

Sodium Counter

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Food Item	Amount	Sodium (mg)
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BEVERAGES

Coffee, Tea, Cocoa

Coffee, regular or decaf	8 oz.	5
Café Vienna	8 oz.	154
Café Latte	8 oz.	105
Cappucino	8 oz.	70
Tea, regular or decaf	8 oz.	5
Iced tea, instant	8 oz.	10
Cocoa mix, sugar-free	8 oz.	175



Fruit Drinks

Fruit punch, canned	6 oz.	40
Koolaid®	8 oz.	10
Lemonade, frozen	8 oz.	10
Lemonade, prepared, Country Time	8 oz.	90
Tang®	8 oz.	0

Juices

Fruit juices	4 oz.	0-5
Tomato or vegetable juice (V-8®)	6 oz.	660
Tomato or vegetable juice (V-8®), No added salt	6 oz.	40

Soft Drinks, Water

Soft drinks, regular	12 oz.	25
Soft drinks, diet	12 oz.	10
Club soda	12 oz.	75
Mineral water	12 oz.	0

Alcohol

Beer	12 oz.	20
Beer, lite or nonalcoholic	12 oz.	10
Gin, Rum, Vodka, Whiskey	1.5 oz	0
Wine	5 oz.	10
Wine cooler	12 oz.	40



Food Item	Amount	Sodium (mg)
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BREADS, CRACKERS, MUFFINS, ROLLS

Bagel, small (2 oz.)	1	200
Bagel, large (4 oz.)	1	400
Bread	1 slice	
White		125
Whole wheat or multi-grain		160
Rye		175
French		165
Cinnamon raisin		140
English muffin	1	365
Bread cubes, unseasoned	1 cup	205
Bread cubes, seasoned	1 cup	390
Bread dressing	1/2 cup	505
Bun, hamburger or hot dog	1	240
Cinnamon roll	1	150
Coffee cake (2 oz. snack cake)	1	200
Corn bread	2" square	265
Croissant	1	230
Dinner roll	1	230
Doughnut, yeast	1	145
French toast	1 slice	230
Muffin, various flavors	4" diam.	340
Graham crackers	2 sheets	105
Melba rounds, plain	10	5
Oyster crackers	10	85
Rice cake, plain	1	0-10
Ritz® cracker	1	30
RyKrisp®, seasoned	1	90
Saltine cracker	5	180
Saltine, unsalted tops or low salt	5	105
Triscuits®	8	150
Wheat Thins®	8	120
Pancake	4"	235
Pocket or pita bread	6"	280
Quick bread	1 slice	190
Roll, kaiser	1	310
Roll, hoagie	1	785
Taco shell, hard	1	65
Tortilla, corn	6"	40
Tortilla, flour	6"	110
Waffle	7"	515

CEREALS

All Bran®	1/3 cup	320
Bran Flakes®	3/4 cup	265
Cheerios®	1-1/4 cup	290
Cornflakes®	1-1/4 cup	350
Grape-nuts®	1/4 cup	165

Food Item	Amount	Sodium (mg)
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Life®	2/3 cup	140
Puffed Rice®, Puffed Wheat®	1 cup	0
Raisin Bran®	3/4 cup	270
Rice Krispies®	1 cup	340
Shredded Wheat®, spoon-size	2/3 cup	0
Special K®	1 1/3 cup	265
Total®	1 cup	280
Cream of Wheat, Cream of Rice, cooked without salt	1 cup	0
Cream of Wheat, Mix-n-Eat	1 pkg.	240
Grits, instant	1 pkg.	345
Grits, cooked without salt	1 cup	0
Oatmeal, instant	1 pkg.	230

