

HIGH SODIUM

1 PAGE

8.5 x 11 inches

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High Sodium Food Chart

Condiments

	Serving	Content (mg)
Baking Powder	4 oz	11,000
Baking Soda	1 tsp	1,200
Bouillon Cubes	4 oz	24,000
Chili Powder	4 oz	1,374
Garlic	4 oz	987
Flax	1 cup	2,507
Mustard (prepared yellow)	4 oz	1,254
Pickles (dill)	4 oz	1,413
Pork (cured ham)	3 oz	1,313
Salad Dressing	4 oz	700-1,300
Salt (table)	1 tsp	1,200
Soy Sauce (unsalted)	1 cup	1,360
Tomato Ketchup	4 oz	1,041
Tomato Sauce (unsalted)	1 cup	1,482

Meats

	Serving	Content (mg)
Bacon (Canadian)	4 oz	1,300
Bacon (cured)	4 oz	1,031
Beef (dried)	4 oz	4,300
Beef (cured)	4 oz	1,740
Beef (cured)	1 oz	884
Beef (dried, cured)	1 cup	947
Chicken Fillet Sandwich	1 pc	957
Chicken Pot Pie	1 small pc	807
Pasta Sauce	1 cup	1,000
Pork (cured ham)	4 oz	1,300
Sausage (bologna)	4 oz	1,300

Seafoods

	Serving	Content (mg)
Crabmeat (canned)	4 oz	1,000
Fish	1 cup	814
Tuna in Oil	4 oz	500

Snacks

	Serving	Content (mg)
Biscuit (egg & sausage)	1 pc	1,141
Cereal (commercial)	4 oz	700-1,300
Cereal (wheat flakes)	4 oz	1,000
Chorizo	1 pc	891
Chorizo (large)	1 pc	1,108
Chili Con Carne	1 cup	1,007
Chili Con Carne (lean)	1 cup	1,031
Cookies (salted)	4 oz	1,100
Fish Sandwich	1 pc	909
Hotdog (w/ cheese)	4-5 pcs	891
Macaroni & Cheese	1 cup	1,058
Pancakes (butter & syrup)	1 pc	1,104
Pasta w/ Meatballs	1 cup	1,053
Paprika (salted w/ oil)	4 oz	1,940
Potato Chips	4 oz	up to 1000
Protein	50 pcs	1,019
Schmear Sandwich	1 pc 6" roll	1,634

Fruits

	Serving	Content (mg)
Olives (green)	4 oz	1,600

Vegetables

	Serving	Content (mg)
Cheddar (grated)	4 oz	1,342

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