



# WHAT DOES IT MEAN TO BE 1 FOR 1 CERTIFIED

Are calories and sodium close to a match? If yes, this recipe is 1 for 1 certified & meets a lower sodium standard.

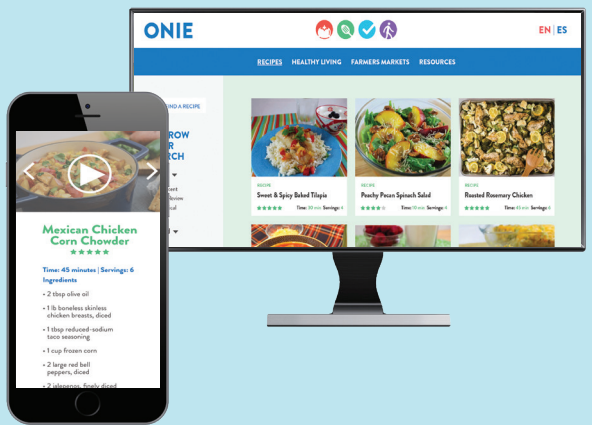
## TIPS

For a salt-reduced diet

- Drain & rinse vegetables to reduce sodium up to 41%
- Choose products labeled “low-sodium” or “no-salt-added” if available
- Cook with herbs and spices to add flavor without adding salt
- Choose fresh or frozen ingredients, instead of prepared or ready-to-eat foods

### FIND SIMPLE, TASTY & HEALTHY RECIPES ONLINE AT

[ONIEPROJECT.ORG/RECIPES](http://ONIEPROJECT.ORG/RECIPES)



### ALL ONIE RECIPES HAVE AN ACCURATE NUTRITION LABEL



# SALT CHECK

## DOES YOUR FOOD MATCH

# 1 for 1?



This material was funded by USDA's Supplemental Nutrition Assistance Program [SNAP]. This institution is an equal opportunity provider and employer.

# Salt Check

# match

# 1

# for

# 1

mg sodium

calorie

## GOOD!

## BAD!

## Daily Goal:

Strive for  
*less than*

# 2300mg

of sodium  
per day

Nutrition Facts		
12 servings per container		
<b>Serving size</b>	(55g)	
<hr/>		
<b>Amount per serving</b>		
<b>Calories</b>	<b>90</b>	
<hr/>		
% Daily Value*		
<b>Total Fat</b> 8g		10%
Saturated Fat 1g		5%
Trans Fat 0g		
<b>Cholesterol</b> 8mg		3%
<b>Sodium</b> 90mg		4%
<b>Total Carbohydrate</b> 37g		13%

Nutrition Facts		
12 servings per container		
<b>Serving size</b>	(55g)	
<hr/>		
<b>Amount per serving</b>		
<b>Calories</b>	<b>90</b>	
<hr/>		
% Daily Value*		
<b>Total Fat</b> 8g		10%
Saturated Fat 1g		5%
Trans Fat 0g		
<b>Cholesterol</b> 8mg		3%
<b>Sodium</b> 270mg		12%
<b>Total Carbohydrate</b> 37g		13%

Look for



recipes @ [onieproject.org/recipes](https://onieproject.org/recipes)