

# Understanding Food Labels

## The DASH Eating Plan

The following phrases are commonly found on food labels. It is important to understand what they mean so that you can make wise choices.

### Sodium

Phrase	What It Means
Sodium free or salt free	Less than 5 mg per serving
Very low sodium	35 mg or less of sodium per serving
Low sodium	140 mg or less of sodium per serving
Low sodium meal	140 mg or less of sodium per 3.5 oz. (100 g.)
Reduced or less sodium	At least 25 percent less sodium than the regular version
Light in sodium	50 percent less sodium than the regular version
Unsalted or no salt added	No salt added to the product during processing

### Fat

Phrase	What It Means
Fat free	Less than 0.5 g. per serving
Low-saturated fat	1 g. or less per serving
Lowfat	3 g. or less per serving
Reduced fat	At least 25 percent less fat than the regular version
Light in fat	Half the fat of the regular version