

HOW MUCH SODIUM IS IN THAT PACKAGE?

Nutrition Facts

Serving Size 1 oz.

Amt Per Serving

Calories 160	Calories from Fat 90	
		%Daily Value
Total Fat 10g		15%
Saturated Fat 2g		10%
Trans Fat 0g		
Cholesterol <5mg		1%
Sodium 290 mg		12%
Total Carbohydrate 15g		5%
Dietary Fiber <1g		1%
Sugars 1g		
Protein 2g		

Check the “Nutrition Facts” panel on the food package.

Eating too much sodium increases the risk of stroke and heart disease. Remember to keep your daily intake of sodium from all foods to 2,300 mg.

Look for the word “**Sodium**” to see how much sodium is in the food per serving.

“Low sodium” is considered to be 140 mg. or less per serving.

Sodium comes in many forms. Look for these words in the “Ingredients” list:

- Salt
- Monosodium glutamate
- Disodium phosphate
- Sodium benzoate
- Sodium hydroxide
- Sodium citrate
- Sodium caseinate
- Sodium sulfite



INGREDIENTS: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Corn and/or Sunflower Oil, Whey, **Salt**, Cheddar Cheese (Milk, Cheese Cultures, **Salt**, Enzymes), and Less Than 2% of the Following: Partially Hydrogenated Soybean Oil, Maltodextrin, **Disodium Phosphate**, Sour Cream (Cultured Cream, Nonfat Milk), Artificial Flavor, **Monosodium Glutamate**, Lactic Acid, Artificial Colors (including Yellow 6) and Citric Acid.

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