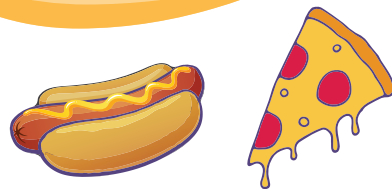


Eat less salt

Watch out for hidden salt in these items

- Cereal
- Cracked
- Soy sauce
- Canned foods
- Processed meats
- Pizza
- Frozen meals
- Cheese
- Pickles
- Bread
- Cheese
- Olives
- Chips
- Ketchup
- Spice blends

**Limit sodium
to no more than
2,400 milligrams per day,
about one teaspoon.**



Eating too much sodium increases your risk of stomach cancer and other diseases.

The amount of sodium is listed on the nutrition label.



Salt may appear in the ingredients as sodium, baking soda/powder, monosodium glutamate (MSG) or disodium phosphate.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30 mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 13g	

Ingredients: High Fructose Corn Syrup, Corn Flour, Sugar, Oat Flour, Brown Sugar, Disodium Phosphate, Coconut Oil, Salt, Niacinamide, Reduced Iron, Sucrose, Zinc Oxide, Yellow 5, Malt, Thiamin Mononitrate Pyridoxine, Hydrochloride Riboflavin, Folic Acid