

# 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

|                    |       |     |
|--------------------|-------|-----|
| Total Fat          | 0g    | 0%  |
| Saturated Fat      | 0g    | 0%  |
| Cholesterol        | 0mg   | 22% |
| Sodium             | 400mg | 2%  |
| Total Carbohydrate | 6g    | 4%  |
| Dietary Fiber      | 1g    |     |
| 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](http://www.mainehearthealth.org)



Maine Center for Disease Control and Prevention



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An Office of the  
Department of Health and Human Services

Paul R. LaPage, Governor

Mary C. Mayhew, Commissioner