

## Sodium Content of Foods List

### Dairy

Food	Portion	Sodium Content (mg)
Cheese, American	1 oz	406
Cheese, Feta	1 oz	316
Cheese, Gouda	1 oz	232
Cheese, Mozzarella	1 oz	119
Cheese, Parmesan	1 oz	491
Cheese, Provolone	1 oz	248
Cheese, Swiss	1 oz	74
Cottage cheese, regular and low fat	½ cup	457
Instant pudding, chocolate	½ cup	470
Instant pudding, vanilla	½ cup	400
Milk, whole and low fat	1 cup	122
Milk, sweetened condensed	1 cup	389
Milk, chocolate	1 cup	149

### Protein

Food	Portion	Sodium Content (mg)
Egg	1 whole	59
Fish, flounder	3 oz	201
Fish, salmon, canned	3 oz	443
Fish, smoked herring	3 oz	5,234
Fish, tuna, canned	3 oz	296
Meat, bacon	2 slices	274
Meat, beef, lean	3 oz	55
Meat, chipped beef	3 oz	3,657
Meat, ham	3 oz	1,114
Poultry, chicken breast	3 oz	69
Poultry, turkey breast	3 oz	182
Sausage, bologna	3 oz	849
Sausage, salami	3 oz	903
Shellfish, crab, canned	3 oz	425
Shellfish, lobster	3 oz	212
Shellfish, mussels	3 oz	243
Shellfish, oysters	3 oz	323
Shellfish, scallops	3 oz	225
Shellfish, shrimp	3 oz	137

## Grains

Food	Portion	Sodium Content (mg)
Bread, pumpernickel	1 slice	182
Bread, white	1 slice	114
Bread, whole wheat	1 slice	132
Cereal, Raisin Bran®	1 cup	418
Cereal, Cheerios®	1 cup	243
Cereal, Corn Flakes®	1 cup	256
Cereal, Rice Krispies®	1 cup	340
Cereal, Special K®	1 cup	212
Cereal, Total®	1 cup	359
Cereal, Wheaties®	1 cup	355
English Muffin	1 medium	293
Oatmeal, instant	¾ cup	283
Pancake mix	1 cup	2,036
Rice, brown	1 cup	10
Snacks, corn chips	1 cup	231
Snacks, potato chips	10 chips	200
Stuffing mix	1 cup	1,131

## Soups

Food	Portion	Sodium Content (mg)
Beef broth	1 cup	1,152
Chicken noodle	1 cup	1,107
Manhattan clam chowder	1 cup	1,808
New England clam chowder	1 cup	914
Minestrone	1 cup	911
Mushroom	1 cup	1,031
Tomato	1 cup	872
Vegetable	1 cup	823

## Legumes and nuts

Food	Portion	Sodium Content (mg)
Almonds, salted	½ cup	155
Beans, baked	1 cup	606
Beans, canned (average of all types)	1 cup	844
Cashews, salted	½ cup	600
Peanuts, salted	½ cup	493
Peanut butter	1 tablespoon	81

## Condiments

Food	Portion	Sodium Content (mg)
Baking powder	1 teaspoon	339
Baking soda	1 teaspoon	821
Ketchup	1 tablespoon	156
Salt	1 teaspoon	2,400
Pickle, dill	1 pickle	928
Sauce, BBQ	1 tablespoon	130
Sauce, soy	1 tablespoon	1,029