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SHOPPING REMINDER
AMBER levels for FOOD
FAT >3 to <=20g
SAT. FAT >1.5 to <=5g
SUGARS >5 to <=15g
SODIUM >120mg to <=600mg

AMBER levels for DRINKS
FAT >1.5 to <=10g
SAT. FAT >0.75 to <=2.5g
SUGARS >2.5 to <=7.5g
SODIUM >120mg to <=600mg

PREVENTION Stick to amber (in moderation) and **green (eat freely)**.
TREATMENT
Here is where sticking to **green lights** all the time can make such a big difference.
www.saltmatters.org
www.findlowsaltfood.info