

HIGH SODIUM

1 PAGE

8.5 x 11 inches

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High Sodium Food Chart

Condiments

	Serving	Content (mg)
• Baking Powder	4 cc	11,000
• Baking Soda	1 tsp	1,200
• Bouillon Cubes	4 cc	24,000
• Chili Powder	4 cc	1,374
• Margarine	4 cc	987
• Flax	1 tsp	2,200
• Mustard (prepared yellow)	4 cc	1,251
• Pickles (dill)	4 cc	1,413
• Pork (cured ham)	3 cc	1,818
• Salad Dressing	4 cc	700-1,300
• Salt (table)	1 tsp	1,200
• Saccharin (granul)	1 tsp	1,260
• Tomato Ketchup	4 cc	1,042
• Tomato Sauce (canned)	1 cup	1,482

Meats

	Serving	Content (mg)
• Bacon (candied)	4 cc	1300
• Bacon (cured)	4 cc	1,001
• Beef (dried)	4 cc	4,300
• Beef (cured)	4 cc	1,740
• Beef (cured)	1 cc	984
• Beef (cru, cured)	1 cup	947
• Chicken Fillet Sandwich	1 pc	957
• Chicken Pot Pie	1 small pc	807
• Pasta Sauce	1 cup	1,800
• Pork (canned ham)	4 cc	1,300
• Sausage (bulk)	4 cc	1,300

Seafoods

	Serving	Content (mg)
• Crabmeat (canned)	4 cc	1,000
• Fish Oil	1 tsp	824
• Tuna in Oil	4 cc	500

Sauces

	Serving	Content (mg)
• Barbecue (egg & onion)	1 pc	1,141
• Cereal (commercial)	4 cc	700-1,300
• Cereal (wheat flakes)	4 cc	1,000
• Cheeseburger	1 pc	891
• Cheeseburger (large)	1 pc	1,108
• Chili Con Carne	1 cup	1,000
• Chili Con Carne (lean)	1 cup	1,031
• Crackers (salted)	4 cc	1,100
• Fish Sandwich	1 pc	909
• Noodles (w/ cheese)	4-8 pcs	800
• Pancakes & Syrup	1 cup	1,058
• Pancakes (butter & syrup)	1 pc	1,304
• Pasta w/ Meatballs	1 cup	1,053
• Peppers (salted w/ oil)	4 cc	1,940
• Potato Chips	4 cc	up to 1000
• Pretzels	50 pcs	1,019
• Salami Sandwich	1 pc 6" roll	1,031

Fruits

	Serving	Content (mg)
• Olives (green)	4 cc	1,400

Desserts

	Serving	Content (mg)
• Claret (jammin)	4 cc	1,342

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Rose Arny



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