## HIGH BLOOD PRESSURE FOOD LABEL INFO

Check the "Nutrition Facts," usually on the side or back of the package.

## **Nutrition Facts**

Serving Size 1/2 cup (125g) Servings Per Container about 31/2

Look at the serving size. It is about the same for similar items. So it's easy to compare the nutritional qualities of similar foods.

Amount Per Serving			
Calories 50 Calories from Fat 10			
% Daily Value*			
Total Fat	1g		2%
Saturated	d Fat 0g		0%
Choleste	r <b>ol</b> Omg		0%
Sodium 2	50mg		10%
Potassiu	<b>m</b> 530mg		15%
<b>Total Carbohydrate</b> 9g			3%
Dietary Fiber 1g			<b>4</b> %
Sugars 7g			
Protein 2g			
	-		
Vitamin A 1	0% •	Vitam	nin C 25%
Calcium 2%	•	Iron 1	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Sat Fat Cholesterol Sodium Potassium Total Carboh Dietary Fib	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 3,500mg 300g 25g	80g 25g 300mg 2,400mg 3,500mg 375g 30g

Light Spaghetti Sauce, 250 milligrams (mg) per serving Regular Spaghetti Sauce, 500mg per serving Look at the column called "%Daily Value." It tells you at a glance whether a food is high or low in sodium, fat, fiber, and calcium.



Look for nutrient content claims, usually on the front of the package. They can help you quickly spot foods that contain desirable levels of pertinent nutrients.