HIGH SODIUM

**Breakfast**
- DUNKIRK Corn Flakes 330mg per serving (0.5 cup)
- PINEHILL Whole Milk 140mg per serving (1/2 cup)
- POST Shredded Wheat 0mg per serving (1 serving)
- BERMUDEZ Chik Cheddar Cheese 350mg per serving (1 oz)

**Snack**
- WONDER Whole Wheat Buns 140mg per serving (1 bun)
- FARMER'S CHOICE Ground Round All Beef 510mg per serving (3 oz)
- WONDER Crusty Seafood Sandwich 9.5mg per serving (2 oz)
- VALERICO Chicken Lipton in Water 119mg per serving (1 cup)

**Lunch**
- Macaroni Pie 1266mg per serving (1/2 pie)
- WALKERSWOOD Jerk Seasoned 1/4 Chicken 540mg per serving (2 oz)
- Chicken with Fresh Mango Salad 2mg per serving (2 oz)
- COUNTRY FARM Brown Rice 2mg per serving (2 oz)

**Dinner**
- Some Solty Foods to Avoid: Nosh Cup Noodles Chicken Vegetable (1 Container) 100, KIA Soy Sauce (1 Tbsp) 550, Walkerswood Jerk Marinade (1 Tbsp) 150, Campbellos Chicken Noodle Soup (1 Container) 100, Jamaica's Choice Shredded Ham (2 slices) 75, Valrico Corned Beef (2 oz) 545, KIA Soup (1/2 Cup) 450, Valrico Mixed Vegetables (1/2 Cup) 340, Summer Ice Cow "G" Queso Chee Chips (1 Container) 250

**Shopping Guide**

<table>
<thead>
<tr>
<th>Item</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nosh Cup Noodles Chicken Vegetable</td>
<td>100</td>
</tr>
<tr>
<td>KIA Soy Sauce</td>
<td>550</td>
</tr>
<tr>
<td>Walkerswood Jerk Marinade</td>
<td>150</td>
</tr>
<tr>
<td>Campbellos Chicken Noodle Soup</td>
<td>100</td>
</tr>
<tr>
<td>Jamaica's Choice Shredded Ham</td>
<td>75</td>
</tr>
<tr>
<td>Valrico Corned Beef</td>
<td>545</td>
</tr>
<tr>
<td>KIA Soup</td>
<td>450</td>
</tr>
<tr>
<td>Valrico Mixed Vegetables</td>
<td>340</td>
</tr>
<tr>
<td>Summer Ice Cow &quot;G&quot; Queso Chee Chips</td>
<td>250</td>
</tr>
</tbody>
</table>

**Comparison:**
- **High Sodium:** $3276 mg
- **Low Sodium:** $249 mg

**Healthy Caribbean Coalition**

**Notes:**
- Price is calculated per recommended serving, in Barbados Dollars. (1 Barbados Dollar (BBD) = 1 US Dollar (USD))

**Read the Nutrition Facts Label:**
- Use the frequent daily value (%DV) as a tool, remember to pay attention to serving sizes.
- **General Rule:**
  - >15% of sodium per serving is a HDV 300 mg or 6% or serving is high
  - Cholesterol 0g 0%
  - Sodium 110mg 30%
  - Total Carbohydrate 3g 1%
  - Dietary Fiber 0g 0%
  - Sugars 0g 0%
  - Protein 0g 0%

**Less than 2000 mg per day**

**World Health Organization’s recommended sodium limit**

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