DAIRY PRODUCTS

Cheese



American	1 oz.	405
Baby Swiss	1 oz.	25
Bleu or Roquefort	1 oz.	395
Brick	1 oz.	160
Brie	1 oz.	180
Cheddar	1 oz.	175
Cheese spread	1 Tbsp.	260
Colby	1 oz.	170
Cottage Cheese		
1% or 2% fat	1/2 cup	460
Nonfat	1/2 cup	220
2% fat, no salt added	1/2 cup	25
Cream cheese	1 Tbsp.	45
Farmers	1 oz.	45
Feta	1 oz.	315
Gouda	1 oz.	230
Monterey Jack	1 oz.	150
Mozzarella, string cheese, part-skim	1 oz.	150
Muenster	1 oz.	180
Parmesan, grated	1 Tbsp.	95
Provolone	1 oz.	250
Ricotta cheese, lowfat	1 oz.	40
Romano	1 oz.	340
Swiss, natural	1 oz.	75
Swiss, processed	1 oz.	390
Velveeta	1 oz.	425

Cream

Creamer, nondairy liquid	1 Tbsp.	10
Half & Half	1 Tbsp.	5
Sour cream,	1 Tbsp.	5
Sour cream, reduced-fat	1 Tbsp.	15
Whipped topping, nondairy, regular or lite	1 Tbsp.	0

Food Item	Amount	Sodium (mg)
Milk & Yogurt		
Skim, 1%, 2%, whole, Lactaid	8 oz.	125
Buttermilk	8 oz.	255
Chocolate milk	8 oz.	150
Evaporated milk, whole	8 oz.	265
Yogurt, lowfat fruit-flavored	8 oz.	145
Yogurt, nonfat fruit-flavored	8 oz.	110

DESSERTS



Cakes

Angel food, 1/12 of 10" diam.	1 piece	120
Cake, layer with frosting, 1/16 of 8"	1 piece	130
Sheet cake with frosting, 3"x3"x2"	1 piece	190
Cheesecake, 1/8 of 9" diam.	1 piece	355
Cupcake, frosted, 2-1/2" diam.	1	105
Fruitcake, 3-1/2"x2"x1/2"	1 piece	70
Poundcake, 2-1/2"x3"x1"	1 piece	130
Snack cake, commercial	1	135

Cookies & Bars

Animal crackers	10	80
Brownies & bars with frosting, 2"x2"	1	120
Cookie, 3" diameter	1	95
Gingersnap	1	20
Sandwich	1	70
Vanilla wafers	2	20

Frozen Desserts

Frozen yogurt, regular or lowfat	1/2 cup	55
Fruit juice bar	1	5
Ice cream	1/2 cup	60
Ice cream bar	1	35
Ice milk	1/2 cup	55
Malt	10 oz.	435
Milkshake	10 oz.	175
Popsicle	1	0
Sherbet	1/2 cup	45

Gelatin & Pudding

Bread pudding	1/2 cup	285
Custard	1/2 cup	90
Gelatin	1/2 cup	60
Pudding	1/2 cup	160

Food Item	Amount	Sodium (mg)
Pies (1 piece = 1/6 of 9" diam. pie)		
Cream or custard	1 piece	350
Fruit, double crust	1 piece	400
Lemon meringue	1 piece	260
Pecan	1 piece	480
Pumpkin	1 piece	280

EGGS

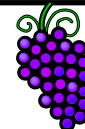
Egg, whole, large	1	70
Egg, scrambled with milk & fat	1	155
Egg substitute	1/4 cup	120
Omelet, plain, 3 eggs	1	700
Omelet, cheese, 3 eggs	1	1065

FATS & OILS

Butter, salted, stick	1 tsp.	40
Butter Buds®, dry	2 tsp.	170
Margarine, salted, stick	1 tsp.	45
Margarine, diet	1 tsp.	35
Margarine, liquid, squeeze	1 tsp.	30
Margarine, tub	1 tsp.	50
Margarine, extra light, tub	1 tsp.	15
Molly McButter®	1/2 tsp.	90
Oil, vegetable, all varieties, spray	1 Tbsp.	0
Shortening, vegetable	1 Tbsp.	0

FRUIT

Fresh, Canned, Dried



The list below is just a small sample of fruits, because most fruits have very small amounts of sodium.

