Reading Food Labels

Food labels give important information that can help you choose low sodium foods.

**Tips for Reading Labels:**

**Serving Size** – In this example one (1) cup is the serving size. The container holds two servings. Remember if you eat the double serving listed, you will double the salt, calories and fat. If you eat one half the serving size listed, the salt and calories should be halved.

**Salt** is listed as "sodium" on the Nutrition Facts Label. This food item has 470 mg of sodium in 1 cup serving. **NOTE: Try to keep the sodium or salt in mg to 300 mg or less.**

**% of Daily Value.** Lists the Percentage Daily Value (% DV) in one serving of food based upon 2000 – 2500 calories consumed each day.

**Tips for Reading Labels:**

- Ignore the % daily value and focus on the amount of mg sodium per serving
- Decreasing the total amount of sodium you consume to 2,000 milligrams (mg) per day is one of the most important ways to manage heart failure
- A general rule to follow:
  - "Low sodium"=140 mg or less per serving
  - "No sodium"=less than 5 mg per serving
How to Read a Label

**Recommendation:**
- Limit sodium (salt) to 2,000 -3,000 mg (2-3 grams) per day
- Best to keep under 200-300 mg of sodium (salt) per serving
- Try to avoid foods with more than 400 mg of potassium
- Read food labels carefully looking for salt, sodium, sodium chloride, monosodium glutamate (MSG), brine, broth, corned or pickled
- tsp= teaspoon, tbsp= tablespoon, c= cup, pt= pint, oz= ounces, lb= pounds, sq= square, min= minute(s), hr= hour