

# Sodium (Salt) Content of Common Foods

*provided by USDA*

Food	Serving	Sodium/mg
Alcoholic beverage, beer, light	12 fl oz	14
Alcoholic beverage, beer, regular, all	12 fl oz	14
Alcoholic beverage, daiquiri, prepared-from-recipe	2 fl oz	3
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	1.5 fl oz	0
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	1.5 fl oz	0
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	1.5 fl oz	0
Alcoholic beverage, liqueur, coffee, 53 proof	1.5 fl oz	4
Alcoholic beverage, pina colada, prepared-from-recipe	4.5 fl oz	8
Alcoholic beverage, wine, dessert, dry	3.5 fl oz	9
Alcoholic beverage, wine, dessert, sweet	3.5 fl oz	9
Alcoholic beverage, wine, table, red	3.5 fl oz	4
Alcoholic beverage, wine, table, white	3.5 fl oz	5
Alfalfa seeds, sprouted, raw	1 cup	2
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	1 cup	7
Apples, dried, sulfured, uncooked	5 rings	28
Apples, raw, with skin	1 apple	1
Apples, raw, without skin	1 cup	0
Applesauce, canned, sweetened, without salt	1 cup	8
Applesauce, canned, unsweetened, without added ascorbic acid	1 cup	5
Apricot nectar, canned, with added ascorbic acid	1 cup	8
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1 cup	10
Apricots, canned, juice pack, with skin, solids and liquids	1 cup	10
Apricots, dried, sulfured, uncooked	10 halves	4
Apricots, raw	1 apricot	0
Artichokes, (globe or french), cooked, boiled, drained, without salt	1 cup	160
Artichokes, (globe or french), cooked, boiled, drained, without salt	1 medium	114
Asparagus, canned, drained solids	4 spears	207
Asparagus, cooked, boiled, drained	4 spears	8
Asparagus, frozen, cooked, boiled, drained, without salt	1 cup	5
Asparagus, frozen, cooked, boiled, drained, without salt	4 spears	2
Avocados, raw, California	1 oz	2
Avocados, raw, Florida	1 oz	1
Bagels, cinnamon-raisin	3-1/2" bagel	229
Bagels, cinnamon-raisin	4" bagel	287
Bagels, egg	3-1/2" bagel	359
Bagels, egg	4" bagel	449
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	3-1/2" bagel	318
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	4" bagel	399
Baking chocolate, unsweetened, liquid	1 oz	3
Baking chocolate, unsweetened, squares	1 square	7
Bamboo shoots, canned, drained solids	1 cup	9
Bananas, raw	1 banana	1
Bananas, raw	1 cup	2
Barley, pearled, cooked	1 cup	5
Barley, pearled, raw	1 cup	18
Beans, baked, canned, plain or vegetarian	1 cup	856

# Sodium (Salt) Content of Common Foods

provided by USDA

Food	Serving	Sodium/mg
Beans, baked, canned, with franks	1 cup	1114
Beans, baked, canned, with pork and sweet sauce	1 cup	845
Beans, baked, canned, with pork and tomato sauce	1 cup	1106
Beans, black, mature seeds, cooked, boiled, without salt	1 cup	2
Beans, great northern, mature seeds, cooked, boiled, without salt	1 cup	4
Beans, kidney, red, mature seeds, canned	1 cup	873
Beans, kidney, red, mature seeds, cooked, boiled, without salt	1 cup	4
Beans, navy, mature seeds, cooked, boiled, without salt	1 cup	0
Beans, pinto, mature seeds, cooked, boiled, without salt	1 cup	2
Beans, snap, green, canned, regular pack, drained solids	1 cup	354
Beans, snap, green, cooked, boiled, drained, without salt	1 cup	1
Beans, snap, green, frozen, cooked, boiled, drained without salt	1 cup	12
Beans, snap, yellow, canned, regular pack, drained solids	1 cup	339
Beans, snap, yellow, cooked, boiled, drained, without salt	1 cup	4
Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	1 cup	12
Beans, white, mature seeds, canned	1 cup	13
Beef stew, canned entree	1 cup	947
Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	3 oz	60
Beef, cured, corned beef, canned	3 oz	856
Beef, cured, dried	1 oz	791
Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	3 oz	66
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	3 oz	64
Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	3 oz	61
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	3 oz	54
Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	3 oz	61
Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	3 oz	37
Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	3 oz	38
Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	3 oz	31
Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	3 oz	32
Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3 oz	48
Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	3 oz	52
Beef, variety meats and by-products, liver, cooked, pan-fried	3 oz	65
Beet greens, cooked, boiled, drained, without salt	1 cup	347
Beets, canned, drained solids	1 beet	47
Beets, canned, drained solids	1 cup	330
Beets, cooked, boiled, drained	1 cup	131
Beets, cooked, boiled, drained	1 beet	39
Biscuits, plain or buttermilk, prepared from recipe	2-1/2" biscuit	348
Biscuits, plain or buttermilk, prepared from recipe	4" biscuit	586
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	2-1/2" biscuit	325
Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	2-1/4" biscuit	305
Blackberries, raw	1 cup	1
Blueberries, frozen, sweetened	1 cup	2

# Sodium (Salt) Content of Common Foods

provided by USDA

Food	Serving	Sodium/mg
Blueberries, raw	1 cup	1
Bologna, beef and pork	2 slices	417
Braunschweiger (a liver sausage), pork	2 slices	658
Bread crumbs, dry, grated, plain	1 oz	208
Bread crumbs, dry, grated, seasoned	1 cup	2111
Bread stuffing, bread, dry mix, prepared	1/2 cup	543
Bread, banana, prepared from recipe, made with margarine	1 slice	181
Bread, cornbread, dry mix, prepared	1 piece	467
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1 piece	428
Bread, cracked-wheat	1 slice	135
Bread, egg	1/2" slice	197
Bread, french or vienna (includes sourdough)	1/2" slice	152
Bread, Indian, fry, made with lard (Navajo)	5" bread	296
Bread, Indian, fry, made with lard (Navajo)	10-1/2" bread	526
Bread, italian	1 slice	117
Bread, mixed-grain (includes whole-grain, 7-grain)	1 slice	127
Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	1 slice	127
Bread, oatmeal	1 slice	162
Bread, oatmeal, toasted	1 slice	163
Bread, pita, white, enriched	4" pita	150
Bread, pita, white, enriched	6-1/2" pita	322
Bread, pumpernickel	1 slice	215
Bread, pumpernickel, toasted	1 slice	214
Bread, raisin, enriched	1 slice	101
Bread, raisin, toasted, enriched	1 slice	102
Bread, reduced-calorie, rye	1 slice	93
Bread, reduced-calorie, wheat	1 slice	118
Bread, reduced-calorie, white	1 slice	104
Bread, rye	1 slice	211
Bread, rye, toasted	1 slice	174
Bread, wheat (includes wheat berry)	1 slice	133
Bread, wheat, toasted (includes wheat berry)	1 slice	132
Bread, white, commercially prepared (includes soft bread crumbs)	1 cup	306
Bread, white, commercially prepared (includes soft bread crumbs)	1 slice	170
Bread, white, commercially prepared, toasted	1 slice	130
Bread, whole-wheat, commercially prepared	1 slice	148
Bread, whole-wheat, commercially prepared, toasted	1 slice	148
Breakfast items, french toast with butter	2 slices	513
Broccoli, cooked, boiled, drained, without salt	1 cup	64
Broccoli, cooked, boiled, drained, without salt	1 spear	15
Broccoli, flower clusters, raw	1 floweret	3
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1 cup	20
Broccoli, raw	1 spear	10
Broccoli, raw	1 cup	29
Brussels sprouts, cooked, boiled, drained, without salt	1 cup	33
Brussels sprouts, frozen, cooked, boiled, drained, without salt	1 cup	23
Buckwheat flour, whole-groat	1 cup	13
Buckwheat groats, roasted, cooked	1 cup	7

