

Sodium Content of Your Food

Do you have high blood pressure? Or are you at risk for developing high blood pressure?

Many people keep their blood pressure at safe levels by eating less salt.

The sodium in your body, which comes mainly from salt, plays a vital role in regulating fluids and blood pressure. Studies show that for some people, a high sodium intake is associated with higher blood pressure.

There is no way to tell who might develop high blood pressure from eating too much salt. However, consuming less salt or sodium is not harmful and can be healthy for you.

High salt intake increases the amount of calcium excreted in the urine. When your body loses calcium, your risk of osteoporosis and bone fractures is higher. By eating less salt, you can help reduce the loss of calcium from your bones.

Is Lowering Salt Intake Safe?

- Eating too little salt is not generally a concern for healthy people. If you are being treated for a chronic health problem, ask your doctor first if it is safe for you to reduce your salt intake.
- Some table salt is fortified with iodine, a necessary nutrient. But just a small amount, about 1/4 teaspoon of iodized salt, gives you more than half your daily iodine allowance.
- Your body can adjust itself to prevent too much sodium loss when you exercise heavily or when it is very hot. However, if you plan to reduce your salt intake, and you exercise vigorously, decrease your salt intake gradually.

Salt Is Sodium

- Salt contains sodium. Sodium is a substance that affects blood pressure.
- Salt (sodium chloride) is the main source of sodium in foods.
- The best way to cut back on sodium is to cut back on salt, salty foods and seasonings.
- When reading a Nutrition Facts label, look for the sodium content. Foods that are low in sodium (less than 5 percent of the Daily Value or DV) are low in salt.

Only small amounts of salt occur naturally in foods. Most of the salt you eat comes from foods that have salt added during food processing or during preparation in a restaurant or at home. Some recipes include table salt or a salty broth or sauce, and some cooking styles call for adding a very salty seasoning such as soy sauce. Not all foods with added salt taste salty. Some people add salt or a salty seasoning to their food at the table. Your preference for salt may



decrease if you gradually add smaller amounts of salt or salty seasonings to your food over a period of time.

Aim for a moderate sodium intake. The 2010 Dietary Guidelines for Americans recommends consuming less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day for healthy individuals. African Americans, individuals with hypertension, diabetes, or chronic kidney disease and individuals ages 51 and older should consume no more than 1,500 mg of sodium per day. If you have any question about what your sodium intake should be, consult with your doctor or health care provider.

How Is Sodium Listed on the Label?

The amount of sodium in a serving of food is listed in milligrams (mg) and as a percent of the Daily Value on the nutrition label. The Percent Daily Value (% Daily Value) for sodium gives a general idea of how much sodium a serving adds to your total daily diet. The % Daily Value for sodium on the nutrition label shown here is based on a daily maximum of 2,400 milligrams.

*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

Nutrition Facts	
6 servings per container	
Serving size	1 serving (230g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 700mg	30%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 1mcg	6%
Calcium 267mg	20%
Iron 2mg	10%
Potassium 169mg	4%

*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.

Sodium Facts

- Removing the saltshaker from the table is one good way to cut sodium intake.
- When reading labels for sodium content, look for “salt,” “sodium,” “monosodium glutamate,” and sodium added to words like “benzoate.”
- Sodium can be in medicines such as aspirin. It can also be in some foods – like mayonnaise – and not listed on the label.
- Don’t use salt substitutes unless prescribed by your doctor. People with certain medical problems might not be able to use them.
- Softened water has varying amounts of sodium.
- Ninety to 95 percent of the sodium in your body is excreted through the kidney.
- Small amounts are lost through sweat.
- When you exercise and sweat a great deal, you may lose more sodium and water than usual. Salt tablets won’t help since they are too concentrated and slow the absorption of water from intestines into the body. A little extra salt on food will usually work. Drinking water before and during exercise, however, is very important.
- Pregnant women need a little extra sodium, but the extra food they eat meets their needs.
- Spices with names that end in “salt,” like garlic salt and celery salt, are high in sodium.

