

Your Guide to Sodium Content in Food



Your Guide to Sodium Content in Food

Third edition

Developed by Allina Health.

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Understanding Sodium

Sodium (salt) is a compound found widely in nature and in foods. Many foods contain sodium naturally, but do not taste salty.

One teaspoon of salt contains 2,400 milligrams (mg) of sodium. The recommended intake for sodium is less than 2,300 mg a day!

Eating high amounts of sodium can be especially harmful if you have heart failure. When you have heart failure, your heart isn't able to pump as well as it once did.

Sodium causes your body to retain (hold) more water. This increases the work of your heart as it pumps blood through your body.

Special low-sodium cooking tips

- Try new seasonings. Herbs and spices don't contain sodium. Experiment with flavored vinegar, sherry, wine and lemon juice. Parsley, thyme, and basil are easy to grow and flavorful in many foods.
- Throw out your salt shaker. At the very least, get it off the kitchen table!
- Eliminate salt in cooking.
- Cut back on processed foods such as lunch meat and TV dinners as they already contain salt.
- Eliminate salty foods: pickles, olives, sauerkraut, salted snacks, flavored salts, seasoned salts.
- Avoid products with these words on the labels: monosodium glutamate (MSG), sodium nitrate, sodium benzoate, sodium bicarbonate.
- Read labels to see how much sodium per serving a food contains. Then, compare that to the amount that your health care team recommended. You may be able to include this food in your eating plan if you reduce your serving size.
- Use bouillon granules in half the amount called for on packaging; they contain a high amount of sodium. Use lower sodium bouillon granules.

Tip

According to the Dietary Guidelines for Americans:

- Most Americans consume 3,400 to 4,500 milligrams (mg) of sodium a day.
- The recommended intake is less than 2,300 mg a day.
- You should have less than 1,500 mg a day if you:
 - are 51 years of age or older
 - are African American
 - have high blood pressure, diabetes or chronic (long-lasting) kidney disease.
- You should have 1,500 to 2,000 mg a day if you have heart failure.

- Use lemon and lime juices or tomatoes to add zest to meat, salads, vegetables and fruits.
- Save cooking liquid from vegetables to use in place of water in sauces and gravy.
- Add drinking wine to sauces and gravies to add flavor. Avoid cooking wines – they contain salt.
- Replace garlic or onion salt with garlic or onion powder.
- Rinse canned vegetables to remove some of the sodium (about one-third). To reduce more sodium, use fresh, frozen or low-sodium canned vegetables.

Herb and spice blend recipes

Try these recipes to make your own herb or spice blend. You can vary the amounts to suit your taste.

Spice Blend

Ingredients:

- 4 tablespoons dry mustard
- 1 tablespoon garlic powder
- 4 tablespoons onion powder
- 2 tablespoons white pepper
- 1 tablespoon thyme
- 1 teaspoon basil
- 4 tablespoons paprika.

Herb Blend

Ingredients:

- 1 teaspoon each:
 - dried basil
 - dried marjoram
 - thyme
 - dried oregano
 - dried parsley
 - ground cloves
 - ground mace
 - black pepper
 - dried savory
- ¼ teaspoon each:
 - ground nutmeg
 - cayenne.

Directions:

For each recipe, combine ingredients and blend well. Fill a shaker with the blend, using a funnel. Label it and keep it handy. The herb blend is especially good on meats and vegetables. Try using the spice blend in homemade meals to cut the salt without losing flavor!

Understanding Food Labels

Use the nutrition label below to understand the following.

- **Serving size:** The serving size lists the amount of food in one serving and the number of servings in one package.
- **Calories:** Calories are a measure of energy released by a food. Try to limit your food choices to those that have less than one-third calories from fat.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: U.S. Food and Drug Administration

- **Total fat:** Total fat includes all types of fat (saturated, unsaturated, trans). Try to eat foods low in saturated and trans fats.
- **Saturated fat:** Saturated fat raises LDL (“bad”) cholesterol. Reduce saturated fats to help protect your heart.
- **Trans fat:** Trans fats can raise LDL cholesterol, lower HDL (“good”) cholesterol, and add to heart disease. Eat as little trans fats as possible. Avoid foods that contain “partially hydrogenated” oils.
- **Cholesterol:** Foods from animals (meat, fish, eggs, cheese, butter) have cholesterol.
- **Sodium:** Too much sodium in your diet can cause swelling in your body or make you feel short of breath. Limit the amount of sodium you eat to 1,500 to 2,000 mg (milligrams) each day.
- **Total carbohydrate:** Carbohydrates give your body energy. Too many can raise your blood glucose. Everyone’s blood glucose is affected by carbohydrates differently.
- **Fiber:** Fiber is the part of food that cannot be broken down during digestion. Because it moves through your body “undigested,” it plays an important role in keeping your digestive system moving and working well.
- **Total sugars:** This is the total amount of natural sugars such as lactose (sugar in milk) or fructose (sugar in fruit) and added sugars.
- **Added sugars:** Part of the total sugars is added when the food was made.
- **Protein:** Protein is important for healing, building muscle, strengthening your immune system.
- **Percent (%) daily value:** This number tells you if a serving is low or high in the listed nutrients. In general:
 - 5% or less is low in the nutrient
 - 20% or more is high in the nutrient.

Sample Recipes

The following recipes use low-sodium or no-salt products that can be found in most grocery stores.



Homemade Italian Salad Dressing

Makes 6 servings

Ingredients


- ¼ cup cider vinegar
- ¼ cup extra-virgin olive oil
(You can also use canola oil.)
- ¼ cup water
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon granulated sugar
- ½ teaspoon dried basil
- ½ teaspoon oregano

Directions

1. Combine all ingredients in a jar with a tight-fitting lid.
2. Shake well and refrigerate.
3. Serve over a salad or use as a marinade.



SIDE DISH




Nutrition Facts

Serving Size 2 Tablespoons (31g)
Servings Per Container 6

TIP

Avoid soggy greens (lettuce, spinach) by adding your salad dressing to the sides of the bowl. Pour 2 tablespoons of dressing along the sides of a large salad bowl (dressing should coat sides). Then, add your salad greens and toss. You’ll have a light, evenly dressed salad!

 = low sodium

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nutr-ah-55888 (1/14)

Amount Per Serving	
Calories 80	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 25g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 0

Spaghetti with Meat Sauce

Ingredients

- 1 pound lean (93 percent) ground beef
- 1 medium onion, chopped
- 1 28-ounce can no-salt diced tomatoes
- 1 6-ounce can no-salt tomato paste
- 1 clove garlic, minced
- 2 packets no-salt beef bouillon
- ½ cup red table wine
- 1 teaspoon no-salt Italian seasoning
- ⅛ teaspoon freshly ground black pepper
- ½ cup mushrooms, sliced
- 8 ounces spaghetti noodles, prepared according to package directions

Directions

1. In a large nonstick skillet, brown ground beef over medium heat. Drain off fat.
2. Add all ingredients except spaghetti noodles to skillet. Cover and simmer over low heat for 90 minutes, stirring occasionally. (If sauce is too thick, add water.)
3. Serve warm over prepared noodles.

Makes 6 servings



MAIN DISH

Meatloaf

Ingredients

- nonstick cooking spray
- 2 pounds extra-lean (96 percent) ground beef
- 1 cup crushed crackers
- 4 egg whites
(You can also use 1 cup egg substitute.)
- 1 small onion, chopped
- ½ teaspoon freshly ground black pepper
- ½ teaspoon garlic powder
- 1 teaspoon low-sodium seasoning
- ⅔ cup no-salt-added ketchup, divided

Directions

1. Preheat oven to 350 F.
2. Spray a baking sheet with nonstick cooking spray. Set aside.
3. In a large bowl, combine all ingredients except ⅓ cup ketchup. Mix well. Place mixture on baking sheet and shape into a loaf.
4. Bake for 45 minutes. Drizzle remaining ⅓ cup ketchup over loaf. Return to oven to bake for another 15 minutes.
5. Cut into 6 slices. Serve warm.

Makes 6 servings



MAIN DISH



TIP

Don't buy a special cooking wine for this recipe — any red table wine will do! In this case, it's actually better to use table wine! Most cooking wines have salt and food coloring added to them.

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nutr-ah-55889 (1/14)

Nutrition Facts

Serving Size 1 1/2 cup (327g)	
Servings Per Container 6	
Amount Per Serving	
Calories 370	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 110mg	5%
Total Carbohydrate 44g	15%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 29g	
Vitamin A 25%	Vitamin C 50%
Calcium 4%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat
Carb choices per serving: 3



TIP

You can also make this recipe in your slow cooker! In a large bowl, combine all ingredients except ⅓ cup ketchup. Mix well and place in slow cooker. Cook on low for 5 to 6 hours. Drizzle remaining ⅓ cup ketchup over loaf. Cook on low for another 15 minutes.

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nutr-ah-55890 (1/14)

Nutrition Facts

Serving Size 1/6 loaf (236g)	
Servings Per Container 6	
Amount Per Serving	
Calories 360	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 150mg	6%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 36g	
Vitamin A 6%	Vitamin C 8%
Calcium 2%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, egg
Carb choices per serving: 1 ½



Spanish Rice

Ingredients

- 3 slices low-sodium bacon
- 1/2 medium onion, diced
- 1 1/2 pounds extra-lean (96 percent) ground beef
- 1 rib celery, diced
- 2 cups uncooked instant brown rice
- 2 packets no-salt beef bouillon
- 1/8 teaspoon garlic powder
- 1 14.5-ounce can no-salt stewed tomatoes
- 1 16-ounce can no-salt tomato sauce
- 1 6-ounce can no-salt tomato paste
- 2 cups water
- 3/4 teaspoon chili powder
- 1/2 teaspoon freshly ground black pepper
- 1 small green bell pepper, diced

Directions

1. In a small skillet, fry bacon. Place on paper towels to drain extra fat. Set aside to cool.
2. In a large skillet, cook onions and ground beef until meat is browned. Drain off fat.
3. Crumble cooled bacon and add to meat mixture with remaining ingredients. Cover and simmer for about 30 minutes, stirring occasionally. (If rice is too thick, add water.)
4. Serve warm.

Makes 6 servings



MAIN DISH



Beef Stew

Ingredients

- 4 medium russet potatoes, peeled and cut into bite-size pieces
- 1 small rutabaga, peeled and cut into bite-size pieces
- 4 small carrots, peeled and cut into bite-size pieces
- 2 large ribs celery, cut into bite-size pieces
- 1 large onion, diced
- 2 pounds beef stew meat, cut into 1-inch cubes

Directions

1. Preheat oven to 250F.
2. Place potatoes, rutabaga, carrot, celery, onion and meat into a 3- to 5-quart oven-safe dish. Stir to combine.

- 2 cups water
- 1 6-ounce can no-salt-added tomato paste
- 1 14.5-ounce can no-salt-added stewed tomatoes
- 1 teaspoon browning and seasoning sauce
- 2 dried bay leaves
- 2 tablespoons dry tapioca pearls
- 1 tablespoon dried parsley
- 1 teaspoon Worcestershire sauce
- 3 packets sodium-free instant beef broth

3. In a medium mixing bowl, whisk together remaining ingredients. Pour sauce over vegetables and meat in oven-safe dish.
4. Cover and bake for 4 to 5 hours, stirring occasionally.
5. Remove bay leaves. Serve warm.

Makes 6 servings



MAIN DISH



Nutrition Facts

Serving Size 1 cup (439g)
Servings Per Container 6

Amount Per Serving		% Daily Value*	
Calories 500	Calories from Fat 120		
Total Fat 14g		22%	
Saturated Fat 5g		25%	
Trans Fat 0g			
Cholesterol 95mg		32%	
Sodium 210mg		9%	
Total Carbohydrate 49g		16%	
Dietary Fiber 5g		20%	
Sugars 12g			
Protein 42g			
Vitamin A 25%	Vitamin C 60%		
Calcium 6%	Iron 40%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

TIP

To make this a vegetarian dish, substitute one can of low-sodium black beans for the bacon and beef. Even though you won't be cooking any meat, make sure to sauté the onions before combining them with the other ingredients.

= low sodium

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nutr-ah-55891 (1/14)

Recipe contains: wheat
Carb choices per serving: 3



Nutrition Facts

Serving Size 2 cups (554g)
Servings Per Container 6

Amount Per Serving		% Daily Value*	
Calories 460	Calories from Fat 140		
Total Fat 16g		25%	
Saturated Fat 6g		30%	
Trans Fat 0g			
Cholesterol 95mg		32%	
Sodium 220mg		9%	
Total Carbohydrate 44g		15%	
Dietary Fiber 7g		28%	
Sugars 13g			
Protein 35g			
Vitamin A 130%	Vitamin C 60%		
Calcium 10%	Iron 30%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

TIP

If you want this meal to cook all day while you're away, use your slow cooker instead! Simply place the vegetables, meat and sauce in your slow cooker, stir and set your slow cooker on low. Let it cook for 7 to 8 hours or until meat and vegetables are cooked through.

