

EXCESO DE SODIO: ¿CÓMO IMPACTA EN LA SALUD?



Imagen 1. Sello negro que alerta al consumidor

Opción Baja en Sodio		Opción Alta en Sodio	
Nutrition Facts Serving Size (120g)		Nutrition Facts Serving Size (120g)	
Amount Per Serving		Amount Per Serving	
Calories 280	Calories from Fat 35	Calories 320	Calories from Fat 90
% Daily Values*		% Daily Values*	
Total Fat 4g	6%	Total Fat 15g	23%
Saturated Fat 2g	10%	Saturated Fat 5g	25%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 10mg	3%	Cholesterol 15mg	5%
Sodium 430mg	16%	Sodium 900mg	38%
Total Carbohydrate 47g	16%	Total Carbohydrate 45g	15%
Dietary Fiber 2g	8%	Dietary Fiber 1g	4%
Sugars 5g		Sugars 3g	
Protein 11g	22%	Protein 12g	24%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

Imagen 2. Claims asociados con la reducción de sodio