# Sodium (Salt) Content of Common Foods

provided by USDA

Food	Serving	Sodium/mg
Bulgur, cooked	1 cup	9
Bulgur, dry	1 cup	24
Butter, salted	1 tbsp	82
Butter, without salt	1 tbsp	2
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1 cup	58
Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	1 cup	11
Cabbage, cooked, boiled, drained, without salt	1 cup	12
Cabbage, raw	1 cup	13
Cabbage, red, raw	1 cup	19
Cabbage, savoy, raw	1 cup	20
Cake, angelfood, commercially prepared	1 piece	210
Cake, angelfood, dry mix, prepared	1 piece	255
Cake, boston cream pie, commercially prepared	1 piece	132
Cake, chocolate, commercially prepared with chocolate frosting	1 piece	214
Cake, chocolate, prepared from recipe without frosting	1 piece	299
Cake, fruitcake, commercially prepared	1 piece	116
Cake, gingerbread, prepared from recipe	1 piece	242
Cake, pineapple upside-down, prepared from recipe	1 piece	367
Cake, pound, commercially prepared, butter	1 piece	111
Cake, pound, commercially prepared, fat-free	1 slice	95
Cake, shortcake, biscuit-type, prepared from recipe	1 shortcake	329
Cake, snack cakes, creme-filled, chocolate with frosting	1 cupcake	213
Cake, snack cakes, creme-filled, sponge	1 cake	155
Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	1 cupcake	178
Cake, sponge, commercially prepared	1 shortcake	73
Cake, sponge, prepared from recipe	1 piece	144
Cake, white, prepared from recipe with coconut frosting	1 piece	318
Cake, white, prepared from recipe without frosting	1 piece	242
Cake, yellow, commercially prepared, with chocolate frosting	1 piece	216
Cake, yellow, commercially prepared, with vanilla frosting	1 piece	220
Candies, caramels	1 piece	25
Candies, caramels, chocolate-flavor roll	1 piece	3
Candies, carob	1 oz	30
Candies, fudge, chocolate, prepared-from-recipe	1 piece	8
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1 piece	8
Candies, fudge, vanilla with nuts	1 piece	7
Candies, fudge, vanilla, prepared-from-recipe	1 piece	8
Candies, gumdrops, starch jelly pieces	1 medium	2
Candies, gumdrops, starch jelly pieces	10 bears	10
Candies, gumdrops, starch jelly pieces	10 worms	33
Candies, hard	1 piece	2
Candies, hard	1 small piece	1
Candies, jellybeans	10 large	14
Candies, KIT KAT Wafer Bar	1 bar (1.5 oz)	23
Candies, M&M MARS, "M&M's" Milk Chocolate Candies	10 pieces	4
Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	10 pieces	10
Candies, M&M MARS, MARS MILKY WAY Bar	1 bar (2.15 oz)	146
Candies, M&M MARS, MARS MILKY WAY Bar	1 fun size bar	43

# Sodium (Salt) Content of Common Foods

*provided by USDA*

Food	Serving	Sodium/mg
Candies, M&M MARS, SNICKERS Bar	1 bar (2 oz)	130
Candies, M&M MARS, STARBURST Fruit Chews	1 piece	3
Candies, marshmallows	1 cup	40
Candies, milk chocolate	1 bar (1.55 oz)	35
Candies, milk chocolate coated peanuts	10 pieces	16
Candies, milk chocolate coated raisins	10 pieces	4
Candies, milk chocolate, with almonds	1 bar (1.45 oz)	30
Candies, MR. GOODBAR Chocolate Bar	1 bar (1.75 oz)	20
Candies, NESTLE, BUTTERFINGER Bar	1 fun size bar	15
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1 bar (1.55 oz)	59
Candies, REESE'S Peanut Butter Cups	1 package (contains 2)	141
Candies, semisweet chocolate	1 cup	18
Candies, SPECIAL DARK Chocolate Bar	1 miniature	1
Candies, white chocolate	1 cup	153
Carambola, (starfruit), raw	1 fruit	2
Carambola, (starfruit), raw	1 cup	2
Carbonated beverage, club soda	12 fl oz	75
Carbonated beverage, cola, contains caffeine	12 fl oz	15
Carbonated beverage, ginger ale	12 fl oz	26
Carbonated beverage, grape soda	12 fl oz	56
Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	12 fl oz	28
Carbonated beverage, low calorie, other than cola or pepper, without caffeine	12 fl oz	21
Carbonated beverage, orange	12 fl oz	45
Carbonated beverage, pepper-type, contains caffeine	12 fl oz	37
Carbonated beverage, root beer	12 fl oz	48
Carbonated beverage, SPRITE, lemon-lime, without caffeine	12 fl oz	33
Carob flour	1 tbsp	3
Carrot juice, canned	1 cup	68
Carrots, baby, raw	1 medium	8
Carrots, canned, regular pack, drained solids	1 cup	353
Carrots, cooked, boiled, drained, without salt	1 cup	90
Carrots, frozen, cooked, boiled, drained, without salt	1 cup	86
Carrots, raw	1 carrot	50
Carrots, raw	1 cup	76
Catsup	1 packet	67
Catsup	1 tbsp	167
Cauliflower, cooked, boiled, drained, without salt	1 cup	19
Cauliflower, cooked, boiled, drained, without salt	3 flowerets	8
Cauliflower, frozen, cooked, boiled, drained, without salt	1 cup	32
Cauliflower, raw	1 cup	30
Cauliflower, raw	1 floweret	4
Celery, cooked, boiled, drained, without salt	1 cup	137
Celery, cooked, boiled, drained, without salt	1 stalk	34
Celery, raw	1 cup	96
Celery, raw	1 stalk	32
Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	3/4 cup	120