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nutr-ah-55896 (1/14)

Recipe contains: wheat
Carb choices per serving: 3

Tarragon Chicken

Ingredients

- 1 whole chicken (about 2 1/2 pounds), skin removed, trimmed of visible fat and cut into pieces
- 1/4 cup chopped onion
- 1 1/2 teaspoons ground tarragon
- 1/4 teaspoon poultry seasoning
- 1/4 cup slivered almonds
- 1/4 teaspoon paprika
- 1/4 teaspoon freshly ground black pepper
- 1 10.5-ounce can low-sodium cream of mushroom soup
- 1 tablespoon chopped fresh parsley
- 1/4 cup fat-free milk

Directions

Makes 4 servings

1. Preheat oven to 350 F.
2. Place chicken pieces in an oven-safe baking dish.
3. In a medium bowl, combine rest of ingredients. Mix. Pour over chicken.
4. Bake uncovered for 1 hour, until a cooking thermometer inserted into the middle of dish reads 165 F.
5. Serve warm.



MAIN DISH

Oven-fried Fish

Ingredients

- nonstick cooking spray
- 2 tablespoons unsalted butter, melted
- 1 tablespoon lemon juice
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon paprika
- 3/4 teaspoon low-sodium original seasoning
- 1/8 teaspoon garlic powder
- 1/2 cup crushed corn flakes
- 4 wild-caught salmon fillets

Directions

Makes 4 servings

1. Preheat oven to 475 F.
2. Spray an oven-safe dish with nonstick cooking spray. Set aside.
3. In a large, shallow bowl, combine melted butter, lemon juice and seasonings. Mix well.
4. Place corn flake crumbs in a separate bowl.
5. Dip each fish fillet in the wet mixture and then roll in the corn flake crumbs. Place the coated fillets in the oven-safe dish.
6. Bake uncovered for 12 to 15 minutes or until the fish flakes easily.
7. Serve warm.



MAIN DISH



TIP

This recipe can also be made with boneless, skinless chicken breasts. When buying chicken breasts, read the label to make sure there is no added sodium (should be less than 75 mg per breast).

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nutr-ah-55913 (1/14)

Nutrition Facts

Serving Size 1/4 chicken (392g)	
Servings Per Container 4	
Amount Per Serving	
Calories 440	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 200mg	67%
Sodium 250mg	10%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 64g	
Vitamin A 8%	Vitamin C 15%
Calcium 10%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Recipe contains: milk, nuts, wheat
Carb choices per serving: 1/2



TIP

You can make this recipe with any type of fish. Try to choose fish high in omega-3 fatty acids such as trout.

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nutr-ah-55919 (1/14)

Nutrition Facts

Serving Size 1 fillet (193g)	
Servings Per Container 4	
Amount Per Serving	
Calories 330	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 160mg	7%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 35g	
Vitamin A 8%	Vitamin C 6%
Calcium 2%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Recipe contains: milk, wheat, fish
Carb choices per serving: 1/2

Pork Chop Potato Casserole

Ingredients

- 1 pound pork chops, trimmed
- 1 10.5-ounce can low-sodium cream of mushroom soup
- ½ cup evaporated whole milk
- 1 teaspoon Worcestershire sauce
- 1 small onion, diced
- ¼ cup diced celery ribs
- 1 cup sliced mushrooms
- 1 teaspoon dried parsley
- ½ teaspoon ground sage
- ½ teaspoon garlic powder
- ½ teaspoon dried rosemary
- 4 large russet potatoes, thinly sliced

Directions

1. Preheat oven to 350 F.
2. In a large skillet, brown pork chops. Remove from skillet and set aside.
3. Add soup, milk, Worcestershire sauce, onions, celery, mushrooms and seasonings to skillet. Cook about 5 minutes, stirring occasionally.
4. In a 2-quart oven-safe dish, alternate layers of potatoes and soup mixture. Place pork chops on top layer of potatoes.
5. Cover and bake for 1 hour 15 minutes.
6. Serve warm.

Makes 4 servings



MAIN DISH

Cheesy Scalloped Potatoes

Ingredients

- nonstick cooking spray
- 1 cup fat-free milk
- 3 tablespoons all-purpose flour
- ¼ teaspoon onion powder
- ⅛ teaspoon paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon freshly ground black pepper
- 2 packets low-sodium chicken bouillon
- 3 tablespoons reduced-fat grated parmesan cheese
- 4 medium russet potatoes, thinly sliced
- ½ cup chopped onion
- ½ cup low-fat shredded cheddar cheese

Directions

1. Preheat oven to 350 F.
2. Spray a 1 ½-quart oven-safe dish with nonstick cooking spray. Set aside.
3. In a medium saucepan, whisk together milk and flour over medium heat. Add onion powder, paprika, garlic powder, black pepper and bouillon. Stir. Add parmesan cheese. Remove from heat. Stir.
4. In the oven-safe dish, combine potato slices and chopped onions. Stir sauce before pouring it over the top.
5. Cover and bake for 30 minutes. Stir in cheddar cheese and bake for an additional 30 to 40 minutes or until lightly browned.
6. Serve warm.

Makes 4 servings



SIDE DISH



TIP

Avoid extra cleanup by placing a baking sheet on the oven rack below your casserole dish. If your casserole bubbles over, it's easier to wash a baking sheet than to clean your oven!

= low sodium

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nutr-ah-55920 (1/14)

Nutrition Facts

Serving Size 1 pork chop and 1/4 pan potatoes (599g)
Servings Per Container 4

Amount Per Serving	
Calories 600	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 140mg	6%
Total Carbohydrate 77g	26%
Dietary Fiber 6g	24%
Sugars 8g	

Protein 34g

Vitamin A 0% • Vitamin C 160%
Calcium 20% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk, wheat, fish
Carb choices per serving: 5



TIP

To add color to your dish, sprinkle a little fresh parsley and finely chopped scallions over the top.

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= low sodium

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nutr-ah-55921 (1/14)

Nutrition Facts

Serving Size 1 cup (274g)
Servings Per Container 4

Amount Per Serving	
Calories 240	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 10g	

Vitamin A 4% • Vitamin C 25%
Calcium 20% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk, wheat
Carb choices per serving: 3

Sodium Content in Food

Use the charts on the following pages to see how much sodium is in 1 serving of each food. The categories of foods are:

- beverages
- breads, miscellaneous, muffins and rolls
- cereals
- crackers
- dairy products
- desserts
- fats and oils
- frozen meals
- fruits: fresh, canned and dried
- meat, poultry, fish and seafood
- mixed dishes, noodles, pasta and rice
- nuts, peanut butter and seeds
- salads
- sauces, seasonings, baking ingredients and condiments
- snack foods
- soups and broths
- sweets
- vegetables: fresh, frozen, canned.

Beverages

	Brand name	Serving size	Sodium in each serving
Alcohol			
Beer		12 ounces	20 mg
Beer, light, nonalcoholic		12 ounces	10 mg
Malt liquor		12 ounces	15 mg
Spirits (gin, rum, vodka, whiskey, etc.)		1 to 1 ½ ounces	0 mg
Wine cooler		12 ounces	40 mg
Wine (dessert)		3 ounces	9 mg
Wine (table, regular)		5 ounces	10 mg
Wine (table, light)		5 ounces	0 mg
Coffee, tea, cocoa			
Chocolate mocha mix	Ghirardelli®	3 tablespoons	60 mg
Cocoa mix, powder, fat free	Nestle® Carnation®	1 envelope	125 mg
Cocoa mix, powder, sugar free	Nestle® Nesquik®	2 tablespoons	85 mg
Cocoa mix, powder, sugar free	Nestle® Carnation®	2 tablespoons	190 mg
Cocoa mix, powder, sweetened	Nestle® Carnation®	1 envelope	180 mg
Cocoa mix, powder, fat free	Swiss Miss®	¼ cup	220 mg
Cocoa mix, powder, sugar free	Swiss Miss®	1 envelope	130 mg
Cocoa mix, powder, sweetened	Swiss Miss®	1 envelope	120 mg
Coffee, regular, decaffeinated		6 ounces	2 mg
Ovaltine® malt classic	Ovaltine®	4 tablespoons	55 mg
tea, iced diet (can)	Nestea®	12 ounces	45 mg
tea, regular, decaffeinated (tea bag or powder mix)	Lipton®	8 ounces	0 mg
Fruit and vegetable juices			
Apple juice	Mott's®	8 ounces	25 mg
Apricot nectar	Libby's®	8 ounces	0 mg
Carrot juice	Hollywood®	12 ounces	170 mg
Clam juice	Yankee Clipper®	1 tablespoon	100 mg

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Beverages

	Brand name	Serving size	Sodium in each serving
Fruit and vegetable juices			
Cranberry	Langers®	8 ounces	15 mg
	Ocean Spray®	8 ounces	35 mg
Gatorade®	Gatorade®	8 ounces	110 mg
Grape	Welch's®	8 ounces	20 mg
Grapefruit	Ocean Spray®	4 ounces	0 mg
Hi-C® orange drink	Hi-C®	6 ounces	60 mg
Libby's® Juicy Juice®, apple	Libby's®	8 ounces	20 mg
Kool-Aid®	Kool-Aid®	8 ounces	10 mg
Lemon juice	Real Lemon®	1 tablespoon	0 mg
Lemonade	Old Orchard®	8 ounces	15 mg
Lime juice	Real Lime®	1 tablespoon	0 mg
Orange juice	Florida Natural®	8 ounces	0 mg
Minute Maid®, all	Minute Maid®	1 juice box	15 mg
Pear	Libby's®	8 ounces	10 mg
Pineapple	Dole®	8 ounces	10 mg
Powerade®, Fuel	Powerade®	12 ounces	100 mg
Powerade®, Isotonic	Powerade®	12 ounces	100 mg
Powerade®, Zero	Powerade®	12 ounces	184 mg
Prune juice	Sun Sweet®	8 ounces	35 mg
Snapple® fruit drinks	Snapple®	8 ounces	10 mg
Tang®	Tang®	6 ounces	0 mg
Tomato clam juice	Clamato®	8 ounces	880 mg
Tomato/vegetable juice	Campbell's® V8®	6 ounces	660 mg
Tomato/vegetable juice, no salt	Campbell's® V8®	6 ounces	140 mg
Tomato, low sodium	Campbell's®	8 ounces	140 mg
Tomato, regular	Campbell's®	8 ounces	750 mg
Miscellaneous			
Alba 77®	Alba 77®	8 ounces	160 mg
Bloody Mary mix	Clamato®	8 ounces	860 mg
	Red Eye®	6 ounces	586 mg
Eggnog		8 ounces	140 mg

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Beverages

	Brand name	Serving size	Sodium in each serving
Miscellaneous			
Energy drink, sweetened, no sugar	Red Bull®	1 can	85 to 200 mg
Ensure®	Ensure®	10 ounces	200 to 240 mg
Carnation® Instant Breakfast®, regular	Carnation®	1 package	80 to 160 mg
Carnation® Instant Breakfast®, no sugar	Carnation®	1 package	60 to 70 mg
Postum®	Postum®	6 ounces	5 mg
Carnation® Essentials™	Carnation®	8 ounces	150 mg
Slim Fast®, rich chocolate royale	Slim Fast®	10 ounces	210 mg
Slim Fast® high protein	Slim Fast®	10 ounces	260 mg
Slim Fast® strawberries and cream	Slim Fast®	10 ounces	200 mg
Slim Fast® vanilla	Slim Fast®	10 ounces	220 mg
Soft drinks, mixer, water			
Club soda	Schweppes®	8 ounces	45 mg
Mineral water		12 ounces	0 mg
Seltzer water		8 ounces	0 mg
soft drinks, cola	Diet Rite®	12 ounces	0 mg
soft drinks, diet	Most brands	12 ounces	35 mg
soft drinks, regular	Most brands	12 ounces	50 mg
softened tap water, Twin Cities		8 ounces	10 mg
tap water, Twin Cities		8 ounces	0 mg
tonic water		8 ounces	12 mg
Tomato clam juice	Clamato®	8 ounces	880 mg
Tomato/vegetable juice	Campbell's® V8®	6 ounces	660 mg
Tomato/vegetable juice, no salt	Campbell's® V8®	6 ounces	140 mg
Tomato, low sodium	Campbell's®	8 ounces	140 mg
Tomato, regular	Campbell's®	8 ounces	750 mg

Sugar-free beverages (soft drinks, mixers and water) still contain sodium. One single serving (8 ounces) has between 5 and 20 milligrams of sodium (varies by flavor).

