

HOW MUCH SODIUM DO FOODS CONTAIN?

Most of the sodium in our diet (approx. 75%) comes from processed foods. A preference for salty foods is acquired through frequent exposure and not an inborn taste preference. Sodium was used to preserve foods and the use for flavor was secondary.

A little salt goes a long way:

1/4 tsp. salt	= 500 mg sodium
1/2 tsp. salt	= 1000 mg sodium
3/4 salt	= 1500 mg sodium
1 tsp. salt	= 2000 mg sodium
1 tsp. baking soda	= 820 mg sodium
1 tsp. baking powder	= 340 mg sodium
1 tsp. MSG	= 650 mg sodium

The American Heart Association recommends an intake no more than 2400 mg sodium for the healthy individual. If you have hypertension or congestive heart failure you may need to use even less.

How much sodium does our body require? Health Canada indicates our daily sodium requirement is 4 mg sodium per pound of weight, which is 10 times less than the amount the average Canadian takes daily.

Lets look at the sodium content of popular foods by each food group.

MILK PRODUCTS

Try	Instead of
Skim Milk- 1 Cup = 133 mg sodium Skim Milk- 1 Cup = 133 mg sodium	Buttermilk- 1 Cup = 272 mg sodium Chocolate milkshake- 10 oz = 317 mg sodium
Hot cocoa- 1 Cup = 135 mg sodium	Malted milk- 1 Cup= 223 mg sodium
Yogurt- 1 Cup = 114 mg sodium	Vanilla instant pudding 1/2 Cup = 429 mg sodium
Ricotta cheese- 1/2 Cup = 105 mg sodium Cheddar cheese- 1 oz = 198 mg	Cottage cheese 1/2 Cup = 483 mg sodium Process cheese slice- 2 = 587 mg sodium
All processed cheese products are higher in sodium than regular cheese.	
Frozen yogurt- 3 oz = 40 mg sodium Whole milk- 1 Cup = 126 mg sodium 2 % milk- 1 Cup = 129 mg sodium Skim milk- 1 Cup = 133 mg sodium	

VEGETABLES AND FRUITS

All fruit fresh, frozen, or canned are low in sodium.
Use fresh, frozen or canned vegetables without salt.

Try	Instead of
Beets- fresh- 1/2 Cup = 37 mg sodium	Beets- canned- 1/2 Cup = 240 mg sodium
Corn- frozen- 1/2 Cup = 3 mg sodium	Corn- canned- 1/2 Cup = 200 mg sodium
Peas- frozen- 1/2 Cup = 70 mg sodium	Peas- canned- 1/2 Cup = 250 mg sodium
Peas- fresh- 1/2 Cup = 2 mg sodium	Peas- canned- 1/2 Cup = 250 mg sodium
Tomato- 1 raw = 14 mg sodium	Tomato sauce- 1 Cup = 1500 mg sodium
Tomato paste- 1 Cup = 77 mg sodium	Tomato sauce- 1 Cup = 1500 mg sodium
Fruit juice- 1 Cup = 1 mg sodium	Tomato juice- 1 Cup = 880 mg sodium
Potato- boiled 1 = 7 mg sodium	Potato- instant- 1/2 Cup = 368 mg sodium

GRAINS

Try	Instead of
Oatmeal- cooked without salt- 1 Cup = 1 mg sodium	Oatmeal- cooked with salt = 412 mg sodium
Oatmeal quick cooking- 1 Cup = 3 mg sodium	Instant oatmeal- 1 pouch = 224 mg sodium
Bread- 1 slice = 114 mg sodium	Tea biscuit = 300 mg
Pancake 4" = 200 mg sodium	Waffle 7" = 515 mg sodium
Crackers unsalted- 5 = 120 mg sodium	Crackers- salted 5 = 210 mg sodium
Unsalted rice- 1 Cup = 5 mg sodium	Rice- fried chinese- 1 Cup = 400 mg sodium
Unsalted rice- 1 Cup = 5 mg sodium	Rice- flavored- 1 Cup = 1000 mg sodium
Pasta- unsalted- 1 Cup = 2 mg sodium	Campbell's beef noodles- 1 pkg.- = 1010 mg sodium
Homemade Minestrone 1 1/4 Cup = 337 mg sodium	Canned Minestrone = 1215 mg sodium

