

## Choosing Healthy Sauces, Condiments and Salad Dressings



Look for the terms **Low sodium** on the bottle of sauces and condiments



Beware of products labeled **Light, Less Salt** or **Lower Salt**. These products can still be high in sodium



Beware of products labeled **reduced calorie** or **low fat**. These products often contain more salt

### Check the nutrition facts table



Choose products that have **5% daily value** or **less** of sodium

#### Nutrition Facts Valeur nutritive

Per 1 tbsp (15mL) / pour 1 c. a soupe (15mL)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 20	
<b>Fat / Lipides</b> 0g	<b>0%</b>
Saturated / saturés 0g	
+ Trans / trans 0g	
<b>Cholesterol / Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium / Sodium</b> 60mg	<b>3%</b>
<b>Carbohydrate / Glucides</b> 4g	<b>1%</b>
Sugars / Sucres 4g	<b>4%</b>
<b>Protein / Protéines</b> 0.3g	
Vitamin C / Vitamine C	<b>2%</b>

Disclaimer: These tips are for information only. They do not replace advice from your doctor.



**Learn more about choosing healthy foods.**

Visit [www.cardiaccollege.ca](http://www.cardiaccollege.ca) or [www.diabetescollege.ca](http://www.diabetescollege.ca) to watch the Choosing Healthy Foods video series.