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Breads, Miscellaneous, Muffins and Rolls

	Brand name	Serving size	Sodium in each serving
Breads			
12 grain light	Village Hearth®	1 slice	190 mg
7 grain	BrownBerry®	1 slice	190 mg
	Health Choice®	1 slice	170 mg
7 grain, low sodium	Byerly's®	1 slice	55 mg
Bagel	1st National Bagel Co.®	1	430 mg
	Best Yet®	1	280 mg
	Lender's®	1	300 mg
	Sara Lee®	1	490 mg
	Thomas®	1	540 mg
Breadsticks	Pillsbury®	1	370 mg
Breadsticks, frozen	New York™	1	320 mg
Bread, garlic cheese	Coles®	1.6 ounces (2 ½ inches)	280 mg
Buns: hamburger, hot dog	Natural Ovens Bakery®	1	150 mg
	Sara Lee®	1	220 to 360 mg
	Most brands	1	240 mg
Challah (egg bread)		1 slice	140 mg
Cinnamon raisin	SunsMaid®	1 slice	120 mg
English muffin	Thomas®	1	345 mg
English muffin bread	Country Hearth®	1 slice	85 mg
French bread	McGlynn's®	1 slice	310 mg
French toast		1 slice	495 mg
Lefse (potato flatbread)		12-inch diameter	200 mg
Multi-grain (12)	BrownBerry®	1 slice	150 mg
Multi-grain (7)	Natural Ovens Bakery®	1 slice	120 mg
Oat bran	BrownBerry®	1 slice	190 mg
Oatmeal bread	BrownBerry®	1 slice	220 mg
Pita (pocket) bread		6-inch diameter	320 mg
Popover		1	115 mg
Potato bread	Dutch Country®	1 slice	170 mg
Pumpernickel	Beefsteak®	1 slice	190 mg
Quick bread		1 slice	190 mg
Raisin bread	SunMaid®	1 slice	120 mg
Rye bread	McGlynn's®	1 slice	200 mg

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Breads, Miscellaneous, Muffins and Rolls

	Brand name	Serving size	Sodium in each serving
Breads			
Scone		2 ½-inch diameter	400 mg
Sourdough baguette		1	330 mg
Wheat, soft and whole grain bread	Natural Ovens Bakery®	1 slice	130 mg
White bread	D'Italiano Light™	1 slice	220 mg
	Pillsbury®	1 slice	180 mg
	Sara Lee®	1 slice	140 mg
	Taystee®	1 slice	115 mg
	Wonder®	1 slice	230 mg
White bread, kid's	Country Hearth®	1 slice	120 mg
White, large	Cub Foods®	1 slice	150 mg
White, premium	McGlynn's®	1 slice	125 mg
Whole grain bread	Natural Ovens Bakery®	1 slice	130 mg
	Sara Lee®	1 slice	150 mg
Whole wheat bread	Sara Lee®	1 slice	150 mg
Miscellaneous			
Cornbread		2-inch square	450 mg
Cornbread dressing	Stove Top®	½ cup	410 mg
Cones, sugar	Nabisco®	1	20 mg
Cones, waffle	Keebler®	1	25 mg
Cracker bread for roll ups	Hye Roller®	5-inch diameter	85 mg
		10-inch diameter	130 mg
Croissant		1	230 mg
Egg roll wrap	Melissa's®	1 ounce	150 mg
Matzo ball mix	Manischewitz®	2 tablespoons	600 mg
Pancake mix	Hungry Jack®	3, 4-inch diameter	460 mg
Pancake, buttermilk mix	Aunt Jemima®	4, 4-inch diameter	480 mg
Protein bar	Slim Fast®	1	200 to 280 mg
Taco shells, hard	Old El Paso®	3 shells	135 mg
Toaster pastries	Pop Tarts®	1	190 to 300 mg
Tortilla, corn	Mission®	2, 6-inch diameter	10 mg
Tortilla, flour	Old El Paso®	2, 6-inch diameter	360 mg
Turnover, apple		1	275 mg
Waffle	Eggo®	2	370 mg

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Breads, Miscellaneous, Muffins and Rolls

	Brand name	Serving size	Sodium in each serving
Miscellaneous			
Waffle mix, complete	Aunt Jemima®	4	705 mg
Wonton wrap	Melissa's®	4 pieces	170 mg
Muffins			
Muffin		2 ½-inch diameter	160 to 190 mg
Muffin		3 ¼-inch diameter	438 mg
Rolls			
Biscuit, rolled, Grand®	Pillsbury®	1	580 mg
Danish		1	250 mg
Doughnut, cake, old-fashioned		1	250 to 400 mg
Doughnut, yeast		1	95 to 145 mg
Roll, cinnamon		1	150 mg
Roll, dinner	King's Hawaiian® Most brands	1 1	80 mg 150 to 230 mg
Roll, dinner, sesame seed		1	130 to 300 mg
Roll, hoagie		1	300 to 460 mg
Roll, kaiser		1	310 mg

Cereals

	Brand name	Serving size	Sodium in each serving
Cooked			
Cream of Wheat®, cooked, no salt	Nabisco®	1 cup	0 to 140 mg
Cream of Wheat®, instant	Nabisco® Quaker®	1 envelope 1 envelope	170 mg 85 mg
Grits, cooked, no salt	Quaker®	¼ cup	0 mg
Grits, instant	Quaker®	1 envelope	340 mg
Oatmeal, cooked, no salt	Quaker®	1 cup	0 mg
Oatmeal, instant	Quaker®	1 envelope	75 mg
Oatmeal, instant, maple and brown sugar	Quaker®	1 envelope	260 mg

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Cereals

	Brand name	Serving size	Sodium in each serving
Ready-to-eat			
7 Whole Grain Flakes	Kashi®	1 cup	150 mg
All Bran®	Kellogg's®	½ cup	80 mg
Autumn Wheat	Kashi®	1 cup	0 mg
Bran Flakes®	Post®	¾ cup	180 mg
Cheerios®	General Mills®	1 cup	140 mg
Corn Chex®	General Mills®	1 cup	240 mg
Corn Flakes®	Kellogg's®	1 cup	200 mg
Fiber One®	General Mills®	½ cup	110 mg
Frosted Flakes®	Kellogg's®	¾ cup	140 mg
Frosted Mini Wheats®	Kellogg's®	42 bite-size biscuits	0 mg
Froot Loops®	Kellogg's®	1 cup	140 mg
GoLean®	Kashi®	1 cup	90 mg
Low Fat Granola with Raisins Multi-grain	Kellogg's®	⅔ cup	150 mg
Grape-Nuts®	Post®	½ cup	290 mg
Heart to Heart™	Kashi®	¾ cup	85 mg
Kix®	General Mills®	1 ¼ cups	180 mg
Life®	Quaker®	¾ cup	180 mg
Product 19®	Kellogg's®	1 cup	220 mg
Puffed Rice, Puffed Wheat	Quaker®	1 cup	0 mg
Puffed Kashi®	Kashi®	1 cup	0 mg
Raisin Bran®	Post®	1 cup	230 mg
Rice Chex®	General Mills®	1 cup	240 mg
Rice Krispies®	Kellogg's®	1 ¼ cups	190 mg
Shredded Wheat, biscuit	Post®	2 biscuits	0 mg
Shredded Wheat, spoon size	Post®	1 cup	0 mg
Special K®	Kellogg's®	1 cup	220 mg
Toasted Multigrain Crisps	Quaker®	1 ¼ cups	210 mg

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Cereals

	Brand name	Serving size	Sodium in each serving
Ready-to-eat			
Total®	General Mills®	¾ cup	140 mg
Total Raisin Bran®	Kellogg's®	1 cup	210 mg
Wheat Chex®	General Mills®	¾ cup	270 mg
Wheaties®	General Mills®	¾ cup	190 mg

Crackers

	Brand name	Serving size	Sodium in each serving
Crackers			
Cheez-It® reduced fat	Sunshine®	29 pieces	250 mg
Cheez-It® regular	Sunshine®	27 pieces	230 mg
Cheese Nips®, regular	Nabisco®	12 pieces	340 mg
Chicken in a Biskit®	Nabisco®	12 pieces	300 mg
Club® crackers	Keebler®	4 crackers	125 mg
Goldfish®, cheddar	Pepperidge Farms®	55 pieces	250 mg
Graham, Honey Maid®	Nabisco®	8 crackers	160 mg
Hi Ho®	Sunshine®	5 crackers	130 mg
Light Rye Crispbread	Wasa®	2 crackers	70 mg
Matzoth/Matzos		1 piece	1 mg
Melba snacks, roasted garlic	Old London®	5 pieces	130 mg
Oyster	Nabisco®	22 pieces	170 mg
Rice cake, lightly salted	Quaker®	1	15 mg
Rice cake, salt free	Quaker®	1	0 mg
Ritz®, garlic butter	Nabisco®	5 pieces	110 mg
Ritz®, hint of salt	Nabisco®	5 pieces	30 mg
Ritz®, reduced fat	Nabisco®	5 pieces	150 mg
Ritz®, regular	Nabisco®	5 pieces	105 mg
RyKrisp®, light rye	RyKrisp®	2 crackers	65 mg
RyKrisp®, natural	RyKrisp®	2 crackers	75 mg
RyKrisp®, seasoned	RyKrisp®	2 crackers	90 mg

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Crackers

	Brand name	Serving size	Sodium in each serving
Crackers			
Saltine, original Premium®	Nabisco®	5 crackers	150 mg
Saltine, unsalted tops	Nabisco®	5 crackers	75 mg
Stoned Wheat Thins®	Red Oval Farms®	2 crackers	140 mg
Stoned Wheat Thins®, low sodium	Red Oval Farms®	2 crackers	70 mg
Triscuit®, hint of salt	Nabisco®	7 crackers	50 mg
Triscuit®, original	Nabisco®	7 crackers	160 mg
Triscuit®, reduced fat	Nabisco®	7 crackers	160 mg
Vegetable Thins®	Nabisco®	14 pieces	330 mg
Wheat Thins®	Nabisco®	8 pieces	230 mg
Zwieback toast		1 piece	10 mg

Dairy Products

	Brand name	Serving size	Sodium in each serving
Cheese			
American	Land O' Lakes®	1 slice	400 mg
American, Deli Deluxe®	Kraft®	1 slice	340 mg
American, fat free	Crystal Farms® Kraft®	1 slice 1 slice	340 mg 250 mg
American, single	Cub Foods® Kraft®	1 slice 1 slice	250 mg 260 mg
Bleu or Roquefort	Rosenberg®	1 ounce	310 mg
Blue	Stella®	1 slice	390 mg
Brick	Wisconsin	1 ounce	160 mg
Brie	President®	1 ounce	120 mg
Camembert	Fleurs de France®	1 ⅓ ounces	320 mg
Caraway	Denmark's Finest®	1 ounce	190 mg
Cheddar, block	Crystal Farms®	1 ounce	180 mg
Cheddar, low fat, 2 percent milk	Kraft®	1 ounce	220 mg

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Dairy Products

	Brand name	Serving size	Sodium in each serving
Cheese			
Cheddar, shredded	Sargento®	¼ cup	180 mg
Cheese spread	Cheez Whiz®	2 tablespoon	480 mg
	Crystal Farms®	¼ cup	810 mg
Colby	Cady Creek Farms®	1 ounce	180 mg
	Crystal Farms®	1 ounce	180 mg
	Kraft®	1 ounce	125 mg
Colby, reduced sodium	Sargento®	1 stick	105 mg
Cottage cheese	Old Home®	½ cup	460 mg
Cottage cheese, 1 percent fat	Kemps®	½ cup	450 mg
Cottage cheese, 2 percent fat	Old Home®	½ cup	470 mg
Cottage cheese, 2 percent fat, no salt		½ cup	25 mg
Cottage cheese, 4 percent fat		½ cup	425 mg
Cottage cheese, fat free	Old Home®	½ cup	470 mg
Cream cheese	Philadelphia®	2 teaspoons	105 mg
Cream cheese, fat free	Philadelphia®	2 tablespoons	210 mg
Cream cheese, light	Philadelphia®	2 teaspoons	140 mg
Cubed Swiss	Country Line®	1 slice (3 to 4 cubes)	60 mg
Edam	U.S. Food Service	1 ounce	200 mg
Farmers	Wisconsin	1 ounce	180 mg
Feta	Athens®	1 ounce	320 mg
	Crystal Farms®	1 ounce	370 mg
Gjetost	Ski Green®	1 ounce	90 mg
Gouda	Green Bay Cheese	1 ounce	260 mg
Gouda, smoked	Crescent Valley®	1 slice	430 mg
Havarti	Denmark's Finest®	1 ounce	190 mg
Jarlsberg®	Jarlsberg®	1 ounce	180 mg
Limburger	Milwaukee®	1 ounce	150 mg
Lorraine	Saputo®	1 slice	35 mg
Lorraine, reduced fat	Lorraine®	1 slice (1 ounce)	35 mg