A typical serving size is:

- 1 medium piece of fruit
- 1/2 cup canned fruit
- 1 cup chopped fresh fruit
- 1/4 cup dried fruit

Most fruits	1 serving	0-5
Apples, dried, rings	10	55
Cantaloupe	1 cup	15
Cranberry sauce	1/4 cup	20
Honeydew melon	1 cup	35
Mandarin oranges, canned	1/2 cup	10
Peaches, canned	1/2 cup	15
Raisins	1/4 cup	10

Food Item	Amount	Sodium (mg)
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MEAT, POULTRY, FISH, SEAFOOD

Beef

Lean cuts prepared without salt:

Lean ground beef, prime rib, roast (chuck, rib, round), steak (filet, porterhouse, round, sirloin), liver	3 oz.	60
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Chicken

Canned	3 oz.	435
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Roasted, broiled without salt:

breast	1	60
drumstick	1	40
thigh	1	45

Fried, with breading:

breast	1	655
drumstick	1	270
thigh	1	515

Lamb

Lean cuts, prepared without salt:

Leg, shoulder roasts	3 oz.	60
Loin, rib chop	1	35

Pork

Lean cuts, prepared without salt:

Pork chop	3 oz.	60
Ham	3 oz.	1275
Roast: loin, rib, sirloin, shoulder blade	3 oz.	60

Fish

Fish, fresh or frozen 	3 oz.	45
Fish, breaded, fried	3 oz.	255
Salmon, canned	3 oz.	465
Sardines, canned in oil	1 sardine	60
Tuna, water-packed or oil-packed	1 oz.	100
Tuna, low sodium	1 oz.	70
Tuna, no added salt	1 oz.	15

Seafood

Clams, fresh or frozen	1 oz.	15
Clams, breaded, fried	1 oz.	105
Clams, canned	1 oz.	30
Crab, fresh or frozen	1 oz.	235
Crab legs, imitation	1 oz.	240
Lobster, fresh or frozen	1 oz.	110
Oysters, raw, fresh	6 med.	95
Oysters, breaded, fried	6 med.	355
Oysters, canned	1 oz.	30
Shrimp, fresh	1 oz.	40

Food Item	Amount	Sodium (mg)
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Turkey

Lean cuts, prepared without salt:

Fresh, white and dark meat	3 oz.	30
Pre-basted	3 oz.	135
Ground turkey	3 oz.	75
Turkey roll, light meat	3 oz.	420
Turkey roll, light & dark meat	3 oz.	495



Veal

Lean cuts, prepared without salt:

Chuck, leg	3 oz.	45
Loin, rib, round	3 oz.	60

Venison

3 oz.	45
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Cured & Deli Meats

Bacon	1 slice	100
Bacon, lower salt	1 slice	65
Canadian bacon	1 oz.	440
Chipped beef	1 oz.	985
Ham, deli	1 oz.	265
Hot dog	1	505
Hot dog, reduced sodium	1	300
Jerky, beef	1 oz.	290
Luncheon meat	1 oz.	315
Pastrami, corned beef	1 oz.	350
Roast beef, deli	1 oz.	290
Sausage		
Bratwurst or Polish	1	635
Links	2	370
Pepperoni	1 oz.	580
Pork sausage	2 oz.	730
Salami	2 oz.	1050
Summer sausage	2 oz.	600
Turkey ham	2 oz.	560
Turkey, deli	2 oz.	560

MIXED DISHES

Beef stew, canned	1 cup	1010
Chili, canned	1 cup	1030
Chow mein, canned	1 cup	720
Lasagna, 4"x2-1/2"x1-1/2"	1 piece	1465
Macaroni and cheese, box mix	1 cup	870

Food Item	Amount	Sodium (mg)
Meat loaf	3 oz.	495
Pizza, thin crust, cheese, 1/8 of 12"	1 piece	395
Pizza, thick crust, cheese, 1/8 of 12" diam.	1 piece	635
Sloppy Joe filling	1/3 cup	345
Spaghetti, canned, with meat or cheese sauce	1 cup	1175
Taco	1	460
Tuna noodle casserole	1 cup	1210

NOODLES, PASTA, RICE

Noodles or pasta, cooked without salt	1 cup	5
cooked with salt	1 cup	215
Rice, cooked without salt	1 cup	5
Rice, cooked with salt	1 cup	765
Ramen Noodles®	1 cup	980

