Lower Sodium, Healthier You.

Sodium mostly comes in the form of salt, and if you eat too much of it, you can raise your risk of heart attack and stroke.

5% added while cooking

12% from natural sources

6% added while eating

77% from processed and prepared foods

Nutrition Facts

Serving Size 1 can (163 mL)
Servings Per Container 3.5

Amount Per Serving

Calories 30   Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 400mg	22%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 1g	

You should eat 1,500-2,300 mgs of sodium a day, or LESS! Check your food labels to stay on track.

Watch out for sodium in these common foods:

- Breads
- Soups
- Deli meats
- Sauces
- Pizza
- Cheeses

Learn more at:
www.mainehearthealth.org