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Dairy Products

	Brand name	Serving size	Sodium in each serving
Cheese			
Marble Jack	Crystal Farms®	1 slice	180 mg
Monterey Jack	Wisconsin	1 ounce	170 mg
Mozzarella	mozzco.com	1 slice	70 mg
Mozzarella, Deli Deluxe®	Kraft®	1 slice	150 mg
Mozzarella, string cheese, part skim	Wisconsin	1 stick	170 mg
Muenster	Alpine Lace™	1 slice	85 mg
	Sargento®	1 slice	135 mg
	Wisconsin	1 slice	180 mg
Neufchatel		1 tablespoon	55 mg
Parmesan, fresh	Wisantigo®	1 tablespoon	70 mg
Parmesan, grated	Crystal Farms®	2 tablespoons	70 mg
	Kraft®	2 teaspoons	75 mg
Parmesan, reduced fat	Kraft®	2 teaspoons	80 mg
Part skim milk	Cotija®	1 slice	430 mg
Pepper Jack	Crescent Valley®	1 slice	190 mg
Provolone	DiGiorno®	1 ounce	240 mg
Ricotta cheese, fat free	Crystal Farms®	¼ cup	150 mg
Ricotta cheese, light	Crystal Farms®	¼ cup	150 mg
Ricotta cheese, regular	Crystal Farms®	¼ cup	150 mg
Romano	Bel Gioioso®	1 ounce	330 mg
Samsoe		1 ounce	205 mg
String cheese, smoked		1 stick	170 mg
String	Crystal Farms®	1 stick	200 mg
Swiss	Crescent Valley®	1 slice	60 mg
	Jarlsberg®	1 slice	130 mg
Swiss, baby	Crescent Valley®	1 ounce	190 mg
Swiss, low fat	Alpine Lace™	1 slice (1 ounce)	75 mg
Swiss, natural	Great Lakes Cheese®	1 ounce	30 mg
Swiss, processed	Cub Foods®	1 ounce	30 mg
Velveeta®	Kraft®	1 slice (1 ounce)	410 mg

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Dairy Products

	Brand name	Serving size	Sodium in each serving
Cream			
Creamer, nondairy, liquid		1 tablespoon	10 mg
Half and half		1 tablespoon	5 mg
Whipped cream		1 tablespoon	5 mg
Whipped topping, nondairy, regular, light		1 tablespoon	0 mg
Dips			
Bean	Fritos®	2 tablespoons	190 mg
Cheese, cheddar, mild	Fritos®	2 tablespoons	220 mg
Cheese, cheddar, nacho	Old Dutch®	2 tablespoons	260 mg
Crab	Old Home®	2 tablespoons	160 mg
French onion	Old Home®	2 tablespoons	170 mg
French onion, fat free	Dean's®	2 tablespoons	240 mg
Guacamole	Dean's®	2 tablespoons	170 mg
Ranch	Lay's®	2 tablespoons	240 mg
Sour cream	Kemps®	2 tablespoons	45 mg
Sour cream, fat free	Kemps®	2 tablespoons	55 mg
Sour cream, light		2 tablespoons	35 mg
Sour cream, Top of the Tator	Mid-America Farms®	2 tablespoons	110 mg
Spinach	Old Home®	2 tablespoons	160 mg
Spinach, cheese and artichoke, frozen	TGI Friday's®	2 tablespoons	100 mg
Milk			
Buttermilk		8 ounces	255 mg
Chocolate milk, skim, lowfat, whole		8 ounces	150 mg
Condensed milk, sweetened		8 ounces	390 mg
Evaporated milk, lowfat	Carnation®	1 tablespoon	15 mg
Evaporated milk, skim		8 ounces	295 mg
Evaporated milk, whole	Carnation®	1 tablespoon	15 mg
Milk, sweetened condensed	Borden's®	2 tablespoons	35 mg

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Dairy Products

	Brand name	Serving size	Sodium in each serving
Milk			
Milk powder, nonfat, dry		½ cup	185 mg
Skim, 1 percent, 2 percent, whole, Lactaid®		8 ounces	125 mg
Rice milk	Rice Dream®	8 ounces	80 mg
Soy milk		8 ounces	30 mg
Yogurt			
Custard Style®	Yoplait®	6 ounces	100 mg
Fruit Blends™	Dannon®	6 ounces	90 mg
Fruit, Light fat free	Yoplait®	6 ounces	85 mg
Fruit, Light 'n Fit™	Dannon®	6 ounces	120 mg
Fruit, low fat	Kemps®	6 ounces	65 mg
Fruit, 99 percent fat free	Yoplait®	6 ounces	50 mg
Fruit, 100 Calories	Old Home®	6 ounces	90 mg
Fruit, 100 calories, nonfat	Kemps®	6 ounces	65 mg
Greek, classic	Fage®	5.3 ounces	35 mg
Greek, 2% fruit flavor	Fage®	5.3 ounces	40 mg
Greek, 0% plain	Fage®	5.3 ounces	85 mg
Greek, strawberry	Oikos™ by StonyField Farms®	5.3 ounces	110 mg
Greek, honey	Oikos™ by StonyField Farms®	5.3 ounces	50 mg
Greek, vanilla	Oikos™ by StonyField Farms®	5.3 ounces	65 mg
Greek, plain	Oikos™ by StonyField Farms®	5.3 ounces	60 mg
Plain, low fat	Old Home®	6 ounces	170 mg
Plain, Nonfat	Kemps®	6 ounces	120 mg
Plain, Original	Yoplait®	6 ounces	85 mg
Whips!®	Yoplait®	6 ounces	75 mg
Whole milk, fruit or plain		8 ounces	140 mg

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Desserts

	Brand name	Serving size	Sodium in each serving
Cakes			
Angel food cake, 1/12 of 10-inch diameter cake		1 piece	120 mg
Boston cream pie, 1/16 of 8-inch diameter pie		1 piece	280 mg
Bundt cake, 1/16 of cake		1 piece	280 mg
Cake, carrot with cream cheese frosting		1 piece	200 mg
Cake, layer with frosting, 1/16 of 8-inch diameter		1 piece	130 mg
Cake, sheet with frosting, 3-by-3-by-2-inch		1 piece	190 mg
Cheesecake, 1/8 of 9-inch diameter		1 piece	355 mg
Coffee cake (snack cake)		1 piece	200 mg
Cupcake, with frosting, 2 1/2-inch diameter		1 piece	105 mg
Devil's food cake		1 piece	355 mg
Fruitcake, 3 1/2-by-1/2-inch		1 piece	70 mg
Gingerbread, 2 1/2-by-2 1/2-by-1-inch		1 piece	190 mg
Pound cake 2 1/2-by-3-by-1-inch		1 piece	130 mg
Shortcake, 2-inch diameter		1 piece	265 mg
Snack cake, commercial		1 piece	135 mg
Sponge cake, 1/12 of 12-inch diameter cake		1 piece	165 mg

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Desserts

	Brand name	Serving size	Sodium in each serving
Cookies			
Animal crackers		10	80 mg
Brownies and bars, with frosting, 2-by-2-inch		1	120 mg
Chips Ahoy!® chocolate chip, reduced fat	Nabisco®	1 cookie	50 mg
Chips Deluxe®	Kellogg's®	3 cookies	125 mg
Chunky chocolate chip	Nabisco®	1 cookie	50 mg
Cookie, 2-inch diameter		1 cookie	45 mg
Cookie, 3-inch diameter		1 cookie	95 mg
Cookie, 4-inch diameter		1 cookie	170 mg
Fig bar		1 cookie	45 mg
Fig Newtons®	Nabisco®	2 cookies	110 mg
Fudge Shoppe®	Keebler®	2 cookies	100 mg
Gingersnaps	Archway®	5 cookies	120 mg
Marshmallow Twirls®	Nabisco®	1 cookie	75 mg
Oatmeal	Natural Ovens Bakery®	1 cookie	15 mg
Oatmeal raisin	Natural Ovens Bakery®	1 cookie	15 mg
Oreo®	Nabisco®	3 cookies	210 mg
Sandwich	SnackWells®	2 cookies	130 mg
Sandies®	Keebler®	1 cookie	45 mg
Vanilla wafers	Kellogg's®	3 cookies	140 mg
Vanilla wafers, Nilla®	Nabisco®	8 cookies	115 mg
Vanilla wafers, sugar free	Murray®	4 cookies	15 mg
Frozen			
Fruit juice bar		1	5 mg
Fudge bar	Healthy Choice®	1	65 mg
Fudgesicle®	Fudgesicle®	1	55 mg
Ice cream		1/2 cup	60 mg

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Desserts

	Brand name	Serving size	Sodium in each serving
Frozen			
Ice cream bar		1	35 mg
Ice cream sandwich		1	55 mg
Ice milk		½ cup	55 mg
Malt		10 ounces	435 mg
Milkshake		10 ounces	175 mg
Popsicle®		1	0 mg
Pudding pops		1	105 mg
Sherbet		½ cup	45 mg
Sorbet		½ cup	10 mg
Yogurt	Blue Bunny®	1	75 to 140 mg
Gelatin and pudding			
Bread pudding		½ cup	285 mg
Custard		½ cup	90 mg
Gelatin		½ cup	60 mg
Pudding, from mix		½ cup	160 mg
Pudding, ready-to-eat		½ cup	160 mg
Pies			
Cream, custard		1 piece (⅙ of 9-inch pie)	350 mg
Fruit, double crust		1 piece (⅙ of 9-inch pie)	400 mg
Lemon meringue		1 piece (⅙ of 9-inch pie)	260 mg
Mincemeat		1 piece (⅙ of 9-inch pie)	785 mg
Pecan		1 piece (⅙ of 9-inch pie)	480 mg
Pumpkin		1 piece (⅙ of 9-inch pie)	280 mg
Snack pie, fruit, commercial		1 piece (⅙ of 9-inch pie)	450 mg

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Eggs

	Brand name	Serving size	Sodium in each serving
Eggs			
Egg, scrambled with milk and fat		1	155 mg
Egg, substitute		½ cup	120 mg
Egg, whites only		1	50 mg
Egg, whole, large		1	70 mg
Omelet, cheese, 3 eggs		1	1,065 mg
Omelet, plain, 3 eggs		1	700 mg

Fats and Oils

	Brand name	Serving size	Sodium in each serving
Butter and margarine			
Butter, buds, sprinkles	Butter Buds®	1 teaspoon	120 mg
Butter, light	Promise®	1 tablespoon	55 mg
	Smart Balance®	1 tablespoon	85 mg
Butter, salted	I Can't Believe it's Not Butter®	1 tablespoon	95 mg
	Crystal Farms®	1 tablespoon	90 mg
	Land O' Lakes®	1 tablespoon	85 mg
Butter, unsalted	Parkay®	1 tablespoon	100 mg
	Crystal Farms®	1 tablespoon	0 mg
Butter, whipped	Land O' Lakes®	1 tablespoon	0 mg
		1 teaspoon	55 mg
Buttery spread	Smart Balance®	1 tablespoon	90 mg
	original light	1 tablespoon	85 mg
Calcium®	Parkay®	1 tablespoon	115 mg
Coconut oil		1 tablespoon	0 mg
Margarine, butter blend, 60/40 percent	Crystal Farms®	1 teaspoon	90 mg
Margarine, light, tub	Fleischmann's®	1 teaspoon	90 mg
Margarine, liquid, squeeze	I Can't Believe it's Not Butter®	1 teaspoon	55 mg
Margarine, made with yogurt	Brummel & Brown®	1 teaspoon	90 mg

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Fats and Oils

	Brand name	Serving size	Sodium in each serving
Butter and margarine			
Margarine, Plus Calcium and Vitamins®	Shedd's Spread Country Crock®	1 tablespoon	110 mg
Margarine, salted, stick	Fleischmann's®	1 tablespoon	130 mg
Margarine, tub	Shedd's Spread Country Crock®	1 teaspoon	90 mg
Margarine, unsalted, stick	Fleischmann's®	1 teaspoon	0 mg
Molly McButter®	Molly McButter®	1 teaspoon	180 mg
Spread made with yogurt	Brummel & Brown®	1 tablespoon	90 mg
Oils			
Bacon fat		1 tablespoon	125 mg
Lard		1 tablespoon	0 mg
Olive oil		1 tablespoon	0 mg
Oil, vegetable, all varieties, spray		1 tablespoon	0 mg
Salt pork, raw	Hormel®	2 ounces	1,940 mg
Shortening, vegetable		1 tablespoon	0 mg
Sesame oil	International Collection®	1 tablespoon	0 mg

Frozen Meals

	Brand name	Serving size	Sodium in each serving
Breakfast			
Breakfast, sandwich, croissant varieties	Jimmy Dean®	1 sandwich	470 to 740 mg
Breakfast, sandwich, biscuit varieties	Jimmy Dean®	1 sandwich	620 to 830 mg
Breakfast, sandwich, English muffin varieties	Jimmy Dean®	1 sandwich	650 to 920 mg
French toast	Aunt Jemima®	2 slices	320 to 340 mg
Hearty Breakfast, 1 pound, Hungry-Man®	Swanson's®	1 serving	1,780 mg

