

# 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.

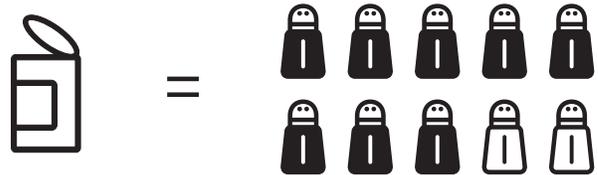
### 1. Decide How Many Servings You Will Eat

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.