

## Sodium Intake Info



The recommended intake for people not on a restricted diet is 2400 milligrams of sodium per day, however the average American consumes 4000 milligrams of sodium each day. Based on the 2400 milligram recommendation, a value of 800 milligrams per meal is acceptable for most people. A few of the meals currently used by Good Source do exceed 800 milligrams of sodium, however none exceed 1000 milligrams of sodium. You can be confident the meals easily fit into a healthy lifestyle. If you are on a sodium-restricted diet, you should consult your physician or dietitian to determine an acceptable sodium level for you.