NUTS, SEEDS, PEANUT BUTTER

Nuts, roasted, salted	1/4 cup	230
Nuts, roasted, unsalted	1/4 cup	5
Peanut butter	1 Tbsp.	75
Peanut butter, unsalted	1 Tbsp.	5
Seeds, salted	1 Tbsp.	60
Seeds, unsalted	1 Tbsp.	0

SALADS & DRESSINGS



Chef salad	2 cups	1020
Chicken salad	1/2 cup	460
Coleslaw, creamy	1/2 cup	130
Fruit salad	1/2 cup	5
Gelatin with fruit	1/2 cup	40
Ham salad	1/2 cup	1300
Pasta salad	1/2 cup	320
Potato salad, German	1/2 cup	175
Potato salad	1/2 cup	305
Three-bean salad	1 cup	555
Tossed salad without dressing	1 cup	5
Tuna and macaroni salad	1/2 cup	365
Tuna salad	1/2 cup	350

Food Item	Amount	Sodium (mg)
Salad Dressings		
Mayonnaise	1 Tbsp.	80
Mayonnaise, light	1 Tbsp.	100
Mayonnaise, fat-free	1 Tbsp.	190
Salad dressing	1 Tbsp.	85
Salad dressing, light	1 Tbsp.	105
Salad dressing, fat-free	1 Tbsp.	210
Blue cheese	1 Tbsp.	165
French	1 Tbsp.	215
Italian	1 Tbsp.	115
Ranch	1 Tbsp.	130
Reduced-calorie, all kinds	1 Tbsp.	145
Fat-free or oil-free, all kinds	1 Tbsp.	145
Vinegar and oil	1 Tbsp.	0

Salad Bar Trimmings

Bacon bits	1 Tbsp.	135
Cheese, shredded	1 Tbsp.	55
Croutons	2 Tbsp.	60
Olives, black	1	50

SAUCES, CONDIMENTS, SEASONINGS, BAKING INGREDIENTS

Sauces & Condiments

Au jus	1/4 cup	265
Balsamic vinegar	1 Tbsp.	0
Barbecue sauce	1 Tbsp.	125
Catsup	1 Tbsp.	170
Catsup, no salt added	1 Tbsp.	5
Cheese sauce	1 Tbsp.	100
Chili sauce	1 Tbsp.	190
Cocktail sauce	1 Tbsp.	160
Gravy, canned, from mix	1/4 cup	300
Gravy, homemade	1/4 cup	165
Hollandaise sauce	1/4 cup	280
Horseradish	1 tsp.	5
Mustard, yellow	1 tsp.	55



Food Item	Amount	Sodium (mg)
Pickle, dill, 4" long	1	1885
Pickle, dill, slice	1	95
Pickle, sweet, slice	1	45
Pickle relish	1 Tbsp.	105
Pizza sauce, canned	1/4 cup	350
Salsa	1 Tbsp.	155
Soy sauce	1 tsp.	345
Spaghetti sauce	1/2 cup	560
Spaghetti sauce, low sodium	1/2 cup	20
Steak sauce	1 Tbsp.	275
Sweet & sour sauce	1/4 cup	195
Tabasco	1 tsp.	35
Taco sauce	1 Tbsp.	155
Tartar sauce	1 Tbsp.	100
Teriyaki sauce	1 Tbsp.	690
Tomato paste	1 Tbsp.	130
Tomato paste no added salt	1 Tbsp.	10
Tomato sauce	1/4 cup	370
Tomato sauce, no added salt	1/4 cup	20
White sauce	1/4 cup	210

Seasonings

Accent®	1 tsp.	615
Garlic salt	1 tsp.	2050
Garlic powder	1 tsp.	0
Kitchen Bouquet®	1 tsp.	20
Lemon pepper	1 tsp.	575
Meat tenderizer	1 tsp.	1760
Mrs. Dash®	1 tsp.	0
Onion salt	1 tsp.	1585
Onion salt, light	1 tsp.	305
Salt	1 tsp.	2300
Salt, lite	1 tsp.	975
Salt Free 17®	1 tsp.	0
Seasoned salt	1 tsp.	1485



