

AVERAGE SODIUM CONTENT OF FOODS



FOOD GROUPS	AVERAGE SODIUM MILLIGRAMS
<p>BREADS, CEREALS, GRAINS</p> <ul style="list-style-type: none"> • Cooked cereal, pasta, or rice (<i>prepared without salt</i>) (1 cup) • Ready to eat cereals (1 ounce) • Bread, whole grain (1 slice) • Biscuits and muffins (each) • Bagels (each) • Crackers (per 6 crackers) • Lightly salted pretzels/ unsalted pretzels (1 oz.) 	<p style="text-align: center;">Less than 5</p> <p style="text-align: center;">100 - 360</p> <p style="text-align: center;">135 - 240</p> <p style="text-align: center;">170 - 400</p> <p style="text-align: center;">210 - 250</p> <p style="text-align: center;">150 - 250</p> <p style="text-align: center;">340/30</p>
<p>VEGETABLES</p> <ul style="list-style-type: none"> • Fresh or frozen (<i>prepared without salt</i>) (1 cup) • Canned vegetables (1 cup) • Canned vegetables, without added salt (1 cup) • Frozen vegetables with sauces (1 cup) • Sauerkraut (1 cup) • Vegetable juices (6 ounces) • Vegetable juices, low sodium (6 ounces) 	<p style="text-align: center;">Less than 70</p> <p style="text-align: center;">150 - 350</p> <p style="text-align: center;">Less than 70</p> <p style="text-align: center;">350 - 850</p> <p style="text-align: center;">780</p> <p style="text-align: center;">400 - 600</p> <p style="text-align: center;">20 - 100</p>
<p>FRUITS</p> <ul style="list-style-type: none"> • Fresh, frozen or canned and juices (per cup) 	<p style="text-align: center;">Less than 10</p>
<p>DAIRY PRODUCTS</p> <ul style="list-style-type: none"> • Milk and yogurt (per cup) • Buttermilk (per cup) • Natural cheeses (Cheddar, Swiss, etc.) (1 oz.) • Natural cheeses, low fat (1 oz.) • Cottage cheese (1 cup) • Processed cheese (1 slice) • Cream cheese (2 Tbsp.) 	<p style="text-align: center;">120 - 160</p> <p style="text-align: center;">260</p> <p style="text-align: center;">170 - 250</p> <p style="text-align: center;">175- 450</p> <p style="text-align: center;">400 to 500</p> <p style="text-align: center;">275 to 350</p> <p style="text-align: center;">85 to 160</p>
<p>SNACKS AND CONVENIENCE FOODS</p> <ul style="list-style-type: none"> • Canned and dehydrated soups (1 cup) • Canned and frozen entrees (8 ounce) • Unsalted nuts and popcorn (1 ounce) • Salted nuts, chips, pretzels (1 ounce) 	<p style="text-align: center;">630 - 1300</p> <p style="text-align: center;">800 - 1400</p> <p style="text-align: center;">Less than 5</p> <p style="text-align: center;">150 - 300</p>

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<p>MEAT, POULTRY AND FISH</p> <ul style="list-style-type: none"> • Fresh meat, poultry or fish, <i>prepared without salt</i> (1 ounce) • Cured ham and sausages (1 ounce) • Luncheon meats (1 ounce) • Hot dogs (each) • Bacon (1 slice) • Canned tuna, salmon, chicken (1 ounce) 	<p style="text-align: center;">Less than 30</p> <p style="text-align: center;">250 - 450</p> <p style="text-align: center;">200 - 300</p> <p style="text-align: center;">400 - 550</p> <p style="text-align: center;">100</p> <p style="text-align: center;">100 - 200</p>
<p>FATS AND OILS</p> <ul style="list-style-type: none"> • Oil • Prepared salad dressings (1 Tbsp.) • Low fat and fat free salad dressings (1 Tbsp.) • Butter or margarine (1 Tbsp.) • Salt pork, cooked (1 oz.) 	<p style="text-align: center;">None</p> <p style="text-align: center;">80 – 250</p> <p style="text-align: center;">220 – 400</p> <p style="text-align: center;">135</p> <p style="text-align: center;">360</p>
<p>CONDIMENTS</p> <ul style="list-style-type: none"> • Catsup, mustard, chili sauce, tartar sauce, and steak sauce (1 Tbsp.) • Soy Sauce/lite soy sauce (per Tbsp.) • Salt/seasoned salt (per tsp.) 	<p style="text-align: center;">125 – 360</p> <p style="text-align: center;">1350/500</p> <p style="text-align: center;">2200/1300</p>
<p>FAST FOODS</p> <ul style="list-style-type: none"> • Cheeseburger, roast beef, chicken, or fish sandwiches • French fries or onion rings (small order) • Pizza (1 small slice) or burrito (each) • Taco (each) • Chili (regular sized order) • Shakes, sundaes and cones • Biscuit, croissant, bagel or breakfast sandwich • Chef, chicken, or garden salads • Danish or muffins 	<p style="text-align: center;">600 – 800</p> <p style="text-align: center;">250 – 450</p> <p style="text-align: center;">1000 – 1500</p> <p style="text-align: center;">250 - 400</p> <p style="text-align: center;">500 – 600</p> <p style="text-align: center;">50 - 250</p> <p style="text-align: center;">750 – 1500</p> <p style="text-align: center;">100 – 750</p> <p style="text-align: center;">225 – 550</p>