Flavorful Alternatives to Salt

The following spices and flavorings are low in sodium and can enhance the taste of foods:

- bay leaf
- curry
- dry mustard
- fruit, such as oranges, lemons or raisins
- garlic
- ginger
- herbs such as basil, mint, chives or tarragon
- onions
- paprika
- parsley
- pepper
- rosemary
- tomato
- sugar (use small amounts)

Ways to Decrease Your Salt Intake

At the Store:

- Choose fresh, (plain) frozen, or canned vegetables without added salt most often; they're low in salt.
- Choose fresh or frozen fish, shellfish, poultry and meat most often. They are lower in salt than most canned and processed forms.
- Read the Nutrition Facts label to compare the amount of sodium in processed foods, such as frozen dinners, packaged mixes, cereals, cheese, breads, soups, salad dressings and sauces. The amount in different types and brands varies widely.
- Look for labels that say "low sodium." They contain 140mg (about 5 percent of the Daily Value) or less of sodium per serving.

Cooking and Eating at Home:

- If you salt foods in cooking or at the table, add small amounts. Learn to use spices and herbs, rather than salt, to enhance the flavor of food.
- Go easy on condiments, such as soy sauce, ketchup, mustard, pickles and olives. They can add a lot of salt to your food.
- Leave the saltshaker in a cupboard.

Eating Out:

- Choose plain foods like grilled or roasted entrees, baked potatoes and salad with oil and vinegar. Batter-fried foods and combination dishes, like stews or pasta with sauce, tend to be high in salt.
- Ask to have no salt added when the food is prepared.

Any Time:

- Choose fruits and vegetables as snacks, rather than salty snack foods.
- Drink water freely. It is usually very low in sodium. Check the label on bottled water for sodium content.

Steps to Keep Your Blood Pressure in a Healthy Range

- Choose and make foods with less salt.
- Aim for a healthy weight: blood pressure increases when you gain weight and decreases when you lose extra weight.
- Increase physical activity. It helps lower blood pressure, reduces your risk of other chronic diseases, and helps you manage your weight.
- Eat fruits and vegetables. They are naturally low in salt and calories. They are also rich in potassium, which may help lower your blood pressure.
- Excessive alcohol consumption has been associated with high blood pressure.

Sodium Content of Foods

Food	Weight (grams)	Portion	Sodium (milligrams)
Beverages			
Alcoholic beverage, beer, light	354	12 fl oz	11
Alcoholic beverage, beer, regular	355	12 fl oz	18
Alcoholic beverage, wine, table, red	103	3.5 fl oz	5
Alcoholic beverage, wine, table, white	103	3.5 fl oz	5
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	7
Carbonated beverage, club soda	355	12 fl oz	75
Carbonated beverage, cola, contains caffeine	370	12 fl oz	15
Carbonated beverage, ginger ale	366	12 fl oz	26
Carbonated beverage, low calorie, cola, with aspartame,contains caffeine	355	12 fl oz	21
Carbonated beverage, orange	372	12 fl oz	45
Chocolate-flavor beverage mix, powder, prepared with milk	266	1 cup	165
Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	8
Coffee, brewed, prepared with tap water	178	6 fl oz	4
Grape juice, frozen concentrate, sweetened, with added vitamin C, diluted with 3 volumes water	250	1 cup	5
Grapefruit juice, canned, sweetened	250	1 cup	5
Grapefruit juice, pink, raw	247	1 cup	2
Milk shake, thick vanilla	313	11 fl oz	297
Milk, chocolate, fluid, commercial, low-fat	250	1 cup	153
Milk, low-fat, fluid, 1% milk fat, with added vitamin A	244	1 cup	124
Milk, non-fat, fluid, with added vitamin A (fat-free or skim)	245	1 cup	127
Orange juice, frozen concentrate, unsweetened, diluted with 3 volumes water	249	1 cup	2
Orange juice, raw	248	1 cup	2
Prune juice, canned	256	1 cup	10
Soy milk, fluid	245	1 cup	29
Tea, brewed, prepared with tap water	178	6 fl oz	5
Tea, herb, chamomile, brewed	178	6 fl oz	2
Tea, instant, sweetened with sodium saccharin,lemon-flavored, prepared	237	8 fl oz	24

