. Talk to your health care provider to find out what a healthy blood pressure is for you.

使用食品標籤減少鈉攝入量

減少鈉（鹽）攝入量有助於降低血壓

每日鈉攝入量不宜超過 2,300 毫克 (mg)。

雞肉和米湯

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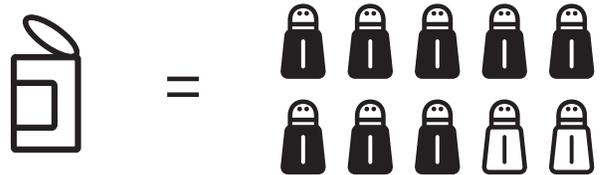
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1. 確定要吃多少份

檢查容器中的每份食用量和份數。
如果吃完整罐，就相當於吃了 2 份。

2. 查找每日推薦鈉攝入量

選擇每份鈉含量不超過 5% 的食物。
這罐湯的鈉含量太高了！



如果喝完整罐湯，您一餐的攝入量幾乎就達到每日上限。

比較不同產品的鈉含量。

尋找標籤上標注低鈉或無鈉的食品。這樣做有助於在孕前、孕期和產後維持健康的血壓水準。健康的血壓水準因人而異。請諮詢您的健康照護提供者，瞭解您的健康血壓水準是多少。