



WHAT DOES IT MEAN TO BE 1 FOR 1 CERTIFIED

Are calories & sodium close to a match?

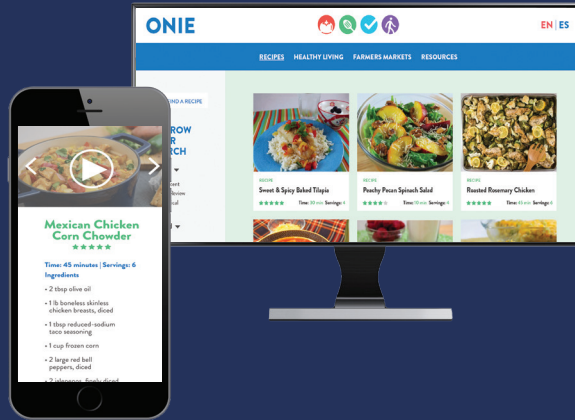
If yes, this recipe is **1 for 1 certified** & meets a lower sodium standard.

TIPS

For a salt-reduced diet

- Drain & rinse canned vegetables to reduce sodium up to 41%
- Choose products labeled “low-sodium” or “no-salt-added” if available
- Cook with herbs & 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



ALL ONIE RECIPES HAVE AN ACCURATE NUTRITION LABEL



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SALT CHECK DOES YOUR FOOD MATCH

1 for 1



Salt Check MATCH

1 **for** **1**
mg sodium calorie

GOOD!

**DAILY
GOAL:**

BAD!

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

Strive for
less than
2300mg
of sodium
per day

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Look for



recipes @ onieproject.org/recipes