# Sodium (Salt) Content of Common Foods

provided by USDA

Food	Serving	Sodium/mg
Cereals ready-to-eat, GENERAL MILLS, BASIC 4	1 cup	316
Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	3/4 cup	178
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	1 cup	213
Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	3/4 cup	206
Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	1 cup	171
Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	1 cup	288
Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	3/4 cup	204
Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	3/4 cup	269
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	1 cup	269
Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	3/4 cup	224
Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	1 cup	249
Cereals ready-to-eat, GENERAL MILLS, KIX	1-1/3 cup	267
Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	1 cup	203
Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	1 cup	250
Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	3/4 cup	167
Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	1-1/4 cup	292
Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	1-1/3 cup	209
Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	1 cup	239
Cereals ready-to-eat, GENERAL MILLS, TRIX	1 cup	194
Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	1 cup	267
Cereals ready-to-eat, GENERAL MILLS, WHEATIES	1 cup	218
Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	3/4 cup	192
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	1/2 cup	73
Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	1 cup	143
Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	3/4 cup	197
Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	3/4 cup	207
Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	1 cup	202
Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	1 cup	120
Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	1 cup	222
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	1 cup	150
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	3/4 cup	148
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	1 cup	4
Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	1 cup	207
Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	1 cup	362
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	1-1/4 cup	314
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	3/4 cup	189
Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	3/4 cup	50
Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	1 cup	224
Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	1 cup	5
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	3/4 cup	202
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	3/4 cup	182
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	3/4 cup	187
Cereals ready-to-eat, QUAKER, Honey Nut Heaven	1 cup	216
Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	1/2 cup	119

# Sodium (Salt) Content of Common Foods

provided by USDA

Food	Serving	Sodium/mg
Cereals ready-to-eat, QUAKEK, QUAKEK 100% Natural Cereal with oats, honey, and raisins	1/2 cup	26
Cereals ready-to-eat, QUAKEK, QUAKEK OAT CINNAMON LIFE	3/4 cup	153
Cereals ready-to-eat, QUAKEK, QUAKEK OAT LIFE, plain	3/4 cup	164
Cereals ready-to-eat, rice, puffed, fortified	1 cup	0
Cereals ready-to-eat, wheat germ, toasted, plain	1 tbsp	0
Cereals ready-to-eat, wheat, puffed, fortified	1 cup	0
Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	2 biscuits	3
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1 cup	5
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1 cup	5
Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	1 packet	241
Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	1 cup	139
Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	1 cup	8
Cereals, Malt-o-Meal, plain, prepared with water, without salt	1 serving (3 T dry cereal plu	8
Cereals, oats, instant, fortified, plain, prepared with water	1 packet	80
Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	1 cup	2
Cereals, QUAKEK, corn grits, instant, plain, prepared with water	1 packet	288
Cereals, QUAKEK, Instant Oatmeal, maple and brown sugar, prepared with boiling water	1 packet	253
Cereals, QUAKEK, Instant Oatmeal, apples and cinnamon, prepared with boiling water	1 packet	165
Cereals, WHEATENA, cooked with water	1 cup	5
Cheese food, pasteurized process, american, without di sodium phosphate	1 oz	359
Cheese sauce, prepared from recipe	1 cup	1198
Cheese spread, pasteurized process, american, without di sodium phosphate	1 oz	381
Cheese, blue	1 oz	395
Cheese, camembert	1 wedge	320
Cheese, cheddar	1 oz	176
Cheese, cottage, creamed, large or small curd	1 cup	851
Cheese, cottage, creamed, with fruit	1 cup	777
Cheese, cottage, lowfat, 1% milkfat	1 cup	918
Cheese, cottage, lowfat, 2% milkfat	1 cup	918
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1 cup	19
Cheese, cream	1 tbsp	43
Cheese, cream, fat free	1 tbsp	85
Cheese, feta	1 oz	316
Cheese, low fat, cheddar or colby	1 oz	174
Cheese, mozzarella, part skim milk, low moisture	1 oz	150
Cheese, mozzarella, whole milk	1 oz	178
Cheese, muenster	1 oz	178
Cheese, neufchatel	1 oz	113
Cheese, parmesan, grated	1 tbsp	76
Cheese, pasteurized process, american, with di sodium phosphate	1 oz	422
Cheese, pasteurized process, swiss, with di sodium phosphate	1 oz	388
Cheese, provolone	1 oz	248
Cheese, ricotta, part skim milk	1 cup	308

# Sodium (Salt) Content of Common Foods

provided by USDA

Food	Serving	Sodium/mg
Cheese, ricotta, whole milk	1 cup	207
Cheese, swiss	1 oz	54
Cheesecake commercially prepared	1 piece	166
Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	1 cup	17
Cherries, sweet, raw	10 cherries	0
Chicken pot pie, frozen entree	1 small pie	857
Chicken roll, light meat	2 slices	331
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	1/2 breast	385
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	1/2 breast	74
Chicken, broilers or fryers, breast, meat only, cooked, roasted	1/2 breast	64
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	3 oz	81
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	1 drumstick	194
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	1 drumstick	44
Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	1 drumstick	42
Chicken, broilers or fryers, giblets, cooked, simmered	1 cup	97
Chicken, broilers or fryers, light meat, meat only, cooked, fried	3 oz	68
Chicken, broilers or fryers, neck, meat only, cooked, simmered	1 neck	12
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	1 thigh	248
Chicken, broilers or fryers, thigh, meat only, cooked, roasted	1 thigh	46
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	1 wing	157
Chicken, canned, meat only, with broth	5 oz	714
Chicken, liver, all classes, cooked, simmered	1 liver	15
Chicken, stewing, meat only, cooked, stewed	1 cup	109
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	1 cup	718
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	1 cup	11
Chili con carne with beans, canned entree	1 cup	941
Chives, raw	1 tbsp	0
Chocolate syrup	1 tbsp	14
Chocolate-flavor beverage mix for milk, powder, without added nutrients	2-3 heaping tsp	45
Chocolate-flavor beverage mix, powder, prepared with whole milk	1 cup	154
Cocoa mix, no sugar added, powder	1/2 oz envelope	131
Cocoa mix, powder	3 heaping tsp	143
Cocoa mix, powder, prepared with water	1 serving	146
Cocoa mix, with aspartame, powder, prepared from item 14196	1 serving	171
Cocoa, dry powder, unsweetened	1 tbsp	1
Coffee, brewed from grounds, prepared with tap water	6 fl oz	4
Coffee, brewed, espresso, restaurant-prepared	2 fl oz	8
Coffee, instant, regular, prepared with water	6 fl oz	4
Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	1 piece	221
Coleslaw, home-prepared	1 cup	28
Collards, cooked, boiled, drained, without salt	1 cup	30
Collards, frozen, chopped, cooked, boiled, drained, without salt	1 cup	85
Cookies, brownies, commercially prepared	1 brownie	175
Cookies, brownies, dry mix, special dietary, prepared	1 brownie	21
Cookies, butter, commercially prepared, enriched	1 cookie	18



