

SLEUTHING OUT THE SODIUM

Investigate how much sodium has infiltrated the foods you eat. When you know the facts you can make healthy choices!

<p>140 mg. sodium or less = Low sodium Product</p> <p>300 mg. sodium or more = High sodium Product</p>	<p>High sodium Product</p>	<p>CLUES INCLUDE:</p> <p>Salt (sodium chloride or NaCl)</p> <ul style="list-style-type: none"> • Monosodium glutamate (MSG) <ul style="list-style-type: none"> • Baking soda • Baking powder • Disodium phosphate • Any compound that has “sodium” or “Na” in its name <p>Sodium “hidden” in the ingredients list: \Rightarrow</p>
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Food Choice 1:

• mg. of sodium= _____ = low or high (circle one)

• Ingredients containing sodium - _____

Food Choice 2:

• mg. of sodium= _____ = low or high (circle one)

• Ingredients containing sodium - _____

Food Choice 3:

• mg. of sodium= _____ = low or high (circle one)

• Ingredients containing sodium - _____



Food Choice 4:

- mg. of sodium= _____ = low or high (circle one)
- Ingredients containing sodium - _____

Food Choice 5:

- mg. of sodium= _____ = low or high (circle one)
- Ingredients containing sodium - _____

Food Choice 6:

- mg. of sodium= _____ = low or high (circle one)
- Ingredients containing sodium - _____

- How many products were in the low sodium range? _____
- How many products were in the high sodium range? _____
- How many products were in between the high/low range? _____
- Which product(s) contained the most ingredients containing sodium?
- Which product(s) contained the least ingredients containing sodium?
- Summarize why it's important to read the food label.

