

# Knowing Your Salt Intake

Make it a habit to check food labels to get smart about sodium (salt) and heart-healthy choices.



Nutrition Facts	
About 13 servings per container	
Serving size 6 crackers (30g)	
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value	
<b>Total Fat</b> 3.5g	4%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
FDA.gov	

Did you know?  
1 tsp salt = 2,300 mg of sodium

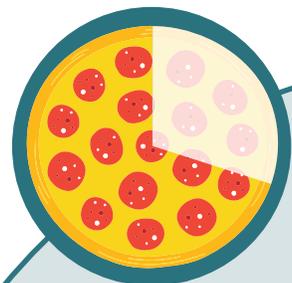
Most people with heart disease should aim for less than 1,500 mg a day (about 75 mg per serving)

How much one serving counts toward your daily sodium limit:  
5% or less = low  
20% or more = high

## Terms to know

- Reduced Sodium** → 25% less sodium than what the food normally contains
- Low Sodium** → 140 mg or less sodium in one serving
- Very Low Sodium** → 35 mg or less sodium in one serving
- Sodium-Free** → Less than 5 mg sodium in one serving
- Unsalted** → No Sodium added to the food

## Quick Tip



It's not just the salt shaker.

Over 70% of sodium comes from foods like:

-  Canned soups, sauces
-  Processed meats
-  Breads

For more information, visit [CardioSmart.org/Salt](https://www.CardioSmart.org/Salt)

@ACCinTouch #CardioSmart