

Salt & Sodium Checklist

Salt/Sodium levels you may see on ingredient lists	What they mean
What sodium levels mean	
High - 0.6 g sodium or more per 100 g of food	Avoid these completely
Medium - 0.1 - 0.6 g sodium per 100 g of food	Eat small amounts occasionally
Low - 0.1 g sodium or less per 100 g of food	Eat plenty of these
What salt levels mean	
High - 1.5 g salt or more per 100 g of food	Avoid these completely
Medium - 0.3 - 1.5 g salt per 100 g of food	Eat small amounts occasionally
Low - 0.3 g salt or less per 100 g of food	Eat plenty of these
<p><u>Conversion Guidelines</u> 1/4 teaspoon salt = 0.6 g sodium 1/2 teaspoon salt = 1.2 g sodium 3/4 teaspoon salt = 1.8 g sodium 1 teaspoon salt = 2.4 g sodium</p>	
<p>Recommended* daily sodium consumption: 1,500 to 2,300 mg (1.5 g - 2.3 g) of sodium per day (less than one teaspoon of salt)</p>	

*The Institute of Medicine (IOM)