# Sodium (Salt) Content of Common Foods

provided by USDA

Food	Serving	Sodium/mg
Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	1 cookie	30
Cookies, chocolate chip, commercially prepared, regular, lower fat	1 cookie	38
Cookies, chocolate chip, prepared from recipe, made with margarine	1 cookie	58
Cookies, chocolate chip, refrigerated dough, baked	1 cookie	60
Cookies, chocolate sandwich, with creme filling, regular	1 cookie	48
Cookies, fig bars	1 cookie	56
Cookies, graham crackers, plain or honey (includes cinnamon)	1 cup	508
Cookies, graham crackers, plain or honey (includes cinnamon)	2 squares	85
Cookies, molasses	1 cookie, medium	69
Cookies, molasses	1 cookie, large (3-1/2" to 4"	147
Cookies, oatmeal, commercially prepared, fat-free	1 cookie	33
Cookies, oatmeal, commercially prepared, regular	1 cookie	96
Cookies, oatmeal, commercially prepared, soft-type	1 cookie	52
Cookies, oatmeal, prepared from recipe, with raisins	1 cookie	81
Cookies, peanut butter, commercially prepared, regular	1 cookie	62
Cookies, peanut butter, prepared from recipe	1 cookie	104
Cookies, shortbread, commercially prepared, pecan	1 cookie	39
Cookies, shortbread, commercially prepared, plain	1 cookie	36
Cookies, sugar, commercially prepared, regular (includes vanilla)	1 cookie	54
Cookies, sugar, prepared from recipe, made with margarine	1 cookie	69
Cookies, sugar, refrigerated dough, baked	1 cookie	70
Cookies, vanilla sandwich with creme filling	1 cookie	52
Cookies, vanilla sandwich with creme filling	1 cookie	35
Cookies, vanilla wafers, lower fat	1 cookie	12
Corn, sweet, white, cooked, boiled, drained, without salt	1 ear	13
Corn, sweet, yellow, canned, cream style, regular pack	1 cup	730
Corn, sweet, yellow, canned, vacuum pack, regular pack	1 cup	571
Corn, sweet, yellow, cooked, boiled, drained, without salt	1 ear	13
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1 cup	2
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	1 ear	3
Cornmeal, degermed, enriched, yellow	1 cup	4
Cornmeal, self-rising, degermed, enriched, yellow	1 cup	1860
Cornmeal, whole-grain, yellow	1 cup	43
Cornstarch	1 tbsp	1
Couscous, cooked	1 cup	8
Couscous, dry	1 cup	17
Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	1 cup	7
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1 cup	9
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	1 cup	718
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	1 cup	7
Crackers, cheese, regular	10 crackers	100
Crackers, cheese, sandwich-type with peanut butter filling	1 sandwich	50
Crackers, matzo, plain	1 matzo	1
Crackers, melba toast, plain	4 pieces	166

# Sodium (Salt) Content of Common Foods

provided by USDA

Food	Serving	Sodium/mg
Crackers, rye, wafers, plain	1 wafer	87
Crackers, saltines (includes oyster, soda, soup)	4 crackers	129
Crackers, standard snack-type, regular	4 crackers	102
Crackers, standard snack-type, sandwich, with cheese filling	1 sandwich	98
Crackers, wheat, regular	4 crackers	64
Crackers, whole-wheat	4 crackers	105
Cranberry juice cocktail, bottled	8 fl oz	5
Cranberry sauce, canned, sweetened	1 slice	17
Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	1 tbsp	12
Cream substitute, powdered	1 tsp	4
Cream, fluid, half and half	1 tbsp	6
Cream, fluid, heavy whipping	1 tbsp	6
Cream, fluid, light (coffee cream or table cream)	1 tbsp	6
Cream, fluid, light whipping	1 tbsp	5
Cream, sour, cultured	1 tbsp	6
Cream, sour, reduced fat, cultured	1 tbsp	6
Cream, whipped, cream topping, pressurized	1 tbsp	4
Croissants, butter	1 croissant	424
Croutons, seasoned	1 cup	495
Crustaceans, crab, alaska king, cooked, moist heat	3 oz	911
Crustaceans, crab, alaska king, imitation, made from surimi	3 oz	715
Crustaceans, crab, blue, canned	1 cup	450
Crustaceans, crab, blue, cooked, moist heat	3 oz	237
Crustaceans, crab, blue, crab cakes	1 cake	198
Crustaceans, lobster, northern, cooked, moist heat	3 oz	323
Crustaceans, shrimp, mixed species, canned	3 oz	661
Crustaceans, shrimp, mixed species, cooked, breaded and fried	6 large	155
Crustaceans, shrimp, mixed species, cooked, breaded and fried	3 oz	292
Cucumber, peeled, raw	1 cup	2
Cucumber, peeled, raw	1 large	6
Cucumber, with peel, raw	1 large	6
Cucumber, with peel, raw	1 cup	2
Dandelion greens, cooked, boiled, drained, without salt	1 cup	46
Danish pastry, cheese	1 danish	320
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	1 danish	251
Dates, deglet noor	1 cup	4
Dates, deglet noor	5 dates	1
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	1 tbsp	3
Dessert topping, pressurized	1 tbsp	2
Dessert topping, semi solid, frozen	1 tbsp	1
Dill weed, fresh	5 sprigs	1
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1 hole	76
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1 medium	257
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 hole	44
Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	1 medium	205
Duck, domesticated, meat only, cooked, roasted	1/2 duck	144
Eclairs, custard-filled with chocolate glaze, prepared from recipe	1 éclair	337

# Sodium (Salt) Content of Common Foods

*provided by USDA*

Food	Serving	Sodium/mg
Egg substitute, liquid	1/4 cup	111
Egg, white, raw, fresh	1 large	55
Egg, whole, cooked, fried	1 large	94
Egg, whole, cooked, hard-boiled	1 large	62
Egg, whole, cooked, poached	1 large	147
Egg, whole, cooked, scrambled	1 large	171
Egg, whole, raw, fresh	1 extra large	81
Egg, whole, raw, fresh	1 medium	62
Egg, whole, raw, fresh	1 large	70
Egg, yolk, raw, fresh	1 large	8
Eggnog	1 cup	137
Eggplant, cooked, boiled, drained, without salt	1 cup	1
Endive, raw	1 cup	11
English muffins, plain, enriched, with ca prop (includes sourdough)	1 muffin	242
English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	1 muffin	248
Entrees, fish fillet, battered or breaded, and fried	1 fillet	484
Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	1 slice	670
Fast Foods, biscuit, with egg and sausage	1 biscuit	1141
Fast foods, burrito, with beans and cheese	1 burrito	583
Fast foods, burrito, with beans and meat	1 burrito	668
Fast foods, cheeseburger, large, single patty, with condiments and vegetables	1 sandwich	1108
Fast foods, cheeseburger, regular, double patty and bun, plain	1 sandwich	891
Fast foods, cheeseburger, regular, double patty, plain	1 sandwich	636
Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	1 sandwich	1051
Fast foods, cheeseburger, regular, single patty, with condiments	1 sandwich	616
Fast foods, chicken fillet sandwich, plain	1 sandwich	957
Fast foods, chicken, breaded and fried, boneless pieces, plain	6 pieces	608
Fast foods, chili con carne	1 cup	1007
Fast foods, chimichanga, with beef	1 chimichanga	910
Fast foods, clams, breaded and fried	3/4 cup	834
Fast foods, coleslaw	3/4 cup	267
Fast foods, croissant, with egg, cheese, and bacon	1 croissant	889
Fast foods, danish pastry, cheese	1 pastry	319
Fast foods, danish pastry, fruit	1 pastry	333
Fast foods, enchilada, with cheese	1 enchilada	784
Fast foods, english muffin, with egg, cheese, and canadian bacon	1 muffin	729
Fast foods, fish sandwich, with tartar sauce and cheese	1 sandwich	939
Fast foods, french toast sticks	5 sticks	499
Fast foods, frijoles with cheese	1 cup	882
Fast foods, hamburger, large, double patty, with condiments and vegetables	1 sandwich	791
Fast foods, hamburger, regular, double patty, with condiments	1 sandwich	742
Fast foods, hamburger, regular, single patty, with condiments	1 sandwich	534
Fast foods, hotdog, plain	1 sandwich	670
Fast foods, hotdog, with chili	1 sandwich	480
Fast foods, hotdog, with corn flour coating (corndog)	1 corn dog	973
Fast foods, hush puppies	5 pieces	965

