

SODIUM & LABEL READING

WHAT?

Sodium can be hidden in foods that we enjoy every day. WHOA foods, like packaged snacks, tend to be very high in sodium.

HOW MUCH?

Sodium is measured in milligrams (mg). We only need 1,500 mg per day of sodium and certainly no more than 2,300 mg. Most people take in more than 3,000 mg!

WHERE?

To find out how much sodium is in a food, look at the nutrition facts label.

Credit to CATCH Kids Club 5-8: Low-Salt Snacking

Black Beans,
dried & cooked

Nutrition Facts	
Serving size	1/2 cup (130g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	29%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	16%

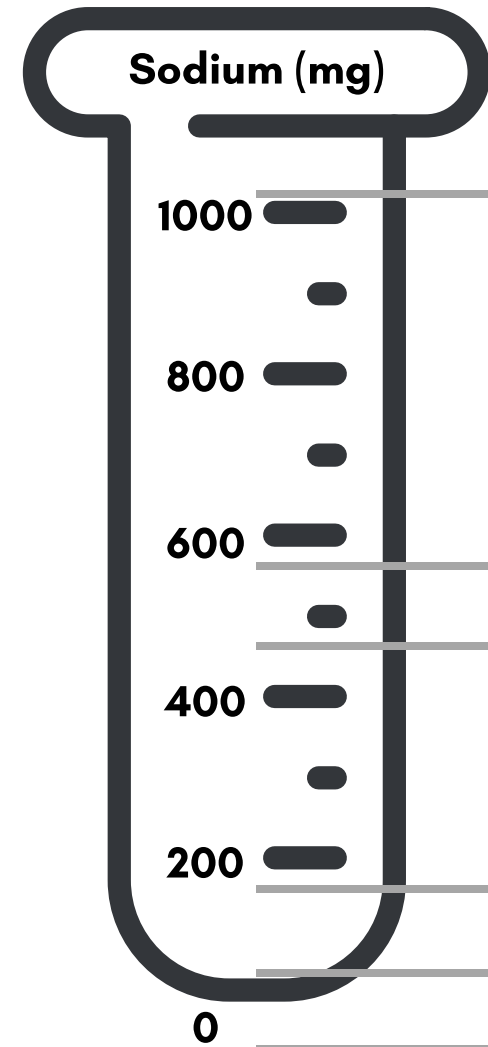
Macaroni &
Cheese

Nutrition Facts	
Serving size	1 cup (200g)
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 10g	50%
Trans Fat 0g	
Sodium 1090mg	47%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 17g	34%

Hot Dog

Nutrition Facts	
Serving size	1 hot dog (57g)
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 7g	35%
Trans Fat 0g	
Sodium 580mg	25%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%

Write the food that matches to the amount of sodium on the test tube



Black Beans, canned

Nutrition Facts	
Serving size	1/2 cup (130g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	14%

Spinach, fresh

Nutrition Facts	
Serving size	1 cup (56g)
Amount Per Serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 45mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%

Potato Chips

Nutrition Facts	
Serving size	1 ounce (28g)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Sodium 170mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%

RECIPE Kale with Nuts & Raisins

choosemyplate.gov/recipes

Ingredients

- 1 cup kale, stems removed & chopped
- 1/4 cup nuts, chopped
- 1/2 cup raisins
- 2 cloves garlic, chopped
- 2 Tbsp vegetable oil
- salt (optional)

Directions

- Heat oven to 350°F. On a baking sheet, toast nuts for 5 minutes.
- Heat oil in frying pan on medium.
- Add garlic & kale to pan. Cook for 4 min.
- Add raisins and nuts & cook for 1 min. Add salt to taste (optional)

Watch us make this recipe at stlawrence.cce.cornell.edu



Connect with us & find your local office at: snapedny.org

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more about SNAP benefits, contact your local **NOEP Coordinator** at

315-764-9442 ext. 405

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**Cornell Cooperative Extension
St. Lawrence County**

Nutrition Facts

5 servings per container	
Serving size	1/5 of recipe (96g)
Amount Per Serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 4g	8%

SNAP-ee!

Low- Salt Snacking

Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* 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.

Salt has an ingredient called "sodium". Find sodium on the nutrition facts label.