



Sodium Awareness Guide

A simple tool for comparing foods

Your ideal sodium intake may depend on your health conditions and treatment plan. Ask your healthcare professional what is appropriate for you.

Check the serving size

The sodium number on the Nutrition Facts label applies to the listed serving size. If you eat more than one serving, you consume more sodium.

Compare similar foods

When choosing between similar products, compare sodium per serving.

Look beyond foods that taste salty

Breads, soups, sauces, deli meats, frozen meals, snack foods, restaurant foods, and condiments can contribute substantial sodium.

Build flavor in other ways

Depending on your dietary needs, try herbs, spices, citrus, garlic, vinegar, or salt-free seasoning blends. Some salt substitutes contain potassium and may not be appropriate with certain kidney conditions or medicines.

Keep the whole eating pattern in mind

Blood pressure management is not about one food. Focus on an overall eating pattern your healthcare team recommends.

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