



Tuesday is

**PRICE\$
DAY**

HOW CAN I TELL HOW MUCH SALT I AM EATING?

Look at the Nutrition Facts label on the side or back of a food package to find the amount of sodium in just one serving of the food you eat, listed in milligrams. Check this list for words like “sodium,” “salt” and “soda.” The total sodium shown on the Nutrition Facts label includes the sodium from salt, plus the sodium from any other sodium-containing ingredient in the product. For example, this includes preservative ingredients such as sodium nitrate, sodium citrate, monosodium glutamate (MSG) or sodium benzoate. Remember to take note of the serving size on the Nutrition Facts label. If your portion size equals two servings of a product, then you’re actually eating twice the sodium listed (heart.org).

Salt is a price controlled good and retails as follows:

Item	Size	Price
Carey Salt	26 oz	\$ 4.21
Country Barn Salt	26oz	\$ 3.16
Valrico Salt	26 oz	\$3.62
Goya Salt	26 oz	\$ 3.95
Flavor House Salt	26oz	\$3.95
Chief Choice Salt	26 oz	\$ 4.50

**For more information on price control goods contact
Prices and Consumer Affairs Division
462-0834 | Hotline/WhatsApp 464-4238
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