# Sodium (Salt) Content of Common Foods

provided by USDA

Food	Serving	Sodium/mg
Fast foods, ice milk, vanilla, soft-serve, with cone	1 cone	92
Fast foods, nachos, with cheese	6-8 nachos	816
Fast foods, onion rings, breaded and fried	8-9 rings	430
Fast foods, pancakes with butter and syrup	2 pancakes	1104
Fast foods, potato, french fried in vegetable oil	1 medium	260
Fast foods, potato, french fried in vegetable oil	1 small	165
Fast foods, potato, french fried in vegetable oil	1 large	328
Fast foods, potato, mashed	1/3 cup	182
Fast foods, potatoes, hashed brown	1/2 cup	290
Fast foods, roast beef sandwich, plain	1 sandwich	792
Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	1-1/2 cups	119
Fast foods, salad, vegetable, tossed, without dressing, with chicken	1-1/2 cups	209
Fast foods, shrimp, breaded and fried	6-8 shrimp	1446
Fast foods, submarine sandwich, with cold cuts	1 sandwich, 6" roll	1651
Fast foods, submarine sandwich, with roast beef	1 sandwich, 6" roll	845
Fast foods, submarine sandwich, with tuna salad	1 sandwich, 6" roll	1293
Fast foods, sundae, hot fudge	1 sundae	182
Fast foods, taco	1 small	802
Fast foods, taco	1 large	1233
Fast foods, taco salad	1-1/2 cups	762
Fast foods, tostada, with beans, beef, and cheese	1 tostada	871
Figs, dried, uncooked	2 figs	4
Fish, catfish, channel, cooked, breaded and fried	3 oz	238
Fish, cod, Atlantic, canned, solids and liquid	3 oz	185
Fish, cod, Pacific, cooked, dry heat	3 oz	77
Fish, fish portions and sticks, frozen, preheated	1 portion (4" x 2" x 1/2")	240
Fish, fish portions and sticks, frozen, preheated	1 stick (4" x 1" x 1/2")	118
Fish, flatfish (flounder and sole species), cooked, dry heat	3 oz	89
Fish, flatfish (flounder and sole species), cooked, dry heat	1 fillet	133
Fish, haddock, cooked, dry heat	1 fillet	131
Fish, haddock, cooked, dry heat	3 oz	74
Fish, halibut, Atlantic and Pacific, cooked, dry heat	3 oz	59
Fish, halibut, Atlantic and Pacific, cooked, dry heat	1/2 fillet	110
Fish, herring, Atlantic, pickled	3 oz	740
Fish, ocean perch, Atlantic, cooked, dry heat	1 fillet	48
Fish, ocean perch, Atlantic, cooked, dry heat	3 oz	82
Fish, pollock, walleye, cooked, dry heat	3 oz	99
Fish, pollock, walleye, cooked, dry heat	1 fillet	70
Fish, rockfish, Pacific, mixed species, cooked, dry heat	1 fillet	115
Fish, rockfish, Pacific, mixed species, cooked, dry heat	3 oz	65
Fish, roughy, orange, cooked, dry heat	3 oz	59
Fish, salmon, chinook, smoked	3 oz	667
Fish, salmon, pink, canned, solids with bone and liquid	3 oz	471
Fish, salmon, sockeye, cooked, dry heat	3 oz	56
Fish, salmon, sockeye, cooked, dry heat	1/2 fillet	102
Fish, sardine, Atlantic, canned in oil, drained solids with bone	3 oz	430
Fish, swordfish, cooked, dry heat	1 piece	122
Fish, swordfish, cooked, dry heat	3 oz	98

# Sodium (Salt) Content of Common Foods

provided by USDA

Food	Serving	Sodium/mg
Fish, trout, rainbow, farmed, cooked, dry heat	3 oz	36
Fish, tuna salad	1 cup	824
Fish, tuna, light, canned in oil, drained solids	3 oz	301
Fish, tuna, light, canned in water, drained solids	3 oz	287
Fish, tuna, white, canned in water, drained solids	3 oz	320
Fish, tuna, yellowfin, fresh, cooked, dry heat	3 oz	40
Frankfurter, beef	1 frank	513
Frankfurter, beef and pork	1 frank	504
Frankfurter, chicken	1 frank	617
French toast, frozen, ready-to-heat	1 slice	292
French toast, prepared from recipe, made with low fat (2%) milk	1 slice	311
Frostings, chocolate, creamy, ready-to-eat	1/12 package	70
Frostings, vanilla, creamy, ready-to-eat	1/12 package	70
Frozen novelties, fruit and juice bars	1 bar (2.5 fl oz)	3
Frozen novelties, ice type, italian, restaurant-prepared	1/2 cup	5
Frozen novelties, ice type, pop	1 bar (2 fl oz)	4
Frozen yogurts, chocolate, soft-serve	1/2 cup	71
Frozen yogurts, vanilla, soft-serve	1/2 cup	63
Fruit butters, apple	1 tbsp	3
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1 cup	15
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	1 cup	9
Fruit punch drink, with added nutrients, canned	8 fl oz	94
Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	1 cup	8
Garlic, raw	1 clove	1
Gelatin desserts, dry mix, prepared with water	1/2 cup	101
Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	1/2 cup	56
Grape drink, canned	8 fl oz	40
Grape juice, canned or bottled, unsweetened, without added vitamin C	1 cup	8
Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	1 cup	5
Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	6-fl-oz can	15
Grapefruit juice, pink, raw	1 cup	2
Grapefruit juice, white, canned, sweetened	1 cup	5
Grapefruit juice, white, canned, unsweetened	1 cup	2
Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	1 cup	2
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	6-fl-oz can	6
Grapefruit juice, white, raw	1 cup	2
Grapefruit, raw, pink and red, all areas	1/2 grapefruit	0
Grapefruit, raw, white, all areas	1/2 grapefruit	0
Grapefruit, sections, canned, light syrup pack, solids and liquids	1 cup	5
Grapes, red or green (european type varieties, such as, Thompson seedless), raw	10 grapes	1
Grapes, red or green (european type varieties, such as, Thompson seedless), raw	1 cup	3
Gravy, beef, canned	1/4 cup	326
Gravy, chicken, canned	1/4 cup	343

