

Sodium Scavenger Hunt

Go on a scavenger hunt in your cupboards and refrigerator to locate sources of sodium. Collect at least five or six different foods and try to get different types of foods. If it is a food that does not have a food label (such as fresh fruit or vegetables), you can find expanded nutrient profiles in Food Data Central of the U.S. Department of Agriculture <https://fdc.nal.usda.gov>. Then use the information from the label to complete the table below.

The recommended amount of sodium is no more than 2,300 mg. You can find the percentage of daily value (%DV) on the Nutrient Facts label, or you can find it by dividing the amount of sodium in a serving by 2,300 mg. As a general guide: 5% DV or less of sodium per serving is considered low, and 20% DV or more of sodium per serving is considered high. What conclusions can you draw from your table?

Example Food Item	Serving Size	Sodium Content (per serving)	Sodium Level (%DV)	Sodium Swap
Carrots, fresh	3 oz	65 mg	3%	Low sodium food - none needed
Chicken & white bean soup (store bought)	1 container	1,420 mg	62%	<ul style="list-style-type: none"> • Lower-sodium soup • Homemade soup

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