Food	Weight (grams)	Portion	Sodium (milligrams)
Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	8
Tomato juice, canned, with salt added	243	1 cup	877
Vegetable juice cocktail, canned	242	1 cup	653
Dairy products and eggs			
Butter, with salt	14.2	1 tbsp	117
Butter, without salt	14.2	1 tbsp	2
Cheese sauce, prepared from recipe	243	1 cup	1,198
Cheese, cheddar	28.35	1 oz	176
Cheese, cottage, creamed, large or small curd	210	1 cup	851
Cheese, cream	14.5	1 tbsp	43
Cheese, feta	28.35	1 oz	316
Cheese, low-fat, cheddar or Colby	28.35	1 oz	174
Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	150
Cheese, parmesan, grated	5	1 tbsp	93
Cheese, pasteurized process, American, with disodium phosphate	28.35	1 oz	405
Cheese, provolone	28.35	1 oz	248
Cheese, ricotta, part skim milk	246	1 cup	308
Cheese, Swiss	28.35	1 oz	74
Cream, fluid, half and half	15	1 tbsp	6
Cream, sour, cultured	12	1 tbsp	6
Cream, whipped, cream topping, pressurized	3	1 tbsp	4
Egg substitute, liquid	62.75	1/4 cup	111
Egg, whole, cooked, hard-boiled	50	1 large	62
Egg, whole, raw, fresh	44	1 medium	55
Egg, whole, raw, fresh	50	1 large	63
Frozen desserts, ice cream, vanilla	66	1/2 cup	53
Frozen desserts, sherbet, orange	74	1/2 cup	34
Frozen desserts, yogurt, vanilla, soft-serve	72	1/2 cup	63

Food	Weight (grams)	Portion	Sodium (milligrams)
Milk, canned, condensed, sweetened	306	1 cup	389
Milk, canned, evaporated, non-fat	256	1 cup	294
Milk, chocolate, fluid, commercial, low-fat	250	1 cup	153
Milk, low-fat, fluid, 1% milk fat, with added vitamin A	244	1 cup	124
Milk, non-fat, fluid, with added vitamin A (fat-free or skim)	245	1 cup	127
Yogurt, fruit, low-fat, 10 grams protein per 8 ounces	227	8-oz container	132
Yogurt, plain, low-fat, 12 grams protein per 8 ounces	227	8-oz container	159
Yogurt, plain, skim milk, 13 grams protein per 8 ounces	227	8-oz container	175
Yogurt, plain, whole milk, 8 grams protein per 8 ounces	227	8-oz container	104
Fats and oils			
Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	133
Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	51
Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	46
Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	14.4	1 tbsp	143
Oil, olive, salad or cooking	13.5	1 tbsp	0
Oil, vegetable, canola	14	1 tbsp	0
Oil, corn, salad or cooking	13.6	1 tbsp	0
Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0
Salad dressing, blue or Roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	167
Salad dressing, French, commercial, regular, with salt	15.6	1 tbsp	214
Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
Salad dressing, Italian, commercial, diet, 2 calories per teaspoon, with salt	15	1 tbsp	118
Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	78
Salad dressing, Thousand Island, commercial, regular, with salt	15.6	1 tbsp	109