Baking ingredients

Baking powder	1 tsp.	425
Baking soda	1 tsp.	950
Bisquick®	1 cup	1705
Chocolate, baking, unsweetened	1 oz.	0
Chocolate chips, milk chocolate	1/2 cup	105
Chocolate chips, semi-sweet	1/2 cup	10
Coating mix	1 pkg.	30
Cornmeal, self-rising	1 cup	1755
Flour	1 cup	0
Flour, self-rising	1 cup	1310

Food Item	Amount	Sodium (mg)
SNACK FOODS		
Cheese puffs (1 oz.=~36 puffs)	1 oz.	330
Corn chips (1 oz.=~14 chips)	1 oz.	200
Popcorn		
Airpopped, unbuttered, no added salt	1 cup	0
Caramel corn	1 cup	105
Commercial, butter, with salt added	1 cup	80
Microwave		
Natural, butter-flavored	1 cup	115
Light	1 cup	55
Salt-free	1 cup	0
Potato chips (1 oz.=16 chips)	1 oz.	250
Potato chips, unsalted	1 oz.	20
Pretzels, sticks	10	60
Pretzels, unsalted	1 oz.	30
Tortilla chips, plain	10 chips	140

SOUPS

Beef bouillon cube	1	865
Chicken bouillon cube	1	1150
Bouillon granules	1 tsp.	960
Bouillon granules, low sodium	1 tsp.	5
Broth, diluted with water	1 cup	640
Onion soup mix, dry	1 pkg.	3495
Soups, canned		
Broth-based, diluted with water	1 cup	895
Cream-based, diluted with water	1 cup	970
Cream-based, diluted with milk	1 cup	1025
Reduced-sodium (1/3 less salt)	1 cup	540
Diluted with water		
Low-sodium, ready-to-serve	1 cup	35
Condensed cream soup,		

SWEETS

Candy

Candy bar	2 oz.	115
Fudge, 1" cube	1	25
Granola bar	1	80
Hard candy	5 pieces	10
Hershey Kisses®	4	20
Jelly beans	10	5
Licorice, 7" long	1	30
M&M's®, plain	1 pkg.	35
Mints, chocolate covered	1	20

Food Item	Amount	Sodium (mg)
Sweeteners		
Honey	1 Tbsp.	0
Jam, jelly, preserves	1 tsp.	0
Molasses	1 Tbsp.	5
Sugar, white, brown, powdered	1 tsp.	0
Sugar substitutes	1 pkg.	0
Syrup		
corn	1 Tbsp.	15
Maple	1 Tbsp.	0
Pancake or waffle	1 Tbsp.	15
Pancake or waffle, reduced-sugar	1 Tbsp.	35
Toppings		
Caramel	1 Tbsp.	30
Chocolate	1 Tbsp.	10
Fudge	1 Tbsp.	40
Strawberry	1 Tbsp.	5

VEGETABLES

Fresh, Frozen, Canned

Most fresh and frozen vegetables have small amounts of sodium. Canned vegetables have much higher amounts.

Asparagus spears	4	0
Asparagus, canned	1/2 cup	470
Avocado	1	20
Beans, green, yellow, or Italian	1/2 cup	10
Beans, green or waxed, canned	1/2 cup	170
Carrots, fresh or frozen	1/2 cup	35
Carrots, canned	1/2 cup	175
Cauliflower	1/2 cup	10
Celery, diced	1/2 cup	55
Corn	1/2 cup	5
Corn on the cob	1	15
Corn, whole kernel, canned	1/2 cup	265
Cucumber	1/2 cup	0
Lettuce	1/2 cup	0
Lima beans	1/2 cup	45
Mixed vegetables, frozen, no sauce	1/2 cup	30
Mixed vegetables, canned	1/2 cup	120
Mushrooms, fresh	1/2 cup	0
Mushrooms, canned	1/2 cup	330
Onions	1/2 cup	5

Food Item	Amount	Sodium (mg)
		
