

## Sodium 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, vegetables are cooked from fresh, and 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 mg increment and may be averaged with similar foods in group.

<b>High Sodium (more than 300 mg)</b>		
<b>Food</b>	<b>Serving</b>	<b>mg</b>
Bacon	2 slices	300
Bagel, 4", egg,	1 each	450
Bagel, 4": plain, onion, or seeded	1 each	400
Barbeque 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
Beef, dried	1 oz.	790
Biscuit, 2 ½"	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
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
Veggie or soy patty	1 each	380

<b>Moderate Sodium (140 – 300 mg)</b>		
<b>Food</b>	<b>Serving</b>	<b>mg</b>
Asparagus, canned	4 spears	205
Beans, green or yellow, canned	½ cup	175
Bologna, pork and beef	1 oz.	210
Bread, pita, 4"	1 each	150
Bread, pumpernickel 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, fruited or plain	8 oz.	100-175

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<b>Low Sodium (less than 140 mg)</b>		
<b>Food</b>	<b>Serving</b>	<b>mg</b>
Beets, canned	½ cup	115
Bread, Italian	1 slice	120
Bread, wheat	1 slice	130
Butter, salted	1 tbsp.	80
Cereal, breakfast: corn, bran, or wheat	½ cup	100-150
Cheese, Swiss	1 oz.	55
Egg substitute, liquid	¼ cup	110
Egg, whole	1 large	70
Fish: Pollock, swordfish, perch, cod, halibut, roughly, 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 and fruited	8 oz.	100-175

<b>Very Low Sodium (less than 35 mg)</b>		
<b>Food</b>	<b>Serving</b>	<b>mg</b>
Apricots, canned	½ cup	5
Beans, white, canned	½ cup	10
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 w/ skin	1 medium	20
Rice, brown or wild	½ cup	5
Sherbet	½ cup	35
Soybeans	½ cup	15
Spinach, canned, drained	½ cup	30
Spinach, raw	1 cup	25
Tofu, firm	¼ cup	10
Wine, table, all types	5 oz.	10

<b>Sodium Free (less than 5 mg)</b>	
<b>Food</b>	<b>Serving</b>
Avocado	1 oz.
Beans: navy, black, pinto	½ cup
Fruit and juices not previously listed	1 piece or 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
Vegetables not previously listed	½ cup

Source: U.S. Department of Agriculture, Agricultural Research Service. 2007. USDA National Nutrient Database for Standard Reference, Release 20. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>; accessed April 4, 2008.

Source: Nutrition Data.com: Nutrition Facts and Information, <http://www.nutritiondata.com>; Accessed April 28, 2008.

KEY:	High Sodium = 300 mg or more per serving
	Low Sodium = 140 mg or less per serving
	Very Low Sodium = 35 mg sodium or less
	Sodium Free <5 mg sodium