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Frozen Meals

	Brand name	Serving size	Sodium in each serving
Breakfast			
Lean Pockets®, bacon, eggs and cheese	Lean Pockets®	1 serving	280 mg
Pancakes	Pillsbury®	3 pancakes	380 mg
Scrambled eggs with sausage	Red Baron®	1 piece	750 mg
Waffles, Eggo™, low fat	Kellogg's®	2	390 mg
Waffles, Eggo™, Homestyle	Kellogg's®	2	360 mg
Waffles, Eggo™, Nutri-Grain®	Kellogg's®	2	400 mg
Dinner			
Chicken dinner	Banquet®	1 serving	930 mg
	Boston Market®	1 serving	710 mg
	Healthy Choice®	1 serving	500 mg
	Lean Cuisine®	1 serving	520 mg
Chicken dinner, Hungry-Man®	Swanson®	1 serving	1,610 mg
Lasagna, vegetarian	Simek's®	8 ounces	1,310 mg
Lasagna, with meat sauce	Simek's®	8 ounces	810 mg
Pot pie, beef	Marie Callender's®	1 serving	600 mg
	Swanson®	1 serving	720 mg
Pot pie, chicken	Swanson®	1 serving	690 mg
Pot pie, turkey	Banquet®	1 serving	1,030 mg
	Shelton's®	1 serving	360 mg
	Swanson's®	1 serving	740 mg
Ravioli, cheese	Healthy Choice®	1 serving	540 mg
Ravioli, Florentine	Smart One®	1 serving	860 mg
Sausage and pepperoni	Bernatello's®	1 slice	1,000 mg
	DiGiorno®	1 slice	1,010 mg
	Freschetta®	1 slice	920 mg
	Kraft®	1 slice	660 mg
	Red Baron®	1 slice	920 mg
	Roma®	1 slice	670 mg
	Tombstone®	1 slice	760 mg
	Tony's®	1 slice	680 mg
Totino's®	1 pizza	1,440 mg	

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Fruits: Fresh, Canned and Dried

	Brand name	Serving size	Sodium in each serving
Fruits			
Apple		1	0 mg
Apples, dried, rings		10	55 mg
Applesauce		½ cup	5 mg
Apricots, canned	Del Monte®	½ cup	10 mg
Apricots, fresh		3	0 mg
Apricots, halved, dried		10 medium	5 mg
Banana		1	0 mg
Blueberries, fresh, frozen		½ cup	5 mg
Cantaloupe		1 cup	15 mg
Cherries, canned, dark in heavy syrup		½ cup	5 to 15 mg
Cherries, fresh		10	0 mg
Cherry, maraschino		1	0 mg
Cranberries		1 cup	0 mg
Cranberry sauce		¼ cup	20 mg
Dates		5	0 mg
Figs		3	5 mg
Fruit cocktail, canned	Del Monte®	½ cup	5 mg
Grapefruit, canned	Del Monte®	½ cup	0 mg
Grapefruit, fresh		½ cup	0 mg
Grapes, fresh		½ cup	0 mg
Honeydew melon		1	35 mg
Kiwi		1	5 mg
Mandarin oranges, canned	Polar®	½ cup	15 mg
Nectarine		1	0 mg
Orange		1	0 mg
Peaches, canned	Del Monte®	½ cup	5 to 10 mg
Peaches, dried		5 halves	5 mg
Peaches, fresh		1	0 mg
Pear, fresh		1	0 mg

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Fruits: Fresh, Canned and Dried

	Brand name	Serving size	Sodium in each serving
Fruits			
Pineapple, canned	Dole®	½ cup	0 mg
Pineapple, fresh		½ cup	0 mg
Plum, fresh		1	0 mg
Plums, canned	Sunsweet®	1 ½ ounces	5 mg
Prunes, canned	Sunsweet®	⅔ cup	5 mg
Prunes, dried		5	0 mg
Raisins		¼ cup	10 mg
Raspberries		½ cup	0 mg
Rhubarb		½ cup	0 mg
Strawberries		½ cup	0 mg
Tangerine		1	0 mg
Watermelon		1 cup	5 mg

Meat, Poultry, Fish and Seafood

	Brand name	Serving size	Sodium in each serving
Beef, lean cuts (prepared with no salt)			
Ground beef, lean		1 ounce	20 mg
Liver		1 ounce	20 mg
Prime rib		1 ounce	20 mg
Roast, chuck, rib, round		1 ounce	20 mg
Steak, filet, porter-house, round, sirloin		1 ounce	20 mg
Tongue		1 ounce	15 mg
Chicken, canned			
Chicken, chunk	Hormel®	2 ounces	260 mg
	Swanson's®	2 ounces	260 mg
	Underwood®	¼ cup	360 mg
Chicken, chunk, fat free	Valley Fresh®	2 ounces	260 mg
Chicken, chunk, no salt	Hormel®	2 ounces	80 mg

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Meat, Poultry, Fish and Seafood

	Brand name	Serving size	Sodium in each serving
Chicken, fried with breading			
Breast		1	487 mg
Drumstick		1	194 mg
Thigh		1	377 mg
Wing		1	157 mg
Chicken, roasted or broiled without salt			
Breast		4 ounces	81 mg
Chicken, liver		1 ounce	15 mg
Drumstick		1	99 mg
Thigh		1	52 mg
Wing		1	28 mg
Cured and deli meats			
Bacon	Corn King®	2 slices	270 mg
	Farmland®	2 slices	260 mg
	Hormel®	2 slices	300 mg
	John Morrell®	2 slices	300 mg
	Oscar Mayer®	2 slices	290 mg
Bacon, low sodium	Farmland®	2 slices	190 mg
	Hormel®	2 slices	300 mg
	Oscar Mayer®	2 slices	170 mg
Bacon, turkey style	Jennie-O®	2 slices	130 mg
Cured and deli meats			
Bologna	Louis Rich®	1 slice	270 mg
	Oscar Mayer®	1 slice	300 mg
Bologna, beef ring	Schweigert®	2 ounces	460 mg
Corn beef	Carl Buddig®	2 ounces	760 mg
Ham, deviled	Underwood®	¼ cup	480 mg
Ham, slices	Carl Buddig®	1 serving	790 mg
	Healthy Choice®	1 serving	520 mg
	Land O' Frost®	1 serving	580 mg
	Oscar Mayer®	1 slice	356 mg
Hot dog	Farmland®	1	610 mg
Hot dog, beef		1	500 to 550 mg
Hot dog, bun length	Oscar Mayer®	1	680 mg
Hot dog, 25 percent less sodium	Armour®	1	110 mg

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Meat, Poultry, Fish and Seafood

	Brand name	Serving size	Sodium in each serving
Cured and deli meats			
Hot dog, regular	Ball Park®	1	480 mg
Jerky, beef	Jack Links®	1 ounce	590 mg
Jerky, sausage	Slim Jim®	1 ounce	450 mg
Pastrami	Hillshire Farm®	2 ounces	620 mg
Pepperbeef, slices	Land O' Frost®	1 serving	680 mg
Roast beef, slices	Carl Buddig®	2 ounces	790 mg
Salami	Hormel®	1 ounce	450 mg
	Oscar Mayer®	1 ounce	510 mg
Salami, cotto	Oscar Mayer®	1 serving	230 mg
Sausage, bratwurst	Johnsonville®	1	550 mg
	Klement's®	1	800 mg
Sausage, braunschweiger	Schweigert®	1 slice (2 ounces)	630 mg
Sausage, hot smoked	John Morrell®	1	660 mg
Sausage, Italian	Klement's®	1	630 mg
	Johnsonville®	1	840 mg
Sausage, Italian pork, bulk	Bob Evans®	2 ounces	380 mg
Sausage, kielbasa, smoked, ring	Johnsonville®	2 ounces	570 mg
Sausage, links	Johnsonville®	3	880 mg
Sausage, pepperoni	Hormel®	15 slices	510 mg
Sausage, pork	Bob Evans®	2 ounces	380 mg
Sausage, pork, Little Sizzlers®	Hormel®	3	540 mg
Sausage, pork, patties	Jimmy Dean®	2 ½ ounces	610 mg
Sausage, summer	Hillshire Farms®	2 ounces	640 mg
Spam®, low sodium	Hormel®	2 ounces	580 mg
Spam®, regular	Hormel®	2 ounces	790 mg
Turkey, 99 percent fat free	Hillshire Farms®	2 ounces	620 mg
Turkey, breast, slices	Butterball®	1 slice	500 mg
	Carl Buddig®	1 serving	760 mg
	Farmland®	1 slice	350 mg
	Land O' Frost®	1 serving	550 mg

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Meat, Poultry, Fish and Seafood

	Brand name	Serving size	Sodium in each serving
Fish			
Fish, fish filet	Van de Camps®	1 filet	440 mg
Fish, fishsticks	Mrs. Paul's® Van de Camps®	5 sticks 6 sticks	420 mg 420 mg
Fish, fresh, frozen		1 ounce	15 to 40 mg
Fish, smoked, white	Morrey's®	3 ounces	400 to 470 mg
Gefilte fish		1	220 mg
Herring, pickled	Elf®	¼ cup	360 mg
Lox		1 ounce	550 mg
Salmon, canned, water	Chicken of the Sea® Deming's®	¼ cup ¼ cup	180 mg 270 mg
Sardines, canned, oil	King Oscar™	3 ounces	340 mg
Tuna, canned, water	Bumble Bee® Chicken of the Sea® StarKist®	2 ounces 2 ounces 2 ounces	250 mg 250 mg 170 mg
Tuna, canned, water, fat free	Chicken of the Sea®	2 ounces	180 mg
Tuna, canned, oil	Chicken of the Sea® StarKist®	2 ounces 2 ounces	250 mg 210 mg
Tuna, canned, water, low sodium	Chicken of the Sea® StarKist®	2 ounces 2 ounces	125 mg 125 mg
Tuna, canned, water, no salt added	Deep Sea®	½ cup	50 mg
Tuna, pouch, albacore	StarKist®	2 ounces	240 mg
Tuna, pouch, chunk light, oil	StarKist®	2 ounces	220 mg
Tuna, pouch, chunk light, water	StarKist®	2.6 ounces	300 mg
Tuna, pouch, low sodium	StarKist®	2 ounces	125 mg
Lamb, lean cuts, prepared without salt			
Leg, shoulder roasts		1 ounce	20 mg
Pork, lean cuts, prepared without salt			
Ground pork		1 ounce	10 mg
Ham		1 ounce	425 mg
Liver		1 ounce	15 mg

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Meat, Poultry, Fish and Seafood

	Brand name	Serving size	Sodium in each serving
Pork, lean cuts, prepared without salt			
Pork chop		1 ounce	20 mg
Roast: loin, rib, sirloin, shoulder blade		1 ounce	20 mg
Spare ribs		1 ounce	15 mg
Marinated pork loin	Smithfield®	4 ounces	540 mg
Seafood			
Clams, breaded, fried		1 ounce	105 mg
Clams, canned	Chicken of the Sea®	2 ounces	350 mg
Clams, fresh, frozen		1 ounce	30 mg
Crab legs, imitation		1 ounce	140 mg
Crab, canned	Geisha®	2 ounces	290 mg
Crab, fresh, frozen		1 ounce	80 mg
Lobster, fresh, frozen		1 ounce	120 mg
Oysters, breaded, fried		6 medium	677 mg
Oysters, canned	Chicken of the Sea®	2 ounces	220 mg
Oysters, raw, fresh		6 medium	172 mg
Scallops, breaded, fried		1 large	70 mg
Scallops, fresh		1 ounce	45 mg
Shrimp, breaded, frozen	Van de Camps®	4 ounces	620 mg
Shrimp, canned	Chicken of the Sea®	2 ounces	400 mg
Shrimp, flash frozen, ready to eat		3 ounces	370 mg
Shrimp, fresh		1 ounce	40 mg
Squid (calamari), fresh		1 ounce	15 mg
Turkey, lean cuts, prepared without salt			
Giblets		1 ounce	15 mg
Gizzard		1 ounce	15 mg
Ground turkey		1 ounce	25 mg
Turkey, lean cuts, prepared without salt			
Heart		1 ounce	15 mg
Liver		1 ounce	20 mg

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Meat, Poultry, Fish and Seafood

	Brand name	Serving size	Sodium in each serving
Turkey, lean cuts, prepared without salt			
Turkey roll, light and dark meat		1 ounce	165 mg
Turkey roll, light meat		1 ounce	140 mg
Turkey, fresh, white and dark meat		1 ounce	10 mg
Turkey, pre-basted		1 ounce	45 mg
Veal, lean cuts, prepared without salt			
Chuck, leg		1 ounce	15 mg
Loin, rib, round		1 ounce	20 mg
Venison			
Venison, lean cuts, prepared without salt		1 ounce	15 mg

Mixed Dishes, Noodles, Pasta and Rice

	Brand name	Serving size	Sodium in each serving
Boxed			
Bowl Appétit!®, all types	Betty Crocker®	1 bowl	more than 830 mg
Chicken and broccoli with linguine	Pasta Roni®	1 cup	840 mg
Chicken and dumplings	Dinty Moore®	1 cup	1,120 mg
Chicken Helper®	Betty Crocker®	½ cup	800 mg
Chicken, Complete Meal™	Betty Crocker®	½ cup	940 mg
Chicken, noodle classic	Betty Crocker®	½ cup	690 mg
Ham & Au Gratin Potatoes, Complete Meal™	Betty Crocker®	⅕ package	1,110 mg
Hamburger Helper®	Betty Crocker®	½ cup	790 mg
Macaroni and cheese	Kraft®	1 cup	610 mg
Macaroni and cheese, four cheese mix	Kraft®	1 cup	890 mg

