

What do These Phrases on Food Labels Really Mean?

TABLE SALT is made up of **SODIUM** & chloride

1 teaspoon of **TABLE SALT** contains **2,300 MG** of sodium

140mg or less sodium in one serving

less than **5mg** sodium in one serving

Reduced Sodium

25% less sodium than what the food normally contains

Low Sodium

35mg or less sodium in one serving

Very Low Sodium

Sodium-Free

Unsalted

No Sodium added to the food

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

➔ Go to [CardioSmart.org/Sodium](https://www.cardiosmart.org/Sodium) to learn more about making healthier choices.

 @CardioSmart

If you would like to download or order additional posters on various topics, visit [CardioSmart.org/Posters](https://www.cardiosmart.org/Posters)