

A



Crunchy Cheese Snack
(1 ounce)

B



Vegetable Juice
(11.5 ounces)

C



Pretzels
(1 ounce)

D



Diet Soda
(12 ounces)

E



Medium Banana
(7 - 7.9 inches)

F



Regular Potato Chips
(1 ounce)

G



Baked Potato Chips
(1 ounce)

H



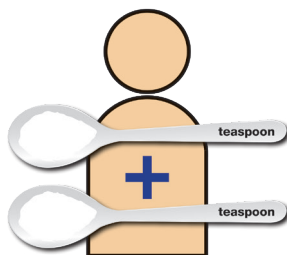
Sunflower Seeds
(1 ounce)

I



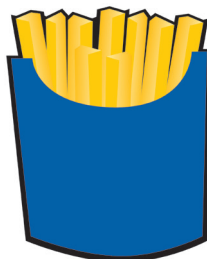
Recommended
Amount Per Day

J



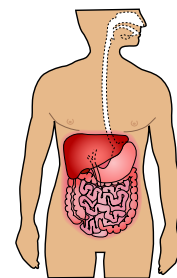
Average American
intake of Sodium

K



Large Fries
(5.3 ounces)

L



Amount of Sodium
Your Body Needs