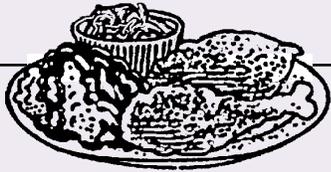


# How Much Salt?

One teaspoon of salt contains 2000 milligrams (mg.) of sodium. The foods you eat in a day should contain no more than a total of 3,000 milligrams of sodium or 1 1/2 teaspoons of salt.

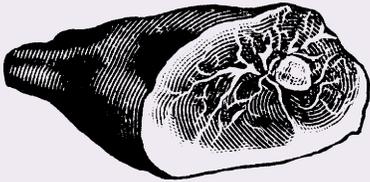
**WATCH THE SALT ADD UP!**  
Read food labels for more information.



**Fried Chicken Dinner** (2 pieces chicken, mashed potatoes and gravy, cole slaw)  
1,800 mg. sodium = over 3/4 teaspoon of salt



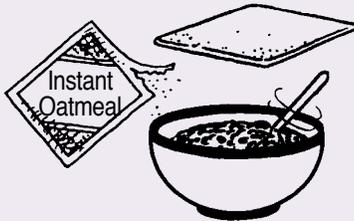
**All-Meat Hot Dogs**, 2  
1,200 mg. sodium = about 2/3 teaspoon of salt



**Ham**, 3 1/2 ounces  
1,100 mg. sodium = about 1/2 teaspoon of salt



**Canned Soups**, most have 800 to 1,200 mg. sodium = about 1/2 teaspoon of salt



**American Cheese**, 1 ounce  
406 mg. sodium = 1/5 teaspoon of salt

**Instant Oatmeal**, 1 packet  
376 mg. sodium = 1/5 teaspoon of salt



**Cold Oat Cereal**, 1 cup  
300 mg. sodium = 1/6 teaspoon of salt

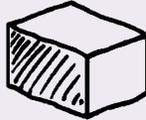


**Corn Chips**, 20 chips  
295 mg. of sodium = 1/6 teaspoon salt



**Most Canned Vegetables** contain 200 to 400 mg. of sodium = 1/8 to 1/5 teaspoon of salt

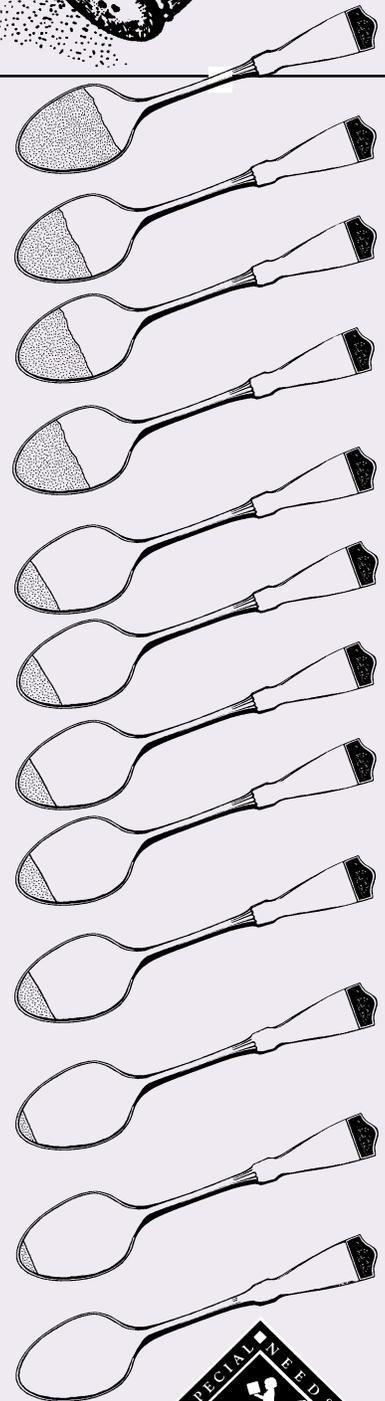
**Cheddar Cheese**, 1 ounce  
176 mg. sodium = less than 1/10 teaspoon of salt