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Mixed Dishes, Noodles, Pasta and Rice

	Brand name	Serving size	Sodium in each serving
Boxed			
Chicken and Rice, one-third less salt	Rice a Roni®	1 cup	620 mg
Rice, brown, cooked, no salt added	Uncle Ben's®	1 cup	0 mg
Rice, Ready Rice®, brown	Uncle Ben's®	1 cup	15 mg
Rice, Ready Rice®, chicken flavored	Uncle Ben's®	1 cup	800 mg
Rice pilaf	Rice a Roni®	1 cup	1,080 mg
Rice, wild, seasoned	Uncle Ben's®	½ cup	670 mg
Stuffing, herb seasoned	Country Hearth®	¼ cup	65 mg
Stuffing, Stove Top® chicken	Kraft®	½ cup	460 mg
Stuffing, Stove Top® chicken, low sodium	Kraft®	½ cup	250 mg
Stuffing, unseasoned	Country Hearth®	¼ cup	60 mg
Suddenly Pasta Salad™	Betty Crocker®	½ cup	800 mg
Supper Bakes® chicken herb with rice	Campbell's®	9.3 ounces	780 mg
Taco kit, hard	Ortega®	2 tacos	640 mg
Taco kit, soft	Ortega®	2 tacos	1,230 mg
Tuna Helper®	Betty Crocker®	½ cup	880 mg
Canned			
Beans, baked with meat, canned	B&M®	½ cup	390 mg
Beans, baked without meat, canned	B&M®	½ cup	380 mg
Beef stew, canned	Dinty Moore®	1 cup	990 mg
Chicken & dumplings	Dinty Moore® Swanson®	1 cup 1 cup	860 mg 990 mg
Chicken a la king, canned	Swanson®	1 cup	1,370 mg
Chili, canned	Armour®	1 cup	910 mg
Chili, canned, low sodium, no beans	Hormel®	1 cup	720 mg

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Mixed Dishes, Noodles, Pasta and Rice

	Brand name	Serving size	Sodium in each serving
Canned			
Chow mein, canned, beef	La Choy®	1 cup	920 mg
Chow mein, canned, chicken	La Choy®	1 cup	1,520 mg
Hash, corned beef	Mary Kitchen®	1 cup	990 mg
Hash, roast beef	Mary Kitchen®	1 cup	790 mg
Meatball stew	Dinty Moore®	1 cup	1,050 mg
Pork and beans	Van Camp's®	½ cup	390 mg
Ravioli, beef	Chef Boyardee® Franco-American®	1 cup 1 cup	750 mg 1,000 mg
Sloppy joe filling	Hunt's® Manwich®	¼ cup	430 mg
Spaghetti and meatballs	Chef Boyardee®	1 cup	730 mg
SpaghettiOs®	Franco-American®	1 cup	890 mg
Turkey stew, canned	Dinty Moore®	1 cup	910 mg
Dishes			
Cabbage roll		1	385 to 500 mg
Lasagna, 4-by-2 ½-by-1 ½-inch		1 piece	1,465 mg
Meatloaf		3 ounces	495 mg or more
Pizza, thick crust, cheese ⅛ of 12-inch diameter		1 slice	511 mg
Pizza, thin crust, cheese ⅛ of 12-inch diameter		1 slice	395 mg
Quiche, bacon, ⅛ of 9-inch diameter		1 piece	600 mg
Spanish rice		1 cup	740 mg
Taco		1	300 to 600 mg
Tuna noodle casserole		1 cup	875 mg
Noodles, pasta and rice			
Barley	Quaker®	¼ cup	0 mg
Chow mein noodles	China Boy®	½ cup	110 mg
Couscous, plain	Near East®	1 cup	5 mg

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Mixed Dishes, Noodles, Pasta and Rice

	Brand name	Serving size	Sodium in each serving
Noodles, pasta and rice			
Lo mein noodles	China Boy®	2 ounces	10 mg
Minute Rice®, plain	Kraft®	½ cup	5 mg
Noodles and pasta cooked with salt		1 cup	280 mg
Noodles and pasta cooked without salt		1 cup	5 mg
Ramen noodles		1 cup	800 to 1,500 mg
Rice noodles, cooked	China Boy®	½ cup	110 mg

Nuts, Peanut Butter and Seeds

	Brand name	Serving size	Sodium in each serving
Nuts			
Nuts, dry roasted, salted	Planters®	¼ cup	150 mg
Nuts, dry roasted, unsalted		1 ounce	0 mg
Nuts, low salt, mixed nuts	Planters®	18 pieces	40 mg
Nuts, regular, mixed nuts	Planters®	30 pieces	85 mg
Nuts, roasted, salted	Planters®	1 ounce	90 to 110 mg
Peanut Butter			
Peanut butter, creamy, unsalted	Arrowhead Mills®	2 tablespoons	0 mg
Peanut butter, creamy	Jif® Skippy®	2 tablespoons 2 tablespoons	140 mg 150 mg
Peanut butter, creamy unsalted	Krema®	2 tablespoons	0 mg
Peanut butter, crunchy	Jif® Skippy®	2 tablespoons	115 mg 125 mg
Peanut butter, crunchy unsalted	Krema®	2 tablespoons	0 mg
Seeds			
Sunflower, salted	Amport®	¼ cup	90 mg
Sunflower, unsalted	Fisher®	1 ounce	0 mg

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Salads

	Brand name	Serving size	Sodium in each serving
Dressings			
Balsamic vinaigrette	Kraft®	2 tablespoons	310 mg
Balsamic vinaigrette, light	Kraft®	2 tablespoons	260 mg
Blue cheese	Jimmy's® Kraft®	2 tablespoons 2 tablespoons	115 mg 290 mg
Blue cheese, light	Litehouse®	2 tablespoons	260 mg
Caesar	Cardini's® Kraft® Wish-bone®	2 tablespoons 2 tablespoons 2 tablespoons	240 mg 270 mg 290 mg
Caesar, fat free	Kraft®	2 tablespoons	350 mg
Catalina	Kraft®	2 tablespoons	390 mg
Catalina, light	Kraft®	2 tablespoons	390 mg
Coleslaw	Litehouse®	2 tablespoons	130 mg
French	Kraft®	2 tablespoons	230 mg
French, low fat	Kraft®	2 tablespoons	230 mg
Home style, reduced calorie	Dorothy Lynch®	2 tablespoons	180 mg
Italian	Kraft® Wish-bone®	2 tablespoons 2 tablespoons	300 mg 340 mg
Italian, fat free	Wish-bone®	2 tablespoons	340 mg
Mayonnaise	Kraft®	2 tablespoons	70 mg
Mayonnaise, fat free	Kraft®	2 tablespoons	125 mg
Mayonnaise, light	Kraft®	2 tablespoons	95 mg
Mayonnaise, reduced fat	Hellman's®	2 tablespoons	125 mg
Miracle Whip®	Kraft®	2 tablespoons	100 mg
Miracle Whip®, light	Kraft®	2 tablespoons	135 mg
Peanut, thai	Annie Chun's®	2 tablespoons	270 mg
Ranch	Hidden Valley® Kraft® Wish-bone®	2 tablespoons 2 tablespoons 2 tablespoons	260 mg 300 mg 230 mg
Ranch, light	Hidden Valley®	2 tablespoons	290 mg
Raspberry	Girard's®	2 tablespoons	70 mg

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Salads

	Brand name	Serving size	Sodium in each serving
Dressings			
Raspberry vinaigrette	Kraft®	2 tablespoons	75 mg
Roquefort		2 tablespoons	220 mg
Russian	Wish-bone®	2 tablespoons	330 mg
Thousand island	Kraft® Best Yet®	2 tablespoons 2 tablespoons	270 mg 230 mg
Thousand island, fat free	Kraft®	2 tablespoons	260 mg
Vinaigrette	Cardini's®	2 tablespoons	250 mg
Vinaigrette, dijon honey	Marie's®	2 tablespoons	200 mg
Vinaigrette, house herb	Emeril's®	2 tablespoons	70 mg
Western	Wish-bone®	2 tablespoons	230 mg
Western, fat free	Wish-bone®	2 tablespoons	280 mg
Zesty Italian	Kraft®	2 tablespoons	300 mg
Salad bar trimmings			
Bac'n Pieces™	Schilling®	1 tablespoon	160 mg
Bac-Os®	Betty Crocker®	1 tablespoon	115 mg
Beans, garbanzo	Bush's®	½ cup	470 mg
Beans, kidney	Joan of Arc®	½ cup	340 mg
Beets, pickled, canned	Del Monte®	½ cup	240 mg
Cheese, shredded cheddar	Sargento®	¼ cup	170 mg
Croutons, bacon and onion, crispins	Hidden Valley®	1 tablespoon	125 mg
Croutons, Caesar	Brownberry®	2 tablespoons	80 mg
Croutons, cheese and garlic	Mrs. Cubbison's®	5 pieces	60 mg
Croutons, classic cut	Pepperidge Farms®	6 pieces	60 mg
Croutons, fat free	Rothbury Farms®	2 tablespoons	100 mg
Croutons, garlic and onion	Toastettes®	7 pieces	50 mg
Croutons, regular	Fresh Gourmet®	6 pieces	65 mg
Croutons, restaurant style	Old London®	6 pieces	95 mg

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Salads

	Brand name	Serving size	Sodium in each serving
Salad bar trimmings			
Olives, black, medium	Black Pearl® Early California®	6 5	95 mg 95 mg
Olives, green	Early California®	5	95 mg
Onion, french fried	French's®	2 tablespoons	60 mg
Onion, french fried, cheddar	French's®	2 tablespoons	65 mg
Salad toppings	McCormick®	1 ½ tablespoons	70 mg
Seeds	Fisher®	1 ounce	170 mg
Sprouts: alfalfa or bean		¼ cup	0 mg
Salads			
Carrot raisin		½ cup	150 mg
Chicken salad		½ cup	460 mg
Fruit salad		½ cup	5 mg
Gelatin with fruit		½ cup	40 mg
Ham, salad		½ cup	1,100 mg
Pasta salad		½ cup	250 mg
Potato salad		½ cup	600 mg
Potato salad, German		½ cup	325 mg
Prepackaged, complete kit, Caesar	Dole® Nature's Finest®	1 ½ cups 1 ½ cups	390 mg 390 mg
Prepackaged, complete kit, Caesar, light	Dole® Fresh Express®	1 ½ cups 2 ½ cups	330 mg 270 mg
Prepackaged, complete kit, Caesar, organic	Earthbound Farms®	2 cups	320 mg
Prepackaged, complete kit, cole slaw	Fresh Express®	½ cup	160 mg
Prepackaged, complete kit, Oriental	Fresh Express®	1 ½ cups	230 mg
Prepackaged, complete kit, southwest	Fresh Express®	1 ½ cups	200 mg
Salad, chef		2 cups	1,020 mg
Three-bean salad		1 cup	305 mg
Tossed salad without dressing		1 cup	5 mg

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Salads

	Brand name	Serving size	Sodium in each serving
Salads			
Tuna/macaroni salad		½ cup	365 mg
Tuna salad		½ cup	350 mg
Waldorf salad		½ cup	130 mg

Sauces, Seasonings, Baking Ingredients and Condiments

	Brand name	Serving size	Sodium in each serving
Sauces			
Au jus, homestyle	Heinz®	¼ cup	340 mg
Au jus, mix	McCormick®	½ teaspoon	300 mg
Bar-B-Que Sauce	Roadhouse®	1 ounce	316 mg
Bar-B-Q-Sauce, Original	Ken Davis®	2 tablespoons	150 mg
Bar-B-Q-Sauce, Smooth 'n Spicy	Ken Davis®	2 tablespoons	200 mg
Browning and Seasoning (for gravy and stews)	Kitchen Bouquet®	1 teaspoon	10 mg
Chili sauce	Heinz®	1 tablespoon	230 mg
Cocktail sauce	Heluva Good® Kraft®	¼ cup ¼ cup	630 mg 880 mg
Gravy, canned, beef	Franco-American®	¼ cup	360 mg
Gravy, canned, chicken	Franco-American®	¼ cup	250 mg
Gravy, canned, sausage	Libby's®	¼ cup	450 mg
Gravy, homemade		¼ cup	340 mg
Gravy, jar, beef	Heinz®	¼ cup	390 mg
Gravy, jar, chicken	Heinz®	¼ cup	250 mg
Hollandaise sauce, package, mix	McCormick®	2 teaspoons	85 mg
Horseradish, cream style	Beaver®	1 teaspoon	20 mg
Hot sauce	Louisiana® Tabasco®	1 teaspoon 1 teaspoon	240 mg 35 mg
Marinade, bottled, A1 Steak Sauce®	A1®	1 tablespoon	280 mg

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Sauces, Seasonings, Baking Ingredients and Condiments