Food	Weight (grams)	Portion	Sodium (milligrams)
Fish and shellfish			
Crustaceans, crab, Alaska king, imitation, made from surimi	85	3 oz	715
Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	323
Crustaceans, shrimp, mixed species, canned	85.05	3 oz	144
Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	185
Finfish, haddock, cooked, dry heat	85	3 oz	74
Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	59
Finfish, pollock, walleye, cooked, dry heat	85	3 oz	99
Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	471
Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	56
Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	430
Finfish, tuna salad	205	1 cup	824
Finfish, tuna, white, canned in water, drained solids	85	3 oz	320
Mollusks, clam, mixed species, raw	85	3 oz	48
Mollusks, oyster, eastern, wild, raw	84	6 medium	177
Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	432
Fruits and fruit juices			
Apples, raw, with skin	138	1 apple	0
Applesauce, canned, sweetened, without salt	255	1 cup	8
Avocados, raw, California	28.35	1 oz	3
Bananas, raw	118	1 banana	1
Blueberries, frozen, sweetened	230	1 cup	2
Blueberries, raw	145	1 cup	9
Cherries, sweet, raw canned, heavy syrup, solids and liquids	68	10 cherries	0
Frozen desserts, fruit and juice bars	77	1 bar (2.5 fl oz)	3
Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0
Grapefruit, raw, white, all areas	118	1/2 grapefruit	0
Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	5
Grapes, red or green (European type varieties, such as, Thompson seedless), raw	50	10 grapes	3

Food	Weight (grams)	Portion	Sodium (milligrams)
Kiwi fruit, (Chinese gooseberries), fresh, raw	76	1 medium	4
Lemon juice, canned or bottled	15.2	1 tbsp	3
Lemon juice, raw	47	juice of 1 lemon	0
Melons, cantaloupe, raw	69	1/8 melon	6
Melons, honeydew, raw	170	1 cup	17
Nectarines, raw	136	1 nectarine	0
Olives, ripe, canned (small-extra large)	22	5 large	192
Oranges, raw, all commercial varieties	131	1 orange	0
Papayas, raw	140	1 cup	4
Peaches, canned, juice pack, solids and liquids	248	1 cup	10
Peaches, raw	98	1 peach	0
Pears, raw	166	1 pear	0
Pineapple, canned, juice pack, solids and liquids	249	1 cup	2
Pineapple, raw	155	1 cup	2
Plantains, raw	179	1 medium	7
Plums, raw	66	1 plum	0
Prunes, dried, uncooked	42	5 prunes	2
Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2
Raisins, seedless	145	1 cup	17
Raspberries, frozen, red, sweetened	250	1 cup	3
Raspberries, raw	123	1 cup	0
Snacks, fruit leather, pieces	28.35	1 oz	114
Strawberries, frozen, sweetened, sliced	255	1 cup	8
Strawberries, raw	166	1 cup	2
Watermelon, raw	152	1 cup	3
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	379
Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	348
Biscuits, plain or buttermilk, refrigerated dough, higher fat,baked	27	2-1/2" biscuit	325

Food	Weight (grams)	Portion	Sodium (milligrams)
Grain products			
Bread stuffing, bread, dry mix, prepared	100	1/2 cup	543
Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	127
Bread, oatmeal	27	1 slice	162
Bread, rye	32	1 slice	211
Bread, rye, toasted	24	1 slice	174
Bread, whole-wheat, commercially prepared	28	1 slice	148
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	284
Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	275
Cereals ready-to-eat, GENERAL MILLS, TOTAL	30	3/4 cup	199
Cereals ready-to-eat, KELLOGG'S CORN FLAKES	28	1 cup	298
Cereals ready-to-eat, KELLOGG'S CORN POPS	31	1 cup	123
Cereals ready-to-eat, KELLOGG'S SPECIAL K	31	1 cup	250
Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	2
Cereals ready-to-eat, POST, THE ORIGINAL SHREDDED WHEAT	46	2 biscuits	3
Cereals ready-to-eat, QUAKER OAT CINNAMON LIFE	50	1 cup	220
Cereals ready-to-eat, wheat germ, toasted, plain	7.1	1 tbsp	0
Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0
Crackers, cheese, regular	10	10 crackers	100
Crackers, melba toast, plain	20	4 pieces	166
Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	156
Crackers, wheat, regular	8	4 crackers	64
Crackers, whole-wheat	16	4 crackers	105
Croissants, butter	57	1 croissant	424
Croutons, seasoned	40	1 cup	495
English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	262
Macaroni and cheese, canned entree	252	1 cup	1,058
Macaroni, cooked, enriched	140	1 cup	1
Muffins, blueberry, prepared from recipe, made with low-fat (2%) milk	57	1 muffin	251

