

# Learn to Read Food Labels

**EATING LESS SALT (SODIUM) HELPS PREVENT AND CONTROL HIGH BLOOD PRESSURE**

Most people should eat no more than 1,500 mg of sodium per day.

## Chicken and Rice Soup

Nutrition Facts	
Serving Size 1 cup (239g)	
Servings Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
<b>Sodium 870mg</b>	<b>26%</b>
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	

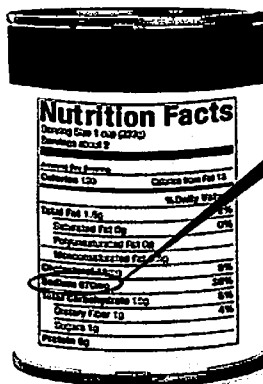
**Start Here: Serving Size**

Always check the serving size and number of servings in the container.

If you eat this whole can, you are eating 2 servings!

**Look for the amount of sodium.**  
This can of soup has a lot of sodium!

**COMPARE** sodium in different products.  
Choose products that have the least amount of sodium.



**Sodium 870mg**

**Sodium 480mg**

