

# 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	
<b>Serving size</b>	<b>1 cup (240mL)</b>
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 950mg</b>	<b>34%</b>
<b>Total Carbohydrate 13g</b>	<b>5%</b>
Dietary Fiber 1g	4%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 2g</b>	
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.

# 使用食品标签减少钠摄入量

减少钠（盐）摄入量有助于降低血压

每日钠摄入量不宜超过 2,300 毫克 (mg)。

## 鸡肉和米汤

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1 cup (240mL)</b>
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
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### 1. 确定您要吃多少份

查看包装上的每份食用量和食用次数。  
如果吃完整罐，就相当于吃了 2 份。

### 2. 查找每日推荐钠摄入量

选择每份钠含量接近或低于 5% 的食物。  
这罐汤的钠含量太高了！



如果喝完整罐汤，您一餐的摄入量几乎就达到每日上限。

### 比较不同产品的钠含量。

寻找标签上标注低钠或无钠的食品。这样做有助于在孕前、孕期和产后保持健康的血压水平。健康的血压水平因人而异。请咨询您的医疗保健提供者，了解您的健康血压水平是多少。