

HIGH SODIUM

1 PAGE

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High Sodium Food Chart

Condiments

	Serving	Content (mg)
Baking Powder	4 wt	11,000
Baking Soda	1 tsp	1,275
Bonito Flakes	4 wt	14,000
Chili Powder	4 wt	1,375
Garlic	4 wt	957
Hois	1 tsp	1,207
Mustard (prepared yellow)	4 wt	1,254
Pickles (dill)	4 wt	1,418
Pork (cured ham)	3 wt	1,818
Salad Dressing	4 wt	700-1,300
Salt (table)	1 tsp	1,200
Soy Sauce (unsalted)	1 tsp	1,200
Tomato Ketchup	4 wt	1,041
Tomato Sauce (unsalted)	1 tsp	1,481

Meats

	Serving	Content (mg)
Bacon (cured)	4 wt	1,000
Bacon (cured)	4 wt	1,001
Beef (dried)	4 wt	4,300
Beef (cured)	4 wt	1,740
Beef (cured)	1 wt	984
Beef (dried, cured)	1 tsp	947
Chicken Fillet Sandwich	1 pc	907
Chicken Pot Pie	1 small pc	837
Pasta Sauce	1 cup	1,000
Pork (cured ham)	4 wt	1,000
Sausage (bologna)	4 wt	1,000

Seafoods

	Serving	Content (mg)
Crabmeat (canned)	4 wt	1,000
Flakefish	1 cup	814
Tuna in Oil	4 wt	800

Snacks

	Serving	Content (mg)
Biscuits (egg & sausage)	1 pc	1,341
Cereal (commercial)	4 wt	700-1,300
Cereal (whole wheat flakes)	4 wt	1,000
Cheddarburger	1 pc	830
Cheddarburger (large)	1 pc	1,105
Chili Con Carne	1 cup	1,007
Chili Con Carne (beans)	1 cup	1,031
Crackers (salted)	4 wt	1,100
Fish Sandwich	1 pc	919
Hotdog (w/ cheese)	4-5 pcs	835
Macaroni & Cheese	1 cup	1,055
Pancakes (butter & syrup)	2 pcs	1,304
Pasta w/ Meatballs	1 cup	1,053
Peppermint (salted w/ oil)	4 wt	1,340
Potato Chips	4 wt	up to 1000
Pretzels	10 pcs	1,019
Saltwater Sandwich	1 pc 6" roll	1,631

Fruits

	Serving	Content (mg)
Olives (green)	4 wt	1,400

Vegetables

	Serving	Content (mg)
Cheddar (commercial)	4 wt	1,341

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Padhraic Smyth



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