

<b>Prepared For:</b>		<b>Date:</b>	
<b>Prepared By:</b>		<b>Contact:</b>	

## Sodium (Salt) Content of Foods

- Eating more than the serving size for a moderate or low-sodium food will make it a high-sodium food. Foods made with high-sodium foods will also be high in sodium.
- Unless otherwise noted, all foods are cooked: meat is roasted, fish is cooked with dry heat, and vegetables are cooked from fresh. Fruit is raw.
- This is a guide. Actual values may vary depending on product and/or processing. Canned and processed foods may have a higher sodium content.
- Values are rounded to the nearest 5-milligram (mg) increment and may be averaged with similar foods in the group.

### High Sodium (more than 300 mg)

Food	Serving	Milligrams (mg)
Bacon	2 slices	300
Bagel, 4": egg	1 each	450
Bagel, 4": plain, onion, or seeded	1 each	400
Barbecue sauce	2 Tbsp	350
Beans, baked, plain	½ cup	435
Beans, garbanzo	½ cup	360
Beans, kidney, canned	½ cup	440
Beans, lima, canned	½ cup	405
Beans, white, canned	½ cup	445
Beef, dried	1 oz.	790
Biscuit, 2½"	1 each	350
Catsup	2 Tbsp	335
Cheese, American	1 oz	400
Cheese, cottage	½ cup	460
Cheese, feta	1 oz	315
Corn, creamed, canned	½ cup	365
Croissant	2 oz	425
Fish, salmon, canned	3 oz	470
Fish, salmon, smoked	3 oz	670
Fish, sardines, canned	3 oz	430
Frankfurter, beef or pork	1 each	510
Ham	3 oz	1,125
Lobster	3 oz	325

Miso	½ cup	1,280
Mushrooms, canned	½ cup	330
Pickle, dill	1 large	570
Potatoes, au gratin or scalloped	½ cup	500
Pretzels	1 oz	400
Pudding, instant, chocolate, prepared with milk	½ cup	420
Salad dressing, Italian, commercial	2 Tbsp	485
Salami, dry or hard	1 oz	600
Salt, table	1 tsp	2,325
Sauerkraut, canned	½ cup	780
Soup, canned	1 cup	700-1,000
Soy sauce	1 Tbsp	900
Spinach, canned, drained	½ cup	345
Teriyaki sauce	1 Tbsp	690
Tomato or vegetable juice, canned	½ cup	325
Tomato sauce, canned	½ cup	640
Tomato sauce, spaghetti or marinara	½ cup	510
Vegetable or soy patty	1 each	380

## Moderate Sodium (140-300 mg)

Food	Serving	Milligrams (mg)
Asparagus, canned	4 spears	205
Beans, green or yellow, canned	½ cup	175
Beets, canned	½ cup	160
Bologna, pork and beef	1 oz	210
Bread, pita, 4"	1 each	150
Bread, pumpnickel or rye	1 slice	215
Bread, white	1 slice	170
Carrots, canned	½ cup	175
Cereal, raisin bran	½ cup	175
Cheese: muenster, mozzarella, cheddar	1 oz	175
Cheese, Parmesan	2 Tbsp	150
Cheese, provolone, part-skim	1 oz	250
Cheese, ricotta	½ cup	155
Corn, canned	½ cup	285
Crab, canned	3 oz	240
English muffin	1 each	250
French fries	10 fries	200

Greens, beet	½ cup	175
Milk, buttermilk	1 cup	260
Milk, chocolate	1 cup	165
Milkshake	8 oz	240
Muffin	2 oz	250
Nuts, mixed, salted	1 oz	190
Olives, ripe, canned	5 large	190
Pancake or waffle, 4"	1 each	240
Peanuts, salted	1 oz	230
Peas, green, canned	½ cup	215
Potato chips	1 oz	190
Potatoes, mashed, prepared from dry mix	½ cup	170
Pudding, ready-to-eat	½ cup	160
Pudding, vanilla, from mix	½ cup	225
Roll, hot dog or hamburger	1 each	205
Salad dressing	2 Tbsp	200-300
Salsa	2 Tbsp	195
Sausage, pork	1 oz	200
Tomatoes, canned	½ cup	170
Tomatoes, stewed, canned	½ cup	280
Tortilla, flour, 6"	1 each	205
Tuna, canned in water	3 oz	290
Yogurt, plain or fruited	8 oz	100-175

## Low Sodium (less than 140 mg)

Food	Serving	Milligrams (mg)
Bread, Italian	1 slice	120
Bread, wheat	1 slice	130
Butter, salted	1 Tbsp	90
Cereal, breakfast: corn, bran, or wheat	½ cup	100-150
Cheese, Swiss	1 oz	55
Egg substitute, liquid	¼ cup	120
Egg, whole	1 large	70
Fish: pollock, swordfish, perch, cod, halibut, roughy, salmon	3 oz	60-100
Frozen yogurt	½ cup	65
Gelatin, prepared from mix	½ cup	100
Ice cream	½ cup	55
Margarine, regular	1 Tbsp	135

Milk, all types	1 cup	100
Milk, evaporated, canned	½ cup	135
Mustard	1 tsp	55
Peanut butter	1 Tbsp	75
Peas, green, frozen	½ cup	60
Seeds, sunflower	1 oz	115
Soy milk	1 cup	125
Spinach	½ cup	65
Spinach, frozen	½ cup	90
Sweet potato, baked in skin	1 medium	40
Turkey, light or dark meat	3 oz	60
Yogurt, plain or fruited	8 oz	100-175

## Very Low Sodium (less than 35 mg)

Food	Serving	Milligrams (mg)
Apricots, canned	½ cup	5
Beef, ground	1 oz.	20
Beer, regular	12 oz	15
Broccoli	½ cup	30
Broccoli, raw	½ cup	15
Brussels sprouts	½ cup	15
Cabbage, raw or cooked	½ cup	5
Carbonated beverages	12 oz	20-40
Cauliflower	½ cup	10
Cauliflower, raw	½ cup	15
Dried beans and peas	½ cup	5-20
Greens: beet, collard, mustard	½ cup	10-20
Honeydew	½ cup	30
Lettuce, leaf	1 cup	15
Noodles	½ cup	10
Oatmeal	½ cup	5
Peaches, canned	½ cup	5
Pears, canned	½ cup	5
Pork	1 oz	25
Potato, baked with skin	1 medium	20
Rice, brown or wild	½ cup	5
Sherbet	½ cup	35
Soybeans	½ cup	15

Spinach, raw	1 cup	25
Tofu, firm	¼ cup	10
Wine, table, all types	5 oz	10

## Sodium Free (less than 5 mg)

Food	Serving
Avocado	1 oz
Beans: navy, black, pinto	½ cup
Nuts: almonds, pecans, or walnuts, unsalted	1 oz
Oil, all types	1 Tbsp
Popcorn, air popped	1 cup
Raisins, seedless	¼ cup
Rice, white	½ cup
Tomato, raw	1 medium
Fruit and juices not previously listed	1 piece or ½ cup
Vegetables not previously listed	½ cup

Sources: US Department of Agriculture Agricultural Research Service. USDA National Nutrient Database for Standard Reference and Nutrient Data Laboratory; NutritionData.com. Nutrition Facts and Information.

### Notes