Food	Weight (grams)	Portion	Sodium (milligrams)
Muffins, oat bran	57	1 muffin	224
Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	179
Noodles, Chinese, chow mien	45	1 cup	198
Noodles, egg, cooked, enriched	160	1 cup	11
Noodles, egg, spinach, cooked, enriched	160	1 cup	19
Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	192
Pasta with meatballs in tomato sauce, canned entree	252	1 cup	1,053
Rice, brown, long-grain, cooked	195	1 cup	10
Rice, white, long-grain, regular, raw, enriched	185	1 cup	9
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	146
Rolls, hamburger or hot dog, plain	43	1 roll	241
Rolls, hard (includes kaiser)	57	1 roll	310
Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	216
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	298
Snacks, granola bars, hard, plain	28.35	1 bar	83
Snacks, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	110
Snacks, popcorn, air-popped	8	1 cup	0
Snacks, popcorn, oil-popped	11	1 cup	97
Snacks, potato chips, barbecue-flavor	28.35	1 oz	213
Snacks, potato chips, plain, salted	28.35	1 oz	168
Snacks, potato chips, plain, unsalted	28.35	1 oz	2
Snacks, pretzels, hard, plain, salted	60	10 pretzels	1,029
Snacks, rice cakes, brown rice, plain	9	1 cake	29
Snacks, tortilla chips, nacho-flavor	28.35	1 oz	201
Snacks, tortilla chips, plain	28.35	1 oz	150
Spaghetti, cooked, enriched, without added salt	140	1 cup	1
Spaghetti, whole-wheat, cooked	140	1 cup	4
Taco shells, baked	13.3	1 medium	49
Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	42

Food	Weight (grams)	Portion	Sodium (milligrams)
Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	153
Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	260
Waffles, plain, prepared from recipe	75	1 waffle	383
Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	1,588
Wild rice, cooked	164	1 cup	5
Legumes, nuts, and seeds			
Beans, baked, canned, plain or vegetarian	254	1 cup	1,008
Beans, baked, canned, with pork and tomato sauce	253	1 cup	1,113
Beans, kidney, red, mature seeds, canned	256	1 cup	873
Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	2
Chickpeas (garbanzo beans, Bengal gram), mature seeds, canned	240	1 cup	718
Chickpeas (garbanzo beans, Bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	11
Hummus, commercial	14	1 tbsp	53
Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	4
Lima beans, immature seeds, frozen, Fordhook, cooked, boiled, drained, without salt	170	1 cup	90
Lima beans, large, mature seeds, canned	241	1 cup	810
Nuts, almonds	28.35	1 oz (24 nuts)	0
Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	181
Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	244
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	190
Nuts, pecans	28.35	1 oz (20 halves)	0
Nuts, walnuts, English	28.35	1 oz (14 halves)	1
Peanut butter, chunk style, with salt	16	1 tbsp	78
Peanut butter, smooth style, with salt	16	1 tbsp	75
Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	230
Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2
Refried beans, canned (includes USDA commodity)	252	1 cup	753

