

Sodium 101

The USDA recommends **2300 mg of sodium or LESS daily**, which is about a teaspoon. Although this limit may vary, it is still important that you roughly know the salt content of your favorite foods by reading the label.

Nutrition Facts	
About 9 servings per container	
Serving size About 12 chips (28g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	6%
Trans Fat 0g	
Sodium 210mg	9%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Total Sugars less than 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.3mg	0%
Potassium 50mg	0%
Not a significant source of added sugars.	
<small>* 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.</small>	

Label Scams

Because companies are aware that consumer may not purchase a product if the salt content is alarming, they are able to make the serving size very small.

For example, one serving size of Doritos is 12 chips. If you eat the entire bag, you would have to multiply the 210 mg sodium by 9 (servings per container), meaning that you've consumed 1,890 mg sodium, leaving you with only about 400 mg left before exceeding.

How do I know my limits for a snack or a meal?

Based on a 2,300 mg or less limit:

80-180 mg for a snack & 480-600 mg for a meal
(if you're eating 3 snacks and 3 meals per day)

If this is not exactly how you divide up meals and snacks, then customize it to fit you.

Healthier options for salty foods:

- Lightly salted/unsalted nuts
- Lightly salted popcorn
- Peanut butter crackers
- Sweet potato chips
- Low sodium pretzels
- Baked chips