

Salt = **Sodium** + Chloride



Salty Snacks



Photo courtesy of Jamison Fink

Revised August 2014

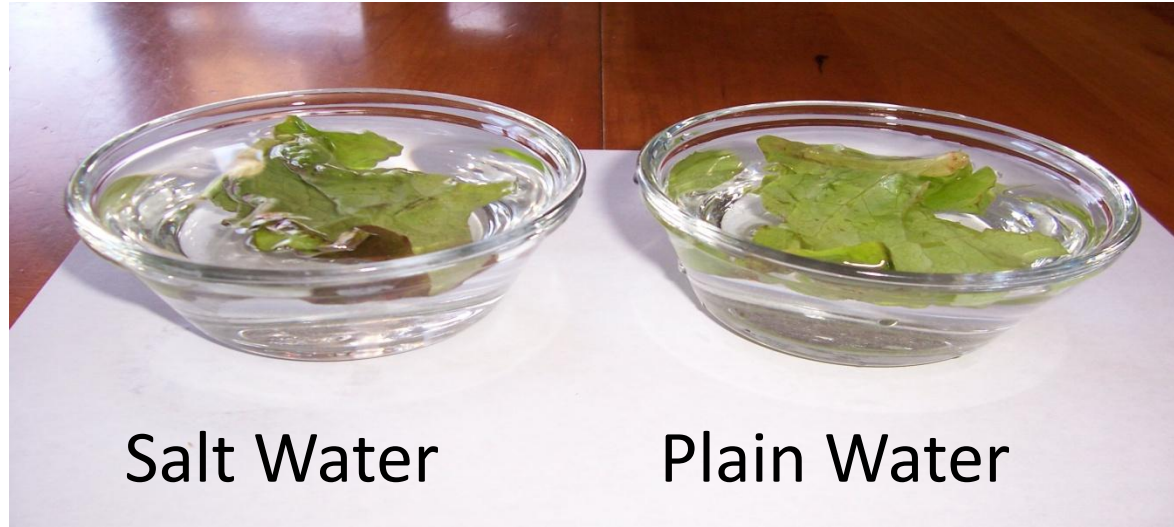
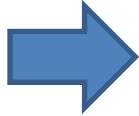
Thirsty



Water Chases Salt

Lettuce Experiment

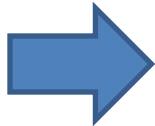
Before



Salt Water

Plain Water

After



Order Foods by Sodium Content



Order Foods by Sodium Content



461 mg



310 mg



180 mg



130 mg



169 mg



10 mg



2 mg



Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn and/or Canola Oil), and Salt. No Preservatives.

Nutrition Facts

Serving Size 1 oz. (28g/About 15 chips)

Amount Per Serving

Calories 160 Calories from Fat 90

% Daily Value*

Total Fat 10g **16%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Potassium 350mg **10%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **5%**

Sugars less than 1g

Protein 2g

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 2%

Vitamin E 6% • Thiamin 4%

Niacin 6% • Vitamin B₆ 10%

Magnesium 4% • Zinc 2%

* 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 | Less than | | 65g | 80g |
| Sat Fat | Less than | | 20g | 25g |
| Cholesterol | Less than | | 300mg | 300mg |
| Sodium | Less than | | 2,400mg | 2,400mg |
| Potassium | | | 3,500mg | 3,500mg |
| Total Carbohydrate | | | 300g | 375g |
| Dietary Fiber | | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

170 mg of sodium

Foods Ranks from Highest to Lowest in Sodium



1005mg for 10 fast food
Chicken Nuggets



790mg for 1 cup of
Chicken Noodle Soup



690mg for 1/6 of a
Cheese Pizza



430mg for 43 pieces of
Pretzel Goldfish



310mg for 1 small bag of
Flamin' Hot Cheetos



150mg for 15
Pringles Potato Chips



0 for 1/2cup of
Applesauce

How Can We Reduce Our Salt Intake?



- Eat whole foods
- Choose homemade food instead of processed
- Eat at fast food restaurants as “once in a while” treats
- Read nutrition labels and ingredients
- Avoid adding extra salt to food