MEATS AND ALTERNATIVES

Try	Instead of
Pork loin roast- 3 1/2 oz = 65 mg sodium	Ham- 3 oz = 1114 mg sodium
Beef steak- 3 oz = 60 mg sodium	Weiner- 1 = 627 mg sodium
Baked haddock- 3 oz = 74 mg sodium	Fish triangle- 1 = 485 mg sodium
Unsalted tuna- 3 oz = 43 mg sodium	Imitation crab leg- 3 oz = 715 mg sodium
Baked halibut- 3 oz = 87 mg sodium	Salt cod- 1 piece = 4657 mg sodium
Roasted chicken- 3 1/2 oz = 69 mg sodium	Original recipe chicken- 3 1/2 oz = 672 mg sodium
Unsalted peanut butter 2 Tbsp = 2 mg sodium	Salted peanut butter 2 Tbsp= 120 mg sodium
<p>Other meats which are high in salt: Corned beef- 2 slices = 830 mg sodium Bologna- 2 slices = 413 mg sodium Bacon, back- 2 slices = 719 mg sodium Bacon, side- 2 slices = 505 mg sodium Salami- 2 slices = 523 mg sodium</p> <p>The more highly processed the higher is the sodium content of the food.</p>	

FATS AND OILS

Try	Instead of
Oil & vinegar- homemade- 1 T = 0 mg sodium	Commercial vinaigrette = 216 mg sodium
Ranch- low fat- 1 T = 109 mg sodium	Italian- 1 T = 235 mg sodium
<p>Check the label and compare salad dressings</p>	

SNACK FOODS

Try	Instead of
Popcorn- unsalted- 1 Cup = Trace	Popcorn- salted = 175 mg sodium
Unsalted peanuts- 1 Cup = 7 mg sodium	Peanuts- salted- 1 Cup = 986 mg sodium Peanuts- dry roasted- 1 Cup = 602 mg sodium
Tortilla chips- 10 = 95 mg sodium	Potato chips- 18 = 180 mg sodium Baked potato chips- 18 = 245 mg sodium
Corn based puffs- 1 Cup = 388 mg sodium Trail mix- 1 Cup = 343 mg sodium	
Apple- 1 = 2 mg sodium	Snack pie = 450-500 mg sodium

CONDIMENTS

Try	Instead of
Cucumber- 1 whole = 2 mg sodium	Dill pickle- 1 = 833 mg sodium Sweet pickle = 329 mg sodium Chow- sour = 1605 mg sodium
Ripe olive (mission)- 1 = 35 mg sodium	Pickle green olive- 1 = 92 mg sodium
	Shake & bake- 1/2 Cup = 1979 mg sodium Salt- 1 tsp. = 2373 mg sodium Mustard- 1 Tbsp. = 200 mg sodium Sweet pickle relish- 1 Tbsp. = 123 mg sodium Soy sauce- 1 Tbsp. = 1044 mg sodium Teriyaki- 1 Tbsp. = 700 mg sodium
Salsa- 1 Tbsp. = 43 mg sodium Vinegar- 1 Tbsp. = 0 mg sodium	Salsa- 1/2 Cup = 344 mg sodium Catsup- 1 Tbsp. = 156 mg sodium

The bottom line is to read all labels and when in doubt check with a dietitian or contact the manufacturer for sodium content.

- Choose fresh, frozen or canned foods without added salts.
- Choose unsalted meats, dried peas, beans and lentils.
- Avoid adding salt and canned vegetables and canned or dried soups to home made dishes.
- Select homemade soups or sodium reduced.
- When dining out be specific about what you want and how you want it prepared. Request your dish be prepared without salt.
- Learn to use spices and herbs to enhance the taste of your food.

Are Fast Food Products High in Salt?

Bacon cheese burger = 660 mg sodium

Egg, cheese sausage sandwich = 1135 mg sodium

Nachos/cheese- 6-8 = 816 mg sodium

Burger King double cheese burger = 851 mg sodium

Big Mac = 950 mg sodium

Wendy's Big Classic = 1370 mg sodium

Personal Pan Pizza = 1335 mg sodium

Kentucky Fried Chicken- 1 breast = 735 mg sodium

Chicken nuggets- 1 = 140 mg sodium

Black Forest Ham & Swiss sandwich = 1480 mg sodium

Raisin Bran Muffin = 633 mg sodium

Most fast food restaurants have a nutrient analysis of their products. Ask to see it!