Peas, frozen	1/2 cup	5
Pumpkin, canned	1/2 cup	5
Pumpkin pie filling, canned	1/2 cup	280
Radishes	1/2 cup	15
Sauerkraut	1/2 cup	780
Spinach, raw	1/2 cup	20
Spinach, frozen	1/2 cup	80
Spinach, canned	1/2 cup	210
Squash, summer or winter	1/2 cup	0
Sweet potatoes, fresh	1/2 cup	15
Sweet potatoes, candied, canned	1/2 cup	220
Tomatoes, fresh	1	5
Tomatoes, whole, canned	1/2 cup	195
Turnips, fresh	1/2 cup	40
Water chestnuts	1/2 cup	10
Zucchini	1/2 cup	0
Potatoes, fresh		
Baked or boiled, prepared		
without salt	1 med.	5
French fries	20	10
Hash browns	1/2 cup	5
Mashed, without salt	1/2 cup	20
Mashed, with salt	1/2 cup	310
Potatoes, frozen		
French fries, unsalted	10 pieces	70
Hash browns	1/2 cup	55
Tater tots	10	590
Potato mixes		
Au gratin	1/2 cup	600
Hashbrowns	1/2 cup	460
Mashed potatoes	1/2 cup	340
Scalloped potatoes	1/2 cup	460
Beans, Lentils, Peas		
Fresh		
Beans, cooked from dry	1/2 cup	5
Black-eyed peas, cooked	1/2 cup	5
Lentils, cooked	1/2 cup	0
Split peas, cooked	1/2 cup	0
Canned		
Baked beans, with meat	1/2 cup	555
Baked beans, without meat	1/2 cup	215
Beans, kidney or chili	1/2 cup	215
Black-eyed peas	1/2 cup	360
Refried beans	1/2 cup	535

Food Item	Amount	Sodium (mg)
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FAST FOOD

Arby's

Regular Roast Beef	1	1009
Potato Cakes	1 serving	397

Burger King

Hamburger	1	520
Cheeseburger	1	760
Whopper	1	900
Chicken Sandwich	1	765
Small French Fries	1 serving	550
Croissan'wich with sausage, egg, cheese	1	1120

Dairy Queen

Hamburger	1	630
Cheeseburger	1	850
Fish sandwich	1	875
French fries, medium	1 serving	630
Onion Rings	1 ring	180
DQ Sandwich	1	115
Heath Blizzard, medium	1	580
Mr. Misty, medium	1	30

Domino's Pizza

Cheese, Lg. Hand Tossed	1 slice	669
Deluxe, 16' diam.	1 slice	500



Kentucky Fried Chicken

Original Recipe Chicken		
Center breast	1	1116
Chicken sandwich	1	1213
Extra Crispy Chicken		
Center breast	1	930
Value BBQ Chicken Sandwich	1	290
Hot & Spicy Chicken		
Center breast	1	1110
Spicy Buffalo Strips	1	1110
Tender Roast Chicken		
Center breast without skin	1	797
Kentucky Nuggets	6	865
Mashed potatoes and gravy	1 serving	440
Buttermilk biscuit	1	560

Food Item	Amount	Sodium (mg)
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McDonald's

Hamburger	1	580
Cheeseburger	1	820
Quarter Pounder with cheese	1	1290
Grilled Chicken Deluxe	1	1040
Big Mac	1	1070
Chicken McNuggets	6	510
Filet-O-Fish	1	870
Garden Salad without dressing	1	20
Grilled Chicken Salad without dressing	1	240
Egg McMuffin	1	790

Subway (6 inch subs)

Subway Club	1	1352
Roast Beef	1	939
Roasted Chicken Breast	1	978
Meatball	1	1046

Taco Bell

Bean burrito	1	1100
Grilled Chicken soft taco	1	540
Grilled Steak soft taco	1	1020
Taco	1	330
Taco salad & salsa with shell	1	1780
Nachos Bellgrande	1 serving	1310

Wendy's

Hamburger with everything	1	920
Jr. Cheeseburger	1	830
Chicken Club Sandwich	1	970
Chili, small	1 serving	800
Grilled Chicken Caesar Salad	1	1170
Baked potato with broccoli & cheese	1	470
Baked potato with chili & cheese	1	770

