

Food labels can help you choose items lower in sodium, saturated fat, trans fat, cholesterol, and calories and higher in potassium and calcium. Look for the following label information on cans, boxes, bottles, bags, and other packaging:

Label Language	
Phrase	What It Means*
<b>Sodium</b>	
Sodium free or salt free	Less than 5 mg per serving
Very low sodium	35 mg or less of sodium per serving
Low sodium	140 mg or less of sodium per serving
Low-sodium meal	140 mg or less of sodium per 3 1/2 oz (100 g)
Reduced or less sodium	At least 25 percent less sodium than the regular version
Light in sodium	50 percent less sodium than the regular version
Unsalted or no salt added	No salt added to the product during processing (this is not a sodium-free food)
<b>Fat</b>	
Fat-free	Less than 0.5 g per serving
Low saturated fat	1 g or less per serving and 15% or less of calories from saturated fat
Low-fat	3 g or less per serving
Reduced fat	At least 25 percent less fat than the regular version
Light in fat	Half the fat compared to the regular version

*\* Small serving sizes (50 g) or meals and main dishes are based on various weights in grams versus a serving size.*

Taken from:

[http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/how\\_make\\_dash.html](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/how_make_dash.html)