



El Camino Hospital
THE HOSPITAL OF SILICON VALLEY

華人健康促進計畫
Chinese Health Initiative



Check the Label!

High levels of sodium may seem “hidden” in packaged food, particularly when a food doesn’t “taste” salty – but sodium is not hidden on the **Nutrition Facts Label!**

- The Nutrition Facts Label lists the **Percent Daily Value (%DV)** of sodium in **one serving** of a food.
- The %DV for sodium is based on 100% of the recommended amount of sodium, which is **less than 2400 milligrams (mg) per day**.
- The %DV listed is for one serving, but many packages contain more than one serving! Look at the serving size and how many servings you are actually consuming – if you eat **two servings** you get **twice** as much sodium (or **double** the %DV).

Use the Percent Daily Value (%DV) to Compare Products

- The %DV tells you whether a food contributes a little or a lot to your total daily diet.
- **5%DV (120 mg) or less of sodium per serving is low**
- **20%DV (480 mg) or more of sodium per serving is high**

You can also check the front of the food package to quickly identify foods that may contain less sodium. For example, look for foods with claims such as:

- **Salt/Sodium-Free** → Less than 5 mg of sodium per serving
- **Very Low Sodium** → 35 mg of sodium or less per serving
- **Low Sodium** → 140 mg of sodium or less per serving
- **Reduced Sodium** → At least 25% less sodium than in the original product
- **Light in Sodium or Lightly Salted** → At least 50% less sodium than the regular product
- **No-Salt-Added or Unsalted** → No salt is added during processing, but not necessarily sodium-free. Check the Nutrition Facts Label to be sure.