

## PRACTICAL TIPS FOR HEART-HEALTHY NUTRITION



Say “**Na**” To Sodium +

Meals should not exceed 650mg of sodium  
Snacks should not exceed 350mg of sodium

### ✓ CHOOSE MORE OFTEN

Fresh or frozen fruits & vegetables  
(with no-salt added)

Fresh herbs and spices (basil, parsley,  
oregano, thyme, garlic, and onion)

Prepare homemade lunch meats

Low-sodium canned foods

Grilled, baked, or steamed protein dish

Unsalted nuts, seeds, beans, peas and lentils

Homemade soup

Low-sodium cheese, butter. Unsweetened  
milk, cream, yogurt, and cottage cheese

Request healthy side dishes

### ✗ CHOOSE LESS OFTEN

Breads, pasta, tortillas, crackers,  
chips, fries

Dressings, sauces & condiments

Poultry, cold cuts and cured meats

Processed foods (canned, bagged food)

Fried or added fats to dishes

Salted nuts and snacks

Canned or processed soups

Cheese, butter, dairy

Alcoholic drinks, appetizers, and  
desserts

## TIPS TO REDUCE SODIUM



Read nutrition labels



Shop the fresh food aisles



Pack your own snacks



Sprinkle salt at the very  
end of cooking



Add an acid such as vinegar  
or citrus juice for flavor



Review menu online prior to  
dining out and ask that your  
dish be prepared without  
added salt or MSG



# READING NUTRITION FACTS LABELS

## SERVINGS PER CONTAINER:

Indicates how many servings are in the whole package.

## SERVING SIZE:

Indicates the amount typically eaten at one time. All nutrient information on the label is based on this amount. This is NOT the recommended serving size.

## CALORIES:

Shows the amount of energy in one serving.

## % DAILY VALUE (%DV):

Indicates how much a nutrient in a serving of food contributes to your total daily intake. This is based on a 2,000-calorie/day diet. (5% DV or less is **low** | 20% DV or more is **high**)

## NUTRIENTS:

**Fat:** Important for energy. Aim for 0g Trans Fats, and less than 13g/day of saturated fats.

**Cholesterol:** less than 200 mg/day is recommended

**Sodium:** less than 1,500 mg/day is recommended.

### Total Carbohydrate:

- 25-30g/day of **Dietary Fiber**/day
- Less than 30g of added **Sugars**/day

**Protein:** 50 grams/day

**Vitamins and Minerals** (e.g., Vitamin D, Calcium, Iron, Potassium): Essential for various body functions.

# Nutrition Facts

4 servings per container

**Serving size** 1 cup (180g)

### Amount per serving

**Calories** 245

% Daily Value\*

**Total Fat** 12g 14%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 8mg 3%

**Sodium** 210mg 9%

**Total Carbohydrate** 34g 12%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 4g Added Sugars 8%

**Protein** 11g

Vit. D 4mcg 20% · Calcium 210mg 16%

Iron 3mg 15% · Potas. 380mg 8%

Vit. A 84mcg 9% · Vit. C 10mg 11%

Zinc 7mg 17% · Iodine 15mcg 10%

\*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.

## CONSUME LESS:

saturated fats, trans fats, cholesterol, sodium, and added sugars

## CONSUME MORE:

fiber, protein, vitamins, and minerals