



NURTURE
www.nurtureyourfamily.org

Sal=

Sodio+ Cloruro



Botanas
Saladas



Photo courtesy of Jamison Fink

Revised August 2014



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Sediento

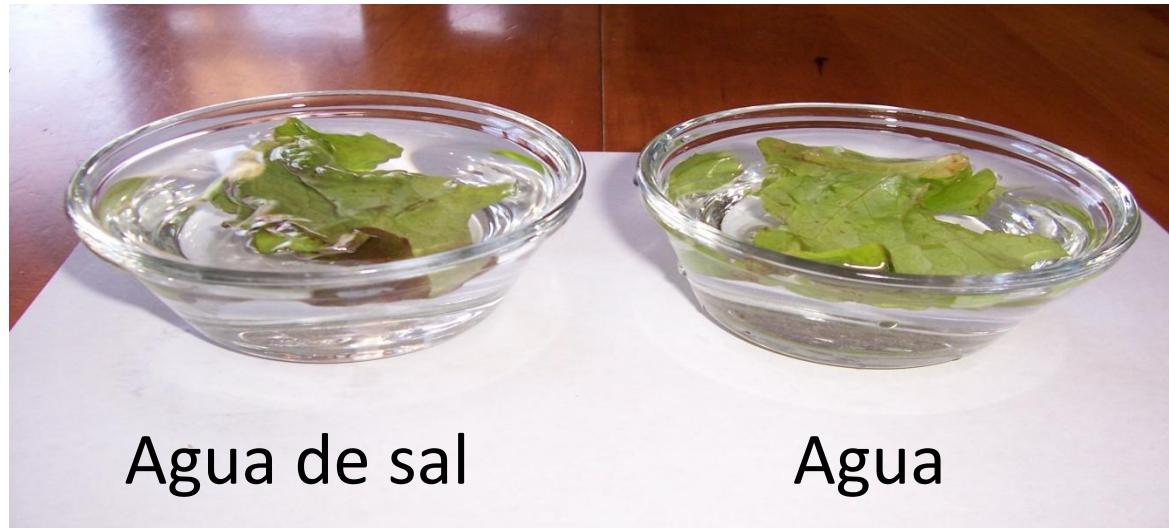
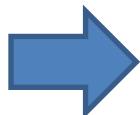


Agua después de sal

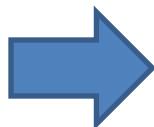


Experimento con la lechuga

Antes



Después

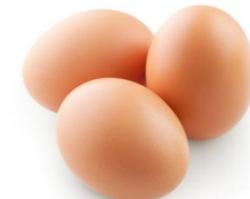




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Ordena la comida de acuerdo con su contenido de sodio





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Ordena la comida de acuerdo con su contenido de sodio



461 mg



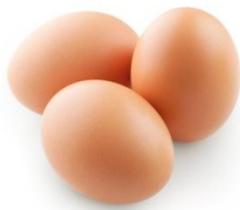
310 mg



180 mg



130 mg



169 mg



10 mg



2 mg



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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 de sodio

Picture courtesy of <http://www.fritolay.com/our-snacks/lays-classic-potato-chips.html>

Alimentos ordenados por el contenido de sodio de mayor a menor



1005mg por 10
Chicken Nuggets



790mg por 1 taza de
Chicken Noodle Soup



690mg por 1/6 de una
Cheese Pizza



430mg por 43 partes
de **Pretzel Goldfish**



310mg por 1 bolsa pequeña
de **Pretzel Goldfish**



150mg por 15
Pringles Potato Chips



0 for $\frac{1}{2}$ taza de
Applesauce

Como podemos reducir nuestro consumo de sal



- Come comida sin procesar
- Come comida preparado en casa en vez de comida procesada
- Si es posible no comas comida rápida más de una o dos veces cada mes
- Lee la etiqueta nutrición
- No añadas sal a tu comida