What's in my food?
Hidden Salt

775 mg

2,000 mg

1,995 mg

1,760 mg

9,200 mg

3,480 mg

10,890 mg

2,520 mg

SALT RECOMMENDATION

ABOUT 1 TSP PER DAY

1 TSP =

2,000 MG

Choose Low Salt

Did you know?

Most of the salt that we eat comes from restaurant, prepackaged, and processed foods.

Food labels tell you what you need to know about choosing foods that are lower in sodium. Choose products with the lowest % Daily Value for sodium.

Nutrition Facts

Serving Size 1 Package of 3.5 oz (100 g)
Serving size per Container 1

Amount per serving
Calories 470 Calories from Fat 180

	% Daily Value*
Total Fat 20g	**30%**
Saturated Fat 10g	**49%**
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1,870 mg	**78%**
Total Carbohydrate 63g	**21%**
Dietary Fiber 4g	**21%**
Total Sugars 0g	
Protein 10g	

5% or less is low
20% or more is too high

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What's in my food?

Hidden Sugar

6 tsp

14 tsp

23 tsp

11.6 tsp

5 tsp

10 tsp

10 tsp

6 tsp

SUGAR RECOMMENDATION

LESS THAN 6 TSP PER DAY

1 TSP = 4 G

Choose No Added Sugars

Did you know?

Research shows that drinking **1 or 2 cans of a sugary drink** a day increases your risk of having **diabetes by 26%**.

3 out of 4 adults in the CNMI drink one or more sugar sweetened beverages per day.

Unsweetened coffee

Choose water!

Infused water

Unsweetened teas

Whole fresh fruit

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What's in my food?
Hidden Fat

7 tsp

9 tsp

18 tsp

22 tsp

2 tsp

4 tsp

5 tsp

4 tsp

6 tsp

FAT RECOMMENDATION
LESS THAN 6 TSP PER DAY

1 TSP = 4 G

Choose Good Fats

Tofu & Soybeans

Avocado

Olive oil

Fatty fish, like
Salmon and Mackarel

Nuts & Seeds

Peanut Butter

Eggs

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