

REDUCE SALT



Rule of Thumb

Less than 2,000 mg of sodium per day

Limiting Sodium

Salt

Monosodium Glutamate (MSG)

Baking Soda and Baking Powder

Any compound that has "sodium" or "Na" in its name

Examples: Sodium Bicarbonate, Sodium Hydroxide, Disodium Phosphate

Sodium Substitutes

Black Pepper

Fresh Herbs

Examples: basil, cilantro, parsley, dill, mint, thyme

Spices

Examples: Mrs. Dash, ginger, cinnamon, nutmeg, curry powder, cloves

Nutrition Facts	
Serving Size 3.52oz (100g)	
Servings Per Container 1	
Amount Per Serving	
Calories 470	Calories from Fat 200
%Daily Value*	
Total Fat 22g	34%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2,900mg	121%
Total Carbohydrate 60g	20%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%
* 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
Total Carb	300g 375g
Dietary Fiber	25g 30g
INGREDIENTS: WHEAT NOODLE: WHEAT FLOUR, VEGETABLE OIL, SALT, YAM POWDER. SOUP BASE; SALT, SUGAR, FRIED WHEAT BALL, FRIED SEAWEED, SOY SAUCE (WATER, SOY BEAN, WHEAT, SALT), BONITO BROTH, SEAWEED, GREEN ONION, SPICES, KELP BROTH, VEGETABLE OIL, MONOSODIUM GLUTAMATE, CALCIUM CARBONATE, CARAMEL COLOR, GAUR GUM, VITAMINE E, C, B1, B2, ACIDULANT.	