

Label Check Cards

THE MEASURED PLATE

Cut out a card and keep it in your wallet or with your shopping list.

Label check

- 1 Serving size**
Every number is for one serving.
- 2 Sodium**
140 mg or less is low. More than 460 mg is high.
- 3 Potassium, if yours is high**
Under 200 mg a serving is lower.
- 4 Ingredients**
Look for the letters “phos”. If you see them, choose another brand.

The Measured Plate • measuredplate.com/printables

Label check

- 1 Serving size**
Every number is for one serving.
- 2 Sodium**
140 mg or less is low. More than 460 mg is high.
- 3 Potassium, if yours is high**
Under 200 mg a serving is lower.
- 4 Ingredients**
Look for the letters “phos”. If you see them, choose another brand.

The Measured Plate • measuredplate.com/printables

Label check

- 1 Serving size**
Every number is for one serving.
- 2 Sodium**
140 mg or less is low. More than 460 mg is high.
- 3 Potassium, if yours is high**
Under 200 mg a serving is lower.
- 4 Ingredients**
Look for the letters “phos”. If you see them, choose another brand.

The Measured Plate • measuredplate.com/printables

Label check

- 1 Serving size**
Every number is for one serving.
- 2 Sodium**
140 mg or less is low. More than 460 mg is high.
- 3 Potassium, if yours is high**
Under 200 mg a serving is lower.
- 4 Ingredients**
Look for the letters “phos”. If you see them, choose another brand.

The Measured Plate • measuredplate.com/printables