
LABEL TALK

Although most packaged food products are high in sodium, manufacturers do make some that are not. These label terms can help you find lower-sodium items.

LABEL TERM	WHAT IT MEANS
Sodium free or salt free	Less than 5 mg of sodium per serving
Very low sodium	35 mg of sodium or less per serving
Low sodium	140 mg of sodium or less per serving
Low-sodium meal	140 mg of sodium or less per 3½ ounces (100 g) of food
Reduced or less sodium	At least 25% less sodium than the regular product (but not necessarily low in sodium)
Light in sodium	50% less sodium than the regular product (but not necessarily low in sodium)

Diabetes Self-Management, “Cutting Back on Sodium: Are Salt Substitutes the Answer?” by Julie Lichty Balay, MS, RD

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