	Brand name	Serving size	Sodium in each serving
Sauces			
Marinade, bottled, all varieties	Mrs. Dash®	2 tablespoons	0 mg
Marinade, bottled, Hawaiian	Lawry's®	1 tablespoon	250 mg
Marinade, herbed lemon pepper	Emeril's®	1 tablespoon.	55 mg
Marinade, bottled, peppercorn	Conorzio®	1 tablespoon	200 mg
Marinade Grill Mates®, mesquite, dry mix	McCormick®	1 teaspoon	500 mg
Marinara, traditional	Barilla®	½ cup	410 mg
Olive and garlic	Bertolli®	½ cup	470 mg
Picante sauce	Taco Bell®	1 tablespoon	132 mg
Pizza sauce, canned	Contadina® Ragu®	¼ cup ¼ cup	340 mg 380 mg
Salsa, Baja Cafe	Reser's®	2 tablespoons	230 mg
Salsa, Chi-Chi's®, medium	Chi-Chi's®	2 tablespoons	150 mg
Salsa, homestyle	Salsa Lisa®	2 tablespoons	80 mg
Salsa, original	Reser's®	2 tablespoons	250 mg
Soy sauce	Kikkoman®	1 tablespoon	920 mg
Soy sauce, light	Kikkoman®	1 tablespoon	575 mg
Soy sauce, reduced sodium	Kikkoman®	1 tablespoon	575 mg
Spaghetti, garlic	Healthy Choice®	½ cup	370 mg
Spaghetti, onion and garlic	Prego® Ragu®	½ cup ½ cup	480 mg 500 mg
Spaghetti, roasted red pepper	Emeril's®	½ cup	390 mg
Spaghetti, Sockarooni®	Newman's Own®	½ cup	460 mg
Spaghetti, traditional	Healthy Choice®	½ cup	400 mg
Steak sauce	A1®	1 tablespoon	280 mg
	Heinz 57®	1 tablespoon	190 mg
	London Pub®	1 tablespoon	180 mg
	Emeril's®	1 tablespoon	200 mg

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Sauces, Seasonings, Baking Ingredients and Condiments

	Brand name	Serving size	Sodium in each serving
Sauces			
Steak sauce, mesquite	McCormick®	2 tablespoons	750 mg
Sweet and sour sauce	Sun Luck®	2 tablespoons	340 mg
Tartar sauce	Kraft®	2 tablespoons	230 mg
Tartar sauce, fat free	Kraft®	2 tablespoons	200 mg
Teriyaki sauce	Leeann Chin®	2 tablespoons	770 mg
Teriyaki sauce, light	La Choy®	1 tablespoon	570 mg
Tomato paste	Contadina® Hunt's®	2 tablespoons 2 tablespoons	20 mg 20 mg
Tomato paste, no added salt	Hunt's®	2 tablespoons	15 mg
Tomato sauce	Contadina® Hunt's®	¼ cup ¼ cup	280 mg 410 mg
Tomato sauce, no added salt	Hunt's®	¼ cup	20 mg
Tomatoes, puree	Contadina®	¼ cup	15 mg
Worcestershire sauce	Lea & Perrins®	1 teaspoon	65 mg
Seasonings			
Accent®	Accent®	½ teaspoon	150 mg
Chili seasoning	McCormick®	1 ⅓ tablespoons	350 mg
Chili seasoning, no salt	Williams®	1 tablespoon	20 mg
Garlic salt	McCormick®	¼ teaspoon	490 mg
Garlic salt, light		1 teaspoon	340 mg
Italian	Emeril's®	½ teaspoon	0 mg
Lemon pepper	McCormick®	¼ teaspoon	210 mg
Lemon dill seasoning, salt-free	Minnesota Fish Seasoning®	½ teaspoon	5 mg
Meat tenderizer, seasoned	McCormick®	¼ teaspoon	300 mg
Multi-purpose seasoning	Paul Prudhomme® Spike®	¼ teaspoon ¼ teaspoon	0 mg 161 mg
Salt	Morton®	1 teaspoon	2,360 mg
Salt-free, all types	Mrs. Dash®	¼ teaspoon	0 mg
Salt, light, 50 percent sodium	Morton®	1 teaspoon	1,160 mg

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Sauces, Seasonings, Baking Ingredients and Condiments

	Brand name	Serving size	Sodium in each serving
Seasonings			
Salt, light, "salt sense"	Diamond Crystal®	1 teaspoon	1,560 mg
Salt, Old Bay® seasoning	Old Bay®	¼ teaspoon	160 mg
Salt, onion salt	McCormick®	¼ teaspoon	450 mg
Salt, onion salt, light		1 teaspoon	305 mg
Salt, popcorn butter	Gourmet Award®	½ teaspoon	650 mg
Salt, sea	Hain®	¼ teaspoon	590 mg
Salt, seasoned salt	Lawry's®	¼ teaspoon	380 mg
Salt, substitute	No Salt®	¼ teaspoon	0 mg
	Nu-Salt®	⅛ teaspoon	0 mg
Salt substitute, multi-purpose	Vegit®	⅛ teaspoon	10 mg
Baking ingredients			
Baking mix	Jiffy®	¼ cup	310 mg
Baking powder, Calumet®	Kraft®	⅛ teaspoon	60 mg
Baking powder, without salt		1 teaspoon	0 mg
Baking soda	Arm & Hammer®	⅛ teaspoon	150 mg
Bisquick®	General Mills®	⅓ cup	410 mg
Bread crumbs, seasoned		1 cup	2,115 mg
Bread crumbs, unseasoned		1 cup	805 mg
Bread cubes, seasoned	Mrs. Cubbison's®	¾ cup	320 mg
Bread cubes, unseasoned		⅔ cup	210 mg
Bread dressing		½ cup	543 mg
Bread machine, white (makes 8 slices)	Fleischmann's®	1 slice	290 mg
Brewer's yeast		1 tablespoon	30 mg
Chocolate chips, milk chocolate		½ cup	80 to 105 mg
Chocolate chips, semisweet		½ cup	10 mg

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Sauces, Seasonings, Baking Ingredients and Condiments

	Brand name	Serving size	Sodium in each serving
Baking ingredients			
Chocolate chips, unsweetened		1 ounce	0 mg
Coating mix, chicken, homestyle	Oven Fry®	⅛ packet	390 mg
Coating mix, corn flake breading	Kellogg's®	6 tablespoons	210 mg
Coating mix, crackermeal breading	Nabisco®	¼ cup	15 mg
Coating mix, Shake 'n Bake®	Kraft®	⅛ packet	220 mg
Coconut flakes	Baker's®	2 tablespoons	45 mg
Cooking wine: white, vermouth, red	Holland House®	2 tablespoons	190 mg
Corn starch	Argo®	½ cup	0 mg
Cornmeal, regular	Quaker®	3 tablespoons	0 mg
Cornmeal, self-rising		1 cup	1,520 mg
Flour	Gold Medal®	¼ cup	0 mg
Flour, self-rising	Gold Medal®	¼ cup	400 mg
Marshmallow creme	Kraft®	2 tablespoons	10 mg
Oat bran		1 tablespoon	0 mg
Pizza crust mix	Betty Crocker® Chef Boyardee®	¼ package	350 mg
		¼ package	330 mg
Rice bran		1 tablespoon	0 mg
Sugar, granulated	C&H®	1 teaspoon	0 mg
Sugar, powdered	Crystal Sugar®	1 teaspoon	0 mg
Vinegar, seasoned rice	Nakano®	1 tablespoon	240 mg
Vinegar, sherry wine	International Collection®	1 tablespoon	0 mg
Wheat bran		1 tablespoon	0 mg

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Sauces, Seasonings, Baking Ingredients and Condiments

	Brand name	Serving size	Sodium in each serving
Condiments			
Ketchup	Heinz®	1 tablespoon	160 mg
	Hunt's®	1 tablespoon	160 mg
Ketchup, no added salt	Hunt's®	1 tablespoon	0 mg
	Westbrae®	1 tablespoon	5 mg
Mustard	French's®	1 teaspoon	55 mg
Mustard, dijonnaise	Hellmann's®	1 teaspoon	70 mg
Pickle, baby dill, kosher	Gedney®	3	290 mg
Pickle, dill, 4 inches	Gedney®	1	580 mg
	Vlasic®	1	880 mg
Pickle, dill, slice spear	Claussen®	1	640 mg
	Gedney®	1	290 mg
Pickle, relish, dill	Gedney®	1 tablespoon	280 mg
Pickle, relish, sweet	Gedney®	1 tablespoon	120 mg
Pickle, sweet, slice, bread and butter	Gedney®	5 slices	190 mg

Snack Foods

	Brand name	Serving size	Sodium in each serving
Snack foods			
Bugles®	General Mills®	1 ⅓ cups	310 mg
Caramel corn with peanuts	Crunch 'n Munch®	⅓ cup	100 mg
Cheese Nips®	Kraft®	26 pieces	340 mg
Cheese Puffs	Planters®	34 pieces	280 mg
Cheetos®	Frito Lay®	21 pieces	250 mg
Cheetos®, baked	Baked! Cheetos®	34 pieces	230 mg
Cheese (bacon cheddar) crackers	General Mills®	1 packet	360 mg
Cheez-it®	Sunshine®	27 pieces	250 mg
Chex® Party Mix, original	Chex®	½ cup	210 mg
Chips, apple brand	Seneca®	12 chips	15 mg

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Snack Foods

	Brand name	Serving size	Sodium in each serving
Snack foods			
Chips, harvest cheddar	Sun Chips®	15 chips	210 mg
Chips, baked	Baked! Lay's®	15 chips	135 mg
Chips, original	Sun Chips®	16 chips	120 mg
Chips, potato	Lay's®	15 chips	170 mg
	Old Dutch®	14 chips	130 mg
Chips, potato, dill pickle	Lay's®	17 chips	220 mg
Chips, potato, Ruffles®	Frito Lay®	12 chips	160 mg
Chips, potato, unsalted	Kettle Chips®	15 chips	5 mg
	Tostitos®	15 chips	80 mg
Chips, Pringles®	Pringles®	14 chips	170 mg
Chips, Pringles®, light	Pringles®	14 chips	150 mg
Chips, sweet potato, unsalted	Terra®	14 chips	10 mg
Chips, tortilla, bite size	Old Dutch®	20 chips	105 mg
Chips, tortilla, large size, unsalted	Bearitos®	15 chips	5 mg
Chips, tortilla, large sized	Tostitos®	7 chips	110 mg
Corn chips, Fritos®	Frito Lay®	32 chips	170 mg
Goldfish®, cheddar	Goldfish®	55 pieces	250 mg
Popcorn, bag, no salt, no butter, 100 calorie	Jolly Time®	5 cups	95 mg
Popcorn, buttered, light	Act II®	5 ½ cups	300 mg
Popcorn, cheese	Old Dutch®	2 ½ cups	220 mg
Popcorn, light	Orville Redenbacher's®	5 ½ cups	260 mg
Popcorn, Gourmet Lite, white, half salt	Vic's®	3 cups	100 mg
Popcorn, microwave, fat free	Pop Secret®	6 cups	240 mg
Popcorn, popped in oil, salted		1 cup	130 mg
Popcorn, airpopped, with butter, no salt		1 cup	0 mg
Popcorn, kettle corn	Old Dutch®	1 ½ cups	110 mg

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Snack Foods

	Brand name	Serving size	Sodium in each serving
Snack foods			
Popcorn, commercial, butter with salt	Jolly Time®	4 cups	300 mg
Pretzels, Rold Gold®	Frito Lay®	3 pretzels	450 mg
Pretzels, sticks	Old Dutch®	32 pretzels	380 mg
Pretzels, sticks, fat free	Old Dutch®	32 pretzels	380 mg
Pretzels, twists	Old Dutch®	10	450 mg
Pretzels, unsalted, mini	Snyder's®	20 pretzels	75 mg
Puffcorn	Old Dutch®	2 ½ cups	210 mg
Puffcorn, cheddar	Old Dutch®	2 ½ cups	280 mg
Shoestring potatoes	S&W Pik-Nik®	¾ cups	100 mg

Soups and Broths

	Brand name	Serving size	Sodium in each serving
Soups			
Bean and ham	Healthy Choice®	1 cup	480 mg
Bean with ham and bacon	Campbell's® Healthy Request®	½ cup	410 mg
Beef	Campbell's®	½ cup	890 mg
Broccoli cheese	Campbell's®	½ cup	870 mg
Chicken and dumplings	Healthy Choice®	1 cup	480 mg
Chicken and egg noodles	Wolfgang Puck's®	1 cup	860 mg
Chicken corn chowder	Healthy Request®	1 cup	410 mg
Chicken gumbo	Campbell's®	½ cup	660 mg
Chicken, hearty	Healthy Choice®	1 cup	480 mg
Chicken noodle	Campbell's®	½ cup	890 mg
	Campbell's® Healthy Request®	½ cup	410 mg
	Lipton® Cup-a-soup®	1 package	591 mg
	Progresso®	½ cup	470 mg
Chicken noodle, homestyle	Campbell's® Healthy Request®	½ cup	410 mg