**Milk**, 1 cup  
122 mg. sodium = less than 1/10 teaspoon of salt

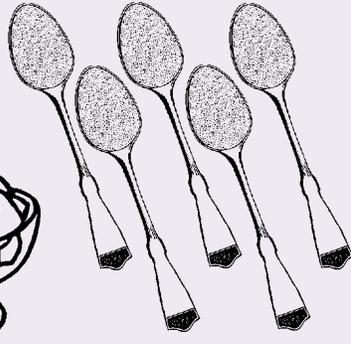


**Fresh Fruits and Vegetables** contain very little sodium

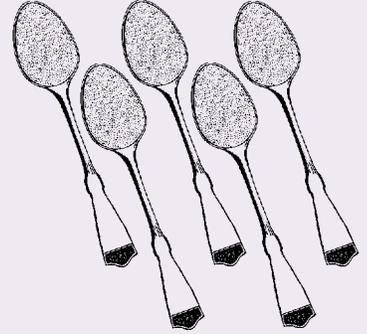


# Added Sugar in Some Foods (per serving)

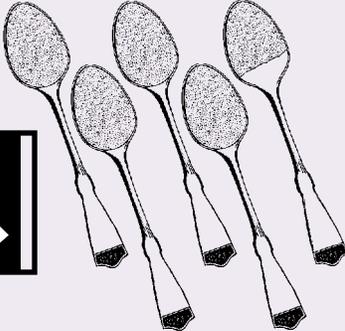
1/2 cup has  
5 teaspoons



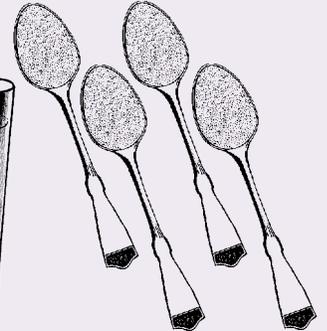
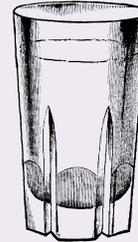
1 cupcake has  
5 teaspoons



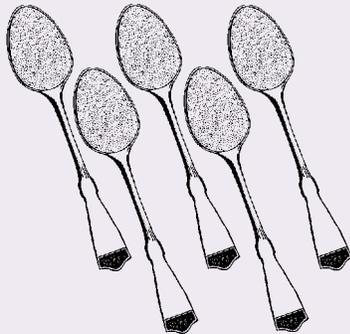
1.2 ounces has  
4 3/4 teaspoons



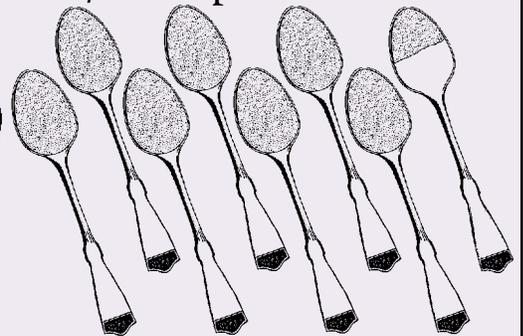
6 ounces has  
4 teaspoons



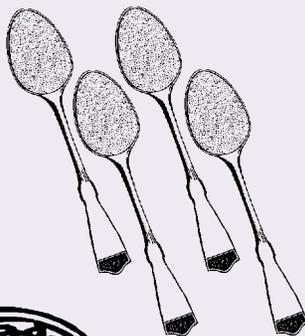
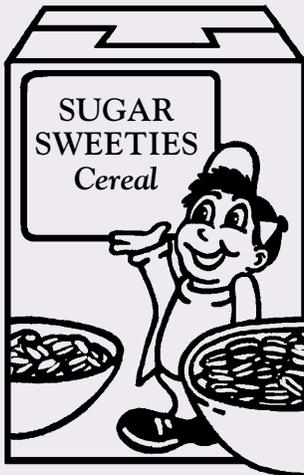
5 ounces has  
5 teaspoons



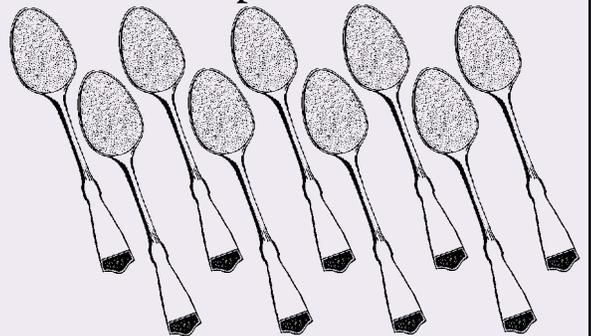
1 cup has 7 1/2 teaspoons



3/4 cup has 4 teaspoons



12 ounces has 9 teaspoons



12 ounces has  
10 teaspoons