Food	Weight (grams)	Portion	Sodium (milligrams)
Refried beans, canned (includes USDA commodity)	252	1 cup	753
Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	163
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	17
Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	250
Soy milk, fluid	245	1 cup	29
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	6
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	10
Meat, poultry, and related products			
Beef stew, canned entree	232	1 cup	947
Beef, cured, dried beef	28.35	1 oz	984
Beef, ground, extra lean, cooked, broiled, medium	85	3 oz	60
Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	56
Bologna, beef and pork	56.7	2 slices	578
Chicken pot pie, frozen entree	217	1 small pie	857
Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	64
Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	42
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	157
Frankfurter, beef	45	1 frank	462
Frankfurter, chicken	45	1 frank	617
Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	810
HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	444
HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	444
Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	71
Pasta with meatballs in tomato sauce, canned entree	252	1 cup	1,053
Pork sausage, fresh, cooked	26	2 links	336
Pork sausage, fresh, cooked	27	1 patty	349
Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	303

Food	Weight (grams)	Portion	Sodium (milligrams)
Pork, cured, Canadian-style bacon, grilled	46.5	2 slices	719
Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	1,128
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	54
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	51
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	40
Salami, cooked, beef and pork	56.7	2 slices	604
Sandwiches, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	1,043
Sandwiches, cheeseburger, regular, single meat patty, plain	102	1 sandwich	500
Sandwiches, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	824
Snacks, beef jerky, chopped and formed	19.8	1 large piece	438
Turkey, all classes, dark meat, cooked, roasted	84	3 oz	66
Turkey, all classes, light meat, cooked, roasted	84	3 oz	54
Turkey, all classes, meat only, cooked, roasted	140	1 cup	98
Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	78
Vienna sausage, canned, beef and pork	16	1 sausage	152
WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	476
WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	383
Mixed dishes and fast foods			
Breakfast items, biscuit with egg and sausage	180	1 biscuit	1,141
Chili con carne with beans, canned entree	222	1 cup	1,032
Entrees, pizza with cheese	63	1 slice	336
Entrees, pizza with cheese, meat, and vegetables	79	1 slice	382
Fast foods, burrito, with beans and meat	115.5	1 burrito	668
Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	1,108
Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	891
Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	636
Fast foods, chicken fillet sandwich, plain	182	1 sandwich	957

Food	Weight (grams)	Portion	Sodium (milligrams)
Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	513
Fast foods, chili con carne	253	1 cup	1,007
Fast foods, coleslaw	99	3/4 cup	267
Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	889
Fast foods, English muffin, with egg, cheese, and Canadian bacon	137	1 muffin	729
Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	939
Fast foods, hot dog, plain	98	1 sandwich	670
Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	92
Fast foods, nachos, with cheese	113	6-8 nachos	816
Fast foods, pancakes with butter and syrup	232	2 pancakes	1,104
Fast foods, potato, French fried in vegetable oil	85	1 small	168
Fast foods, potato, French fried in vegetable oil	169	1 large	335
Fast foods, roast beef sandwich, plain	139	1 sandwich	792
Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	209
Fast foods, submarine sandwich, with cold cuts	228	1 sandwich 6" roll	1,651
Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	845
Fast foods, taco salad	198	1-1/2 cups	762
Fast foods, taco, beef	263	1 large	1,233
HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	444
KELLOGG'S Eggo Low-fat Homestyle Waffles	35	1 waffle	155
Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	500
Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	500
Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	824