# Sodium (Salt) Content of Common Foods

*provided by USDA*

Food	Serving	Sodium/mg
Gravy, mushroom, canned	1/4 cup	340
Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	1/4 cup	236
Gravy, turkey, canned	1/4 cup	344
Ham, chopped, not canned	2 slices	279
Ham, sliced, extra lean	2 slices	627
Ham, sliced, regular (approximately 11% fat)	2 slices	739
HEALTHY CHOICE Beef Macaroni, frozen entree	1 package	444
Hearts of palm, canned	1 piece	141
Honey	1 tbsp	1
Horseradish, prepared	1 tsp	16
Hummus, commercial	1 tbsp	53
Ice creams, chocolate	1/2 cup	50
Ice creams, french vanilla, soft-serve	1/2 cup	52
Ice creams, vanilla	1/2 cup	53
Ice creams, vanilla, light	1/2 cup	49
Ice creams, vanilla, rich	1/2 cup	45
Jams and preserves	1 tbsp	6
Jellies	1 tbsp	6
Jerusalem-artichokes, raw	1 cup	6
Kale, cooked, boiled, drained, without salt	1 cup	30
Kale, frozen, cooked, boiled, drained, without salt	1 cup	20
KELLOGG'S Eggo Lowfat Homestyle Waffles	1 waffle	155
Kiwi fruit, (chinese gooseberries), fresh, raw	1 medium	2
Kohlrabi, cooked, boiled, drained, without salt	1 cup	35
Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	3 oz	56
Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	3 oz	58
Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	3 oz	65
Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	3 oz	71
Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	3 oz	62
Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	3 oz	69
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	3 oz	61
Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	3 oz	65
Lard	1 tbsp	0
Leavening agents, baking powder, double-acting, sodium aluminum sulfate	1 tsp	488
Leavening agents, baking powder, double-acting, straight phosphate	1 tsp	363
Leavening agents, baking powder, low-sodium	1 tsp	5
Leavening agents, baking soda	1 tsp	1259
Leavening agents, cream of tartar	1 tsp	2
Leavening agents, yeast, baker's, active dry	1 tsp	2
Leavening agents, yeast, baker's, active dry	1 pkg	4
Leavening agents, yeast, baker's, compressed	1 cake	5
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1 cup	10

# Sodium (Salt) Content of Common Foods

*provided by USDA*

Food	Serving	Sodium/mg
Lemon juice, canned or bottled	1 cup	51
Lemon juice, canned or bottled	1 tbsp	3
Lemon juice, raw	juice of 1 lemon	0
Lemonade, frozen concentrate, white, prepared with water	8 fl oz	7
Lemonade, low calorie, with aspartame, powder, prepared with water	8 fl oz	5
Lemonade-flavor drink, powder, prepared with water	8 fl oz	19
Lemons, raw, without peel	1 lemon	1
Lentils, mature seeds, cooked, boiled, without salt	1 cup	4
Lettuce, butterhead (includes boston and bibb types), raw	1 head	8
Lettuce, butterhead (includes boston and bibb types), raw	1 medium leaf	0
Lettuce, cos or romaine, raw	1 cup	4
Lettuce, cos or romaine, raw	1 leaf	1
Lettuce, green leaf, raw	1 cup	16
Lettuce, green leaf, raw	1 leaf	3
Lettuce, iceberg (includes crisphead types), raw	1 head	54
Lettuce, iceberg (includes crisphead types), raw	1 medium	1
Lettuce, iceberg (includes crisphead types), raw	1 cup	6
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1 cup	52
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	1 cup	117
Lima beans, large, mature seeds, canned	1 cup	810
Lima beans, large, mature seeds, cooked, boiled, without salt	1 cup	4
Lime juice, canned or bottled, unsweetened	1 tbsp	2
Lime juice, canned or bottled, unsweetened	1 cup	39
Lime juice, raw	juice of 1 lime	1
Macaroni and Cheese, canned entree	1 cup	1061
Macaroni, cooked, enriched	1 cup	1
Malted drink mix, chocolate, with added nutrients, powder	3 heaping tsp	125
Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	1 cup	231
Malted drink mix, natural, with added nutrients, powder	4-5 heaping tsp	54
Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	1 cup	191
Mangos, raw	1 mango	4
Mangos, raw	1 cup	3
Margarine, regular, tub, composite, 80% fat, with salt	1 tbsp	153
Margarine, regular, unspecified oils, with salt added	1 tbsp	133
Margarine, vegetable oil spread, 60% fat, stick	1 tbsp	112
Margarine, vegetable oil spread, 60% fat, stick	1 tsp	38
Margarine, vegetable oil spread, 60% fat, tub/bottle	1 tsp	38
Margarine-butter blend, 60% corn oil margarine and 40% butter	1 tbsp	127
Margarine-like spread, (approximately 40% fat), unspecified oils	1 tsp	46
Melons, cantaloupe, raw	1/8 melon	11
Melons, cantaloupe, raw	1 cup	26
Melons, honeydew, raw	1/8 melon	29
Melons, honeydew, raw	1 cup	31
Milk shakes, thick chocolate	10.6 fl oz	333
Milk shakes, thick vanilla	11 fl oz	297
Milk, buttermilk, dried	1 tbsp	34

