

Healthy Living

...for life!

Alameda County Public Health Department

How Much Sodium is in That Package?

Nutrition Facts	
Serving Size 1 oz (28.0g)	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10.0g	15 %
Saturated Fat 1.5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 15.0g	5%
Dietary Fiber 1.0g	1%
Sugars 1.0g	
Protein 2.0g	

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

According to the American Heart Association, eating too much sodium increases your risk of high blood pressure, which increases your 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



INGREDIENTS:

Enriched Corn Meal, Vegetable Oil, Wheat, Salt, Cheddar Cheese (Cultured Milk, Salt, Enzymes) Partially Hydrogenated Soybean Oil, Maltodextrin, Disodium Phosphate, Sour Cream, Artificial Flavor, Monosodium Glutamate, Lactic acid, Artificial Colors and Citric Acid. Contains Milk Products.

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