Food	Weight (grams)	Portion	Sodium (milligrams)
Soups, sauces, and gravies			
Gravy, beef, canned	58.25	1/4 cup	326
Gravy, turkey, canned	59.6	1/4 cup	344
Sauce, barbecue sauce	15.75	1 tbsp	128
Sauce, cheese, ready-to-serve	63	1/4 cup	522
Sauce, NESTLE, QUE BUENO Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	492
Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1,030
Sauce, ready-to-serve, salsa	16	1 tbsp	69
Sauce, teriyaki, ready-to-serve	18	1 tbsp	690
Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	951
Soup, beef broth, bouillon, consommé, prepared with equal volume water, commercial	241	1 cup	636
Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	850
Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	1,106
Soup, clam chowder, New England, canned, prepared with equal volume milk, commercial	248	1 cup	992
Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	918
Soup, onion mix, dehydrated, dry form	39	1 packet	3,493
Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	466
Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	695
Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	822
Syrups, table blends, pancake	20	1 tbsp	17
Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	30
Tomato products, canned, paste, without salt added	262	1 cup	231
Tomato products, canned, sauce	245	1 cup	1,482
Sugars and sweets			
Cake, angel food, commercially prepared	28	1 piece	210
Cake, angel food, dry mix, prepared	50	1 piece	255
Cake, chocolate, prepared from recipe without frosting	95	1 piece	299
Cake, gingerbread, prepared from recipe	74	1 piece	242
Cake, pound, commercially prepared, fat-free	28	1 slice	95

Food	Weight (grams)	Portion	Sodium (milligrams)
Cake, white, prepared from recipe with coconut frosting	112	1 piece	318
Cake, white, prepared from recipe without frosting	74	1 piece	242
Candies, gumdrops, starch jelly pieces	74	10 worms	33
Candies, hard	6	1 piece	2
Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	152
Candies, semisweet chocolate	168	1 cup	18
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	32
Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	38
Cookies, fig bars	16	1 cookie	56
Cookies, molasses	15	1 cookie, medium	69
Cookies, peanut butter, prepared from recipe	20	1 cookie	104
Cookies, vanilla sandwich with creme filling	15	1 cookie	52
Cookies, vanilla sandwich with creme filling	10	1 cookie	35
Cookies, vanilla wafers, lower fat	4	1 cookie	12
Danish pastry, cheese	71	1 Danish	320
Dessert topping, semi solid, frozen	4	1 tbsp	1
Desserts, puddings, tapioca, ready-to-eat	113	4 oz	180
Desserts, puddings, vanilla, ready-to-eat	113	4 oz	153
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	257
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	205
Frozen desserts, fruit and juice bars	77	1 bar (2.5 fl oz)	3
Frozen desserts, ice cream, vanilla	66	1/2 cup	53
Frozen desserts, sherbet, orange	74	1/2 cup	34
Frozen desserts, yogurt, vanilla, soft-serve	72	1/2 cup	63
Jams and preserves	20	1 tbsp	6
Molasses, blackstrap	20	1 tbsp	11
Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	976
Pie, apple, prepared from recipe	155	1 piece	327

Food	Weight (grams)	Portion	Sodium (milligrams)
Pie, blueberry, prepared from recipe	147	1 piece	272
Pie, cherry, prepared from recipe	180	1 piece	344
Pie, fried pies, fruit	128	1 pie	479
Pie, lemon meringue, prepared from recipe	127	1 piece	307
Pie, pumpkin, prepared from recipe	155	1 piece	349
Snacks, granola bars, hard, plain	28.35	1 bar	83
Snacks, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	110
Syrups, table blends, pancake	20	1 tbsp	17
Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	30
Sugars, granulated	4.2	1 tsp	0
Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	230
Vegetables and vegetable products			
Asparagus, cooked, boiled, drained	60	4 spears	7
Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	7
Beans, snap, green, canned, regular pack, drained solids	135	1 cup	354
Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	4
Beet greens, cooked, boiled, drained, without salt	144	1 cup	347
Beets, canned, drained solids	170	1 cup	330
Beets, cooked, boiled, drained	170	1 cup	131
Broccoli, cooked, boiled, drained, without salt	156	1 cup	41
Broccoli, raw	88	1 cup	24
Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	33
Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	36
Cabbage, raw	70	1 cup	13
Carrots, cooked, boiled, drained, without salt	156	1 cup	103
Carrots, raw	110	1 cup	39
Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	32
Cauliflower, raw	100	1 cup	30
Celery, raw	120	1 cup	104