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Soups and Broths

	Brand name	Serving size	Sodium in each serving
Soups			
Chicken, tortilla	Healthy Choice®	1 cup	390 mg
Chicken with rice	Healthy Choice®	1 cup	390 mg
Clam chowder, New England	Campbell's®	1 cup	890 mg
	Campbell's® Healthy Request®	1 cup	410 mg
	Progresso®	½ cup	470 mg
Cream of celery	Campbell's® Campbell's® Healthy Request®	½ cup	850 mg
		½ cup	410 mg
Cream of chicken	Campbell's® Campbell's® Healthy Request®	½ cup	880 mg
		½ cup	410 mg
Cream of mushroom	Campbell's® Campbell's® low sodium	½ cup	870 mg
		½ cup	650 mg
	Campbell's® Healthy Request®	½ cup	410 mg
French onion	Campbell's®	½ cup	780 mg
Minestrone	Campbell's®	½ cup	960 mg
Onion soup mix, dry	Knorr® Lipton®	¼ package	650 mg
		2 tablespoons	700 mg
Ramen noodles, all	Maruchan®	1 cup	more than 770 mg
Split pea	Progresso®	1 cup	870 mg
Split pea with ham	Campbell's® Campbell's® Healthy Request® Healthy Choice®	½ cup	850 mg
		1 cup	410 mg
		1 cup	470 mg
Tomato	Campbell's® Campbell's® Healthy Request®	½ cup	480 mg
		½ cup	410 mg
Vegetable	Campbell's® Wolfgang Puck's®	½ cup	890 mg
		1 cup	850 mg

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Soups and Broths

	Brand name	Serving size	Sodium in each serving
Soups			
Vegetable beef	Campbell's®	½ cup	890 mg
	Campbell's® Healthy Request®	½ cup	410 mg
	Progresso®	1 cup	660 mg
Vegetable, savory	Campbell's® Healthy Request®	1 cup	410 mg
Zesty gumbo	Healthy Choice®	1 cup	460 mg
Broths			
Bouillon cube, beef	Wyler's®	1 cube	900 mg
Bouillon cube, chicken	Wyler's®	1 cube	880 mg
Bouillon granules, beef	Wyler's®	1 teaspoon	870 mg
Bouillon granules, chicken	Wyler's®	1 teaspoon	740 mg
Broth, beef, canned	Swanson®	1 cup	800 mg
Broth, beef, instant powder	Herb-Ox®	1 package	1,040 mg
Broth, beef, canned, low sodium	Swanson®	1 cup	400 mg
Broth, beef, instant, very low sodium	Herb-Ox®	1 package	5 mg
Broth, chicken, canned	Swanson®	1 cup	860 mg
Broth, chicken, Natural Goodness®	Swanson®	1 cup	570 mg
Broth, chicken, instant powder	Herb-Ox®	1 package	1,100 mg
Broth, chicken, instant, very low sodium	Herb-Ox®	1 package	5 mg

Sweets

	Brand name	Serving size	Sodium in each serving
Candy			
Candy bar		2 ounces	115 mg
Candy bar, snack size		1	45 mg
Caramel		4	85 mg

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Sweets

	Brand name	Serving size	Sodium in each serving
Candy			
Chocolate covered cream		½ ounce	25 mg
Fudge, 1-inch cube		1	25 mg
Granola bar	Nature Valley®	1 bar	80 mg
Hard candy		5	10 mg
Hershey's® Kisses	Hershey's®	4 pieces	35 mg
Jelly beans		10	5 mg
Licorice, 7 inches long, all flavors	Twizzlers®	4 pieces	95 to 210 mg
M&M's®, peanut	M&M's®	1.74-ounce package	25 mg
M&M's®, plain	M&M's®	1.69-ounce package	30 mg
Mints, chocolate covered		1	20 mg
Sweeteners			
Honey		1 tablespoon	0 mg
Jam, jelly, preserves, regular, unsweetened		1 teaspoon	0 mg
Marshmallow creme	Kraft®	2 tablespoons	0 mg
Molasses		1 tablespoon	0 mg
Sugar substitute		1 packet	0 mg
Sugar: white, brown, powdered		1 teaspoon	0 mg
Syrups			
Corn	Karo®	2 teaspoons	35 mg
Maple	Anderson®	¼ cup	7 mg
Molasses	Grandma's®	1 tablespoon	15 mg
Pancake or waffle	Aunt Jemima® Mrs. Butterworth's®	¼ cup	120 mg
		¼ cup	130 mg
Pancake or waffle, light, dark	Karo®	¼ cup	85 mg
Pancake or waffle, sugar free	Smucker's®	¼ cup	150 mg
Pancake or waffle, reduced sugar	Great Expectations®	1 tablespoon	35 mg

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Sweets

	Brand name	Serving size	Sodium in each serving
Toppings			
Caramel	Smucker's®	2 tablespoons	110 mg
Chocolate	Hershey's®	2 tablespoons	15 mg
Pineapple	Smucker's®	2 tablespoons	110 mg
Strawberry	Mrs. Richardson®	2 tablespoons	5 mg

Vegetables: Fresh, Frozen and Canned

	Brand name	Serving size	Sodium in each serving
Potatoes, fresh			
French fries (no salt)		20	10 mg
Baked or boiled, made with no salt		1 medium	5 mg
Hash browns		½ cup	5 mg
Mashed, with salt		½ cup	310 mg
Mashed, with no salt		½ cup	20 mg
Shredded hash browns	Simply Potatoes®	½ cup	55 mg
Southwest hash browns	Simply Potatoes®	⅔ cup	240 mg
Sweet, candied, canned	Dunbar®	½ cup	20 mg
Sweet, fresh		½ cup	15 mg
Potatoes, frozen			
Crispy crowns	Ore Ida®	12 pieces	450 mg
French fries	Ore Ida®	17 pieces	290 mg
Hash browns	Ore Ida®	1 cup	20 mg
Hash brown, patties	Ore Ida®	1	35 mg
Potatoes O'Brien	Ore Ida®	¾ cup	30 mg
Potato wedge	Ore Ida®	8 pieces	230 mg
Stuffed potato, bacon and cheese	Larry's®	1 serving	420 mg
Tater tots	Inland Valley® Ore Ida®	10 pieces 11 pieces	330 mg 420 mg

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Vegetables: Fresh, Frozen and Canned

	Brand name	Serving size	Sodium in each serving
Potatoes, mixes			
Au gratin	Betty Crocker®	½ cup	484 mg
Au gratin, cheddar and bacon	Betty Crocker®	½ cup	470 mg
Hash browns	Betty Crocker®	⅓ cup	25 mg
Mashed with gravy	Lipton®	½ cup	559 mg
Mashed, twice baked	Betty Crocker®	½ cup	680 mg
Potato Buds®	Betty Crocker®	⅓ cup	25 mg
Potato flakes	Idahoan®	⅓ cup	15 mg
Potato pancake mix, Bavarian	Panni®	1 tablespoon	230 mg
Scalloped potatoes	Betty Crocker®	½ cup	450 mg
Sour cream/chives	Hungry Jack®	⅔ cup	480 mg
Vegetables			
Artichoke, canned hearts	Roland®	½ cup	420 mg
Artichoke, fresh		1 tablespoon	80 mg
Asparagus spears		1 spear	0 mg
Asparagus, canned	Green Giant®	5 spears	430 mg
Asparagus, canned, 50 percent less sodium	Green Giant®	½ cup	210 mg
Avocado		1	20 mg
Bamboo shoots		½ cup	5 mg
Beans, chili, canned	Joan of Arc® Westbrae Natural®	½ cup ½ cup	490 mg 150 mg
Beans, dried, all		2 ounces	20 mg
Beans, frozen	Green Giant®	½ cup	10 mg
Beans, garbanzo, can	Bush's®	½ cup	470 mg
Beans, green, French, no salt, canned	Del Monte®	½ cup	10 mg
Beans, green, low sodium, canned	Green Giant®	½ cup	200 mg
Beans, green, yellow, Italian, fresh		½ cup	10 mg

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Vegetables: Fresh, Frozen and Canned

	Brand name	Serving size	Sodium in each serving
Vegetables			
Beans, green, yellow, Italian, canned	Green Giant®	½ cup	400 mg
Beans, kidney, canned	Eden Organic®	½ cup	15 mg
	Joan of Arc®	½ cup	340 mg
Beans, pinto, canned	Bush's®	½ cup	450 mg
	Eden Organic®	½ cup	15 mg
Beans, refried, fat free	Old El Paso®	½ cup	590 mg
Beets, fresh		½ cup	40 mg
Beets, pickled, canned	Del Monte®	½ cup	240 mg or more
Broccoli, frozen, no sauce	Birds Eye®	1 cup	20 mg
Broccoli & cauliflower, frozen, no sauce		1 cup	20 mg
Broccoli & cheese, low fat, frozen	Green Giant®	⅔ cup	430 mg
Broccoli, fresh		½ cup	15 mg
Brussels sprouts, fresh		½ cup	20 mg
Brussels sprouts, frozen		¾ cup	10 mg
Cabbage		½ cup	5 mg
Carrots		½ cup	35 mg
Cauliflower, frozen, no sauce	Flav-R-Pac®	4 pieces	25 mg
Cauliflower & cheese, low fat, frozen	Green Giant®	½ cup	380 mg
Cauliflower, fresh		½ cup	10 mg
Celery, diced		½ cup	55 mg
Corn, 50 percent less sodium, canned	Green Giant®	½ cup	160 mg
Corn, cream-style, canned	Green Giant®	½ cup	365 mg
Corn, no salt, canned	Green Giant®	½ cup	0 mg
Corn, whole kernel, canned	Green Giant®	½ cup	330 mg
Corn, whole kernel, frozen	Birds Eye®	⅔ cup	0 mg
	Green Giant®	½ cup	50 mg

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Vegetables: Fresh, Frozen and Canned

	Brand name	Serving size	Sodium in each serving
Vegetables			
Corn on the cob		1	15 mg
Cucumber		½ cup	0 mg
Eggplant		½ cup	0 mg
Endive		½ cup	5 mg
Escarole		½ cup	5 mg
Greens, collard, kale, mustard, etc.		½ cup	20 mg
Jicama		½ cup	5 mg
Lentils, cooked		½ cup	0 mg
Lettuce		½ cup	0 mg
Lima beans		½ cup	45 mg
Mixed vegetables, can	Libby's®	½ cup	290 mg
Mixed vegetables, frozen, no sauce	Green Giant®	½ cup	35 mg
Mushrooms, canned	Giorgio®	½ cup	390 mg
Mushrooms, fresh		½ cup	0 mg
Mushrooms, jar	Green Giant®	½ cup	440 mg
Okra		½ cup	5 mg
Onions		½ cup	5 mg
Parsnips		½ cup	10 mg
Peas, black-eyed, can	Hanover®	½ cup	0 mg
Peas, black-eyed, cooked		½ cup	5 mg
Peas, dried, all		2 ounces	0 mg
Peas, canned	Green Giant®	½ cup	200 mg
Peas, canned, no added salt	Del Monte®	½ cup	10 mg
Peas, fresh		⅓ cup	5 mg
Peas, frozen	Green Giant®	½ cup	210 mg
Peas, snow pods, frozen	La Choy®	3 ounces	0 mg
Peas, split, cooked with no salt		½ cup	0 mg

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Vegetables: Fresh, Frozen and Canned

	Brand name	Serving size	Sodium in each serving
Vegetables			
Peppers, chili, canned	Ortega®	1 pepper	140 mg
Peppers, green red, yellow		½ cup	0 mg
Peppers, jalapenos, canned	Ortega®	2 tablespoons	250 mg
Pumpkin		½ cup	5 mg
Pumpkin pie filling, canned	Libby's®	⅓ cup	120 mg
Pumpkin, canned		½ cup	5 mg
Radishes		½ cup	15 mg
Rutabaga		½ cup	15 mg
Sauerkraut		½ cup	780 mg
Sauerkraut, canned	B&G® Gedney®	2 tablespoons ½ cup	180 mg 1,020 mg
Spinach, canned	Popeye®	½ cup	200 mg
Spinach, frozen	Green Giant®	⅓ cup	100 mg
Spinach, raw		½ cup	20 mg
Squash, summer or winter		½ cup	0 mg
Succotash		½ cup	285 mg
Swiss chard		½ cup	155 mg
Tofu (soybean curd)		½ cup	10 mg
Tomatoes, fresh		1	5 mg
Tomatoes, stewed, canned	Del Monte® Hunt's®	½ cup	210 mg 280 mg
Tomatoes, stewed, no salt added	Hunt's®	½ cup	30 mg
Tomatoes, whole, canned	Red Gold®	½ cup	180 mg
Tomatoes, whole, no salt added, canned	Hunt's®	½ cup	25 mg
Turnips, fresh		½ cup	40 mg
Water chestnuts, canned	Roland®	½ cup	20 mg
Zucchini		½ cup	0 mg

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