



VESTIBULAR

DISORDERS ASSOCIATION

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Sodium Claims on Packaging

Food packaging sometimes contains claims that make you think the product contains a healthy amount of sodium, when in reality the product does not conform to a true low sodium diet. Below are guidelines that explain the true definitions of these claims. Always read the back of the product label for the exact amount of sodium per serving in mg.



CLAIM	SODIUM CONTENT
Salt/Sodium-Free	Less than 5mg/sodium per serving
Very Low Sodium	35mg/sodium or less per serving
Low Sodium	140mg/sodium or less per serving
Reduced Sodium	At least 25% less sodium than the original product
Light in Sodium or Lightly Salted	At least 50% less sodium than the regular product
No-Salt-Added or Unsalted	No salt is added during processing, but not necessarily sodium free. Check label to be sure!

(From food facts, the U.S. Food and Drug Administration, July 2012)