

Salt Check

match **1** mg sodium for **1** calorie

GOOD!

BAD!

Nutrition Facts	
Serving Size 1/2 cup (112g)	
Serving Per Container 3.5	
Amount Per Serving	% Daily Value*
Calories 90	25%
Calories 90	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 90mg	4%
Total Carbohydrate 1g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 11g	22%

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Amount Per Serving	% Daily Value*
Calories 90	25%
Calories 90	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 270mg	11%
Total Carbohydrate 1g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 11g	22%

Daily Goal:

Strive for *less than*

2300mg of sodium per day



Oklahoma Nutrition Information & Education Project

Keeping Oklahoma Families Strong



Look for



recipes

at www.onieproject.org/recipes