No-Salt-Added Vegetable Claim Record

Keep the front claim and panel number separate.

An accurate product choice begins with the words actually printed.

Hypothetical example: an adult records the can's no-salt-added wording and actual sodium line, then notes the seasoning used in dinner separately.

01 Read the product

Record the current product and exact front claim.

Vegetable and package checked

Exact front-label wording

Ingredient requirement for the household

02 Read the actual panel

Read sodium and its stated serving basis.

Serving amount and column

Sodium figure and units

Drained or prepared basis stated

No-Salt-Added Vegetable Claim Record / Review & follow-through

03 Check the meal

Check equivalent alternatives and planned additions.

Similar alternative and comparison basis

Seasoning or other additions planned

Unresolved information

04 Make the current choice

Confirm the household choice and next label review.

Product selected and reason

Preparation adult and meal

Next package or recipe change to review