Food	Weight (grams)	Portion	Sodium (milligrams)
Coleslaw, home-prepared	120	1 cup	28
Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	730
Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	571
Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	13
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	8
Cucumber, peeled, raw	119	1 cup	2
Cucumber, with peel, raw	104	1 cup	2
Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	46
Eggplant, cooked, boiled, drained, without salt	99	1 cup	3
Lettuce, cos or romaine, raw	56	1 cup	4
Lettuce, iceberg (includes crisphead types), raw	55	1 cup	5
Lettuce, loose-leaf, raw	56	1 cup	5
Lima beans, immature seeds, frozen, Fordhook, cooked, boiled, drained, without salt	170	1 cup	90
Lima beans, large, mature seeds, canned	241	1 cup	810
Mushrooms, canned, drained solids	156	1 cup	663
Mushrooms, raw	70	1 cup	3
Onion rings, breaded, parfried, frozen, prepared, heated in oven	60	10 rings	225
Onions, raw	160	1 cup	5
Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	2
Peas, edible-pod, cooked, boiled, drained, without salt	160	1 cup	6
Peas, green, canned, regular pack, drained solids	170	1 cup	428
Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	139
Peppers, sweet, green, raw	149	1 cup	3
Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	3
Potato pancakes, home-prepared	76	1 pancake	386
Potato puffs, frozen, prepared	79	10 puffs	589
Potato salad, home-prepared	250	1 cup	1,323
Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	1,061

Food	Weight (grams)	Portion	Sodium (milligrams)
Potatoes, baked, flesh, without salt	156	1 potato	8
Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	8
Potatoes, French fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	15
Potatoes, hashed brown, home-prepared	156	1 cup	37
Potatoes, mashed, home-prepared, whole milk added	210	1 cup	636
Potatoes, scalloped, home-prepared with butter	245	1 cup	821
Radishes, raw	4.5	1 radish	1
Rutabagas, cooked, boiled, drained, without salt	170	1 cup	34
Spinach, canned, drained solids	214	1 cup	58
Spinach, raw	30	1 cup	24
Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	2
Squash, summer, all varieties, raw	113	1 cup	2
Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	2
Sweet potato, canned, syrup pack, drained solids	196	1 cup	76
Sweet potato, cooked, candied, home-prepared	105	1 piece	74
Tomato products, canned, paste, without salt added	262	1 cup	231
Tomato products, canned, sauce	245	1 cup	1,482
Tomatoes, red, ripe, canned, stewed	255	1 cup	564
Tomatoes, red, ripe, raw, year round average	180	1 cup	16
Tomatoes, sun-dried	2	1 piece	42
Turnip greens, cooked, boiled, drained, without salt	144	1 cup	42
Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	25
Turnips, cooked, boiled, drained, without salt	156	1 cup	78
Vegetables, mixed, canned, drained solids	163	1 cup	243
Sauerkraut, canned, solids and liquids	236	1 cup	1,560
Tomato juice, canned, with salt added	243	1 cup	877
Vegetable juice cocktail, canned	242	1 cup	653

Food	Weight (grams)	Portion	Sodium (milligrams)
Miscellaneous items			
Catsup	15	1 tbsp	178
Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	488
Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	363
Leavening agents, baking powder, low-sodium	5	1 tsp	5
Leavening agents, baking soda	4.6	1 tsp	1,259
Leavening agents, yeast, baker's, active dry	7	1 pkg	4
Miso	68.75	1 cup	2,507
Mustard, prepared, yellow	5	1 tsp or 1 packet	56
Pickle relish, sweet	15	1 tbsp	122
Pickles, cucumber, dill	65	1 pickle	833
Pimento, canned	12	1 tbsp	2
Salt, table	6	1 tsp	2,325
Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	914
Vinegar, cider	15	1 tbsp	0
Water, municipal	237	8 fl oz	7



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