# Sodium (Salt) Content of Common Foods

*provided by USDA*

Food	Serving	Sodium/mg
Milk, buttermilk, fluid, cultured, lowfat	1 cup	257
Milk, canned, condensed, sweetened	1 cup	389
Milk, canned, evaporated, nonfat	1 cup	294
Milk, canned, evaporated, without added vitamin A	1 cup	267
Milk, chocolate, fluid, commercial, lowfat	1 cup	153
Milk, chocolate, fluid, commercial, reduced fat	1 cup	165
Milk, chocolate, fluid, commercial, whole	1 cup	150
Milk, dry, nonfat, instant, with added vitamin A	1/3 cup	126
Milk, lowfat, fluid, 1% milkfat, with added vitamin A	1 cup	107
Milk, nonfat, fluid, with added vitamin A (fat free or skim)	1 cup	103
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	1 cup	100
Milk, whole, 3.25% milkfat	1 cup	98
Miso	1 cup	2563
Mollusks, clam, mixed species, canned, drained solids	3 oz	95
Mollusks, clam, mixed species, raw	3 oz	48
Mollusks, oyster, eastern, cooked, breaded and fried	3 oz	354
Mollusks, oyster, eastern, wild, raw	6 medium	177
Mollusks, scallop, mixed species, cooked, breaded and fried	6 large	432
Muffins, blueberry, commercially prepared	1 muffin	255
Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	1 muffin	251
Muffins, corn, commercially prepared	1 muffin	297
Muffins, corn, dry mix, prepared	1 muffin	398
Muffins, oat bran	1 muffin	224
Muffins, wheat bran, toaster-type with raisins, toasted	1 muffin	179
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1 cup	12
Mung beans, mature seeds, sprouted, raw	1 cup	6
Mushrooms, canned, drained solids	1 cup	663
Mushrooms, cooked, boiled, drained, without salt	1 cup	3
Mushrooms, raw	1 cup	4
Mushrooms, shiitake, cooked, without salt	1 cup	6
Mushrooms, shiitake, dried	1 mushroom	0
Mustard greens, cooked, boiled, drained, without salt	1 cup	22
Mustard, prepared, yellow	1 tsp or 1 packet	56
NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	1 cookie	28
Nectarines, raw	1 nectarine	0
Noodles, chinese, chow mein	1 cup	198
Noodles, egg, cooked, enriched	1 cup	8
Noodles, egg, spinach, cooked, enriched	1 cup	19
Nuts, almonds	1 oz (24 nuts)	0
Nuts, brazilnuts, dried, unblanched	1 oz (6-8 nuts)	1
Nuts, cashew nuts, dry roasted, with salt added	1 oz	181
Nuts, cashew nuts, oil roasted, with salt added	1 oz (18 nuts)	87
Nuts, chestnuts, european, roasted	1 cup	3
Nuts, coconut meat, dried (desiccated), sweetened, shredded	1 cup	244
Nuts, coconut meat, raw	1 piece	9
Nuts, hazelnuts or filberts	1 oz	0
Nuts, macadamia nuts, dry roasted, with salt added	1 oz (10-12 nuts)	75



# Sodium (Salt) Content of Common Foods

*provided by USDA*

Food	Serving	Sodium/mg
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	1 oz	190
Nuts, mixed nuts, oil roasted, with peanuts, with salt added	1 oz	119
Nuts, pecans	1 oz (20 halves)	0
Nuts, pine nuts, dried	1 tbsp	0
Nuts, pine nuts, dried	1 oz	1
Nuts, pistachio nuts, dry roasted, with salt added	1 oz (47 nuts)	115
Nuts, walnuts, english	1 oz (14 halves)	1
Oat bran, cooked	1 cup	2
Oat bran, raw	1 cup	4
Oil, olive, salad or cooking	1 tbsp	0
Oil, peanut, salad or cooking	1 tbsp	0
Oil, sesame, salad or cooking	1 tbsp	0
Oil, soybean, salad or cooking, (hydrogenated)	1 tbsp	0
Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	1 tbsp	0
Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	1 tbsp	0
Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	1 tbsp	0
Oil, vegetable, sunflower, linoleic, (approx. 65%)	1 tbsp	0
Okra, cooked, boiled, drained, without salt	1 cup	10
Okra, frozen, cooked, boiled, drained, without salt	1 cup	6
Olives, ripe, canned (small-extra large)	5 large	192
Onion rings, breaded, par fried, frozen, prepared, heated in oven	10 rings	225
Onions, cooked, boiled, drained, without salt	1 medium	3
Onions, cooked, boiled, drained, without salt	1 cup	6
Onions, dehydrated flakes	1 tbsp	1
Onions, raw	1 whole	3
Onions, raw	1 cup	5
Onions, raw	1 slice	0
Onions, spring or scallions (includes tops and bulb), raw	1 cup	16
Onions, spring or scallions (includes tops and bulb), raw	1 whole	2
Orange juice, canned, unsweetened	1 cup	5
Orange juice, chilled, includes from concentrate	1 cup	2
Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	1 cup	2
Orange juice, frozen concentrate, unsweetened, undiluted	6-fl-oz can	6
Orange juice, raw	1 cup	2
Orange juice, raw	juice from 1 orange	1
Oranges, raw, all commercial varieties	1 orange	0
Oranges, raw, all commercial varieties	1 cup	0
Pancakes plain, frozen, ready-to-heat (includes buttermilk)	1 pancake	182
Pancakes, plain, dry mix, complete, prepared	1 pancake	239
Pancakes, plain, dry mix, incomplete, prepared	1 pancake	192
Papayas, raw	1 papaya	9
Papayas, raw	1 cup	4
Parsley, raw	10 sprigs	6
Parsnips, cooked, boiled, drained, without salt	1 cup	16
Pasta with meatballs in tomato sauce, canned entree	1 cup	1053
Peaches, canned, heavy syrup pack, solids and liquids	1 cup	16
Peaches, canned, heavy syrup pack, solids and liquids	1 half	6

# Sodium (Salt) Content of Common Foods

*provided by USDA*

Food	Serving	Sodium/mg
Peaches, canned, juice pack, solids and liquids	1 half	4
Peaches, canned, juice pack, solids and liquids	1 cup	10
Peaches, dried, sulfured, uncooked	3 halves	3
Peaches, frozen, sliced, sweetened	1 cup	15
Peaches, raw	1 cup	0
Peaches, raw	1 peach	0
Peanut butter, chunk style, with salt	1 tbsp	78
Peanut butter, smooth style, with salt	1 tbsp	73
Peanuts, all types, dry-roasted, with salt	1 oz (approx 28)	230
Peanuts, all types, dry-roasted, without salt	1 oz (approx 28)	2
Peanuts, all types, oil-roasted, with salt	1 oz	91
Pears, asian, raw	1 pear	0
Pears, asian, raw	1 pear	0
Pears, canned, heavy syrup pack, solids and liquids	1 half	4
Pears, canned, heavy syrup pack, solids and liquids	1 cup	13
Pears, canned, juice pack, solids and liquids	1 half	3
Pears, canned, juice pack, solids and liquids	1 cup	10
Pears, raw	1 pear	2
Peas, edible-podded, boiled, drained, without salt	1 cup	6
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	1 cup	8
Peas, green, canned, regular pack, drained solids	1 cup	428
Peas, green, frozen, cooked, boiled, drained, without salt	1 cup	115
Peas, split, mature seeds, cooked, boiled, without salt	1 cup	4
Peppers, hot chili, green, raw	1 pepper	3
Peppers, hot chili, red, raw	1 pepper	4
Peppers, jalapeno, canned, solids and liquids	1/4 cup	434
Peppers, sweet, green, cooked, boiled, drained, without salt	1 cup	3
Peppers, sweet, green, raw	1 ring	0
Peppers, sweet, green, raw	1 pepper	4
Peppers, sweet, green, raw	1 cup	4
Peppers, sweet, red, cooked, boiled, drained, without salt	1 cup	3
Peppers, sweet, red, raw	1 cup	3
Peppers, sweet, red, raw	1 pepper	2
Pickle relish, sweet	1 tbsp	122
Pickles, cucumber, dill	1 pickle	833
Pie crust, cookie-type, prepared from recipe, graham cracker, baked	1 pie shell	1365
Pie crust, standard-type, frozen, ready-to-bake, baked	1 pie shell	815
Pie crust, standard-type, prepared from recipe, baked	1 pie shell	976
Pie fillings, apple, canned	1/8 of 21-oz can	33
Pie fillings, canned, cherry	1/8 of 21-oz can	13
Pie, apple, commercially prepared, enriched flour	1 piece	311
Pie, apple, prepared from recipe	1 piece	327
Pie, blueberry, commercially prepared	1 piece	380
Pie, blueberry, prepared from recipe	1 piece	272
Pie, cherry, commercially prepared	1 piece	288
Pie, cherry, prepared from recipe	1 piece	344
Pie, chocolate creme, commercially prepared	1 piece	154
Pie, coconut custard, commercially prepared	1 piece	348

# Sodium (Salt) Content of Common Foods

*provided by USDA*

Food	Serving	Sodium/mg
Pie, fried pies, cherry	1 pie	479
Pie, fried pies, fruit	1 pie	479
Pie, lemon meringue, commercially prepared	1 piece	165
Pie, lemon meringue, prepared from recipe	1 piece	307
Pie, pecan, commercially prepared	1 piece	479
Pie, pecan, prepared from recipe	1 piece	320
Pie, pumpkin, commercially prepared	1 piece	307
Pie, pumpkin, prepared from recipe	1 piece	349
Pimento, canned	1 tbsp	2
Pineapple and grapefruit juice drink, canned	8 fl oz	35
Pineapple and orange juice drink, canned	8 fl oz	8
Pineapple juice, canned, unsweetened, without added ascorbic acid	1 cup	5
Pineapple, canned, heavy syrup pack, solids and liquids	1 cup	3
Pineapple, canned, heavy syrup pack, solids and liquids	1 slice	0
Pineapple, canned, juice pack, solids and liquids	1 cup	2
Pineapple, canned, juice pack, solids and liquids	1 slice	0
Pineapple, raw, all varieties	1 cup	2
Pizza, cheese topping, regular crust, frozen, cooked	1 serving	282
Pizza, meat and vegetable topping, regular crust, frozen, cooked	1 serving	438
Plantains, cooked	1 cup	8
Plantains, raw	1 medium	7
Plums, canned, purple, heavy syrup pack, solids and liquids	1 cup	49
Plums, canned, purple, heavy syrup pack, solids and liquids	1 plum	9
Plums, canned, purple, juice pack, solids and liquids	1 cup	3
Plums, canned, purple, juice pack, solids and liquids	1 plum	0
Plums, dried (prunes), stewed, without added sugar	1 cup	2
Plums, dried (prunes), uncooked	5 prunes	1
Plums, raw	1 plum	0
Pork and beef sausage, fresh, cooked	2 links	209
Pork Sausage, Fresh, Cooked	2 links	195
Pork Sausage, Fresh, Cooked	1 patty	202
Pork, cured, bacon, cooked, broiled, pan-fried or roasted	3 medium slices	439
Pork, cured, canadian-style bacon, grilled	2 slices	719
Pork, cured, ham, extra lean and regular, canned, roasted	3 oz	908
Pork, cured, ham, whole, separable lean and fat, roasted	3 oz	1009
Pork, cured, ham, whole, separable lean only, roasted	3 oz	1128
Pork, fresh, backribs, separable lean and fat, cooked, roasted	3 oz	86
Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	3 oz	51
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	3 oz	54
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	3 oz	49
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	3 oz	68
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	3 oz	51
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	3 oz	73
Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	3 oz	39
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3 oz	40

# Sodium (Salt) Content of Common Foods

provided by USDA

Food	Serving	Sodium/mg
Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	3 oz	50
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	3 oz	75
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	3 oz	87
Pork, fresh, spareribs, separable lean and fat, cooked, braised	3 oz	79
Potato pancakes	1 pancake	581
Potato puffs, frozen, oven-heated	10 puffs	379
Potato salad, home-prepared	1 cup	1323
Potato, baked, flesh and skin, without salt	1 potato	20
Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	1 cup	1076
Potatoes, au gratin, home-prepared from recipe using butter	1 cup	1061
Potatoes, baked, flesh, without salt	1 potato	8
Potatoes, baked, skin, without salt	1 skin	12
Potatoes, boiled, cooked in skin, flesh, without salt	1 potato	5
Potatoes, boiled, cooked without skin, flesh, without salt	1 potato	7
Potatoes, boiled, cooked without skin, flesh, without salt	1 cup	8
Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	10 strips	194
Potatoes, hashed brown, frozen, plain, prepared	1 patty	10
Potatoes, hashed brown, home-prepared	1 cup	534
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1 cup	342
Potatoes, mashed, home-prepared, whole milk added	1 cup	634
Potatoes, mashed, home-prepared, whole milk and margarine added	1 cup	699
Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	1 cup	835
Potatoes, scalloped, home-prepared with butter	1 cup	821
Poultry food products, ground turkey, cooked	1 patty	88
Prune juice, canned	1 cup	10
Puddings, chocolate, dry mix, instant, prepared with 2% milk	1/2 cup	417
Puddings, chocolate, dry mix, regular, prepared with 2% milk	1/2 cup	148
Puddings, chocolate, ready-to-eat	4 oz	146
Puddings, rice, ready-to-eat	4 oz	96
Puddings, tapioca, ready-to-eat	4 oz	180
Puddings, vanilla, dry mix, regular, prepared with 2% milk	1/2 cup	223
Puddings, vanilla, ready-to-eat	4 oz	153
Pumpkin, canned, without salt	1 cup	12
Pumpkin, cooked, boiled, drained, without salt	1 cup	2
Radishes, raw	1 radish	2
Raisins, seedless	1 cup	16
Raisins, seedless	1 packet	2
Raspberries, frozen, red, sweetened	1 cup	3
Raspberries, raw	1 cup	1
Refried beans, canned (includes USDA commodity)	1 cup	753
Rhubarb, frozen, cooked, with sugar	1 cup	2
Rice beverage, RICE DREAM, canned	1 cup	86
Rice, brown, long-grain, cooked	1 cup	10
Rice, white, long-grain, parboiled, enriched, cooked	1 cup	4
Rice, white, long-grain, parboiled, enriched, dry	1 cup	6

# Sodium (Salt) Content of Common Foods

*provided by USDA*

Food	Serving	Sodium/mg
Rice, white, long-grain, precooked or instant, enriched, prepared	1 cup	7
Rice, white, long-grain, regular, cooked	1 cup	2
Rice, white, long-grain, regular, raw, enriched	1 cup	9