

NUTRITION IN FOCUS



Sodium Content of Foods

Consuming no more than 2,400 milligrams (mg) of sodium per day means eating mostly fresh foods with very few processed, restaurant, and fast foods.

SAMPLE MENU

A balanced diet of mostly fresh foods, as shown below, has about 1,000 mg of sodium.
This diet does not include any added salt.

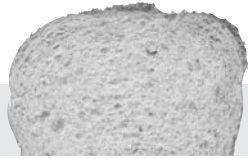
Foods	Serving Size	Avg. mg Sodium Per Serving	Servings Per Day	Total Sodium
Milk	1 cup	110 mg	2	220 mg
Fresh meat, poultry, or fish	3 oz.	60 mg	2	120 mg
Fresh vegetables	½ cup	20 mg	5	100 mg
Fruit	½ cup	2 mg	3	6 mg
Bread	1 slice	150 mg	3	450 mg
Grain—oats, rice, pasta, etc. (no salt added)	½ cup	4 mg	5	20 mg
Margarine, butter, or mayonnaise	1 tsp.	30 mg	3	90 mg

Total Sodium Per Day: 1,006 mg



SODIUM COUNTER FOR PROCESSED, RESTAURANT, AND FAST FOODS

Bread, Cereals



	mg sodium
biscuit (1 biscuit, 64 grams)	600
pancakes (3, 4 inches, 114 grams)	700
dry cereal (1 cup, 28 grams)	200
spoon-sized shredded wheat (1 cup, 49 grams)	0
instant hot cereal, plain (1 pkg., 43 grams)	200
bagel (1 medium plain bagel, 4 inches, 105 grams)	561
corn tortilla (1, 6 inches, 24 grams)	40
flour tortilla (1, 6 inches, 30 grams)	200
salted crackers (5, 15 grams)	180

Entrées



	mg sodium
Healthy Choice Chicken Teriyaki	500
Stouffer's French Bread Pepperoni Pizza (1 piece)	930
frozen chicken pot pie (234 grams)	890
canned chili with beans (1 cup)	1,340
boxed macaroni and cheese (1 cup)	600

Beverages



	mg sodium
V8 juice (8 ounces)	420
buttermilk (1 cup)	257
soda (12 ounces)	25
diet soda with aspartame (12 ounces)	21
club soda (12 ounces)	75
mineral water (12 ounces)	3
sports drinks (20 ounces)	270

Convenience Foods



	mg sodium
stuffing mix, prepared (½ cup)	525
flavored rice mixes (1 cup)	1,300
Lunchables with ham and cheese	850
chicken noodle soup, canned (1 cup)	1,780
canned corn (½ cup)	360
Chicken Top Ramen (1 pkg.)	1,820
baking soda (1 tsp.)	1,200
baking powder (1 tsp.)	480
Cup Noodles (one 3-ounce container)	1,100

Cheese



	mg sodium
American (1 slice)	270
mozzarella (1 ounce)	190
cheddar (1 ounce)	180
cottage cheese (½ cup)	440
cream cheese (2 Tbsp.)	125
Cotija (1 ounce)	435
parmesan (2 Tbsp.)	255

Desserts and Snack Foods



	mg sodium
cake (1 slice, 64 grams)	215
cookies (3 small)	125
glazed donut (1)	200
pie (⅛ of pie)	400
vanilla ice cream (½ cup)	60
chips (1 ounce)	180
pretzels (1 ounce)	500
salted nuts (1 ounce)	115
rice cake (1)	15
instant pudding (½ cup)	415

Meat Products



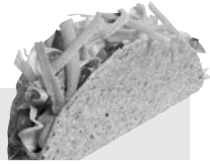
	mg sodium
tuna (2 ounces)	180
bacon (1 slice)	160
lunch meat (1 slice)	335
pork link (1)	200
hot dog (1)	510

Condiments



	mg sodium
table salt (¼ tsp.)	580
mustard (1 tsp.)	57
ketchup (1 Tbsp.)	170
soy sauce (1 Tbsp.)	1,000
light soy sauce (1 Tbsp.)	505
teriyaki sauce (1 Tbsp.)	450
Tabasco sauce (1 tsp.)	35
Tapatio (1 tsp.)	110
bottled salsa (¼ cup)	300
salad dressing (2 Tbsp.)	300
dill pickle (1 large)	1,000
black olives (4)	115
Knorr Chicken Bouillon (1 cube)	2,480
lemon pepper (1 tsp.)	2,300
spaghetti sauce (½ cup)	475

Restaurant and Fast Foods



	mg sodium
orange chicken dinner with chow mein (2 entrées)	2,340
cheese pizza (¼ of 12 inches)	1,275
hamburger (1)	650
2 soft beef tacos	1,120
6-inch turkey sub sandwich	920

- Read the Nutrition Facts on a food label for mg of sodium.
- Your taste buds will adapt to a lower sodium intake in 3 to 4 weeks.
- Remember, your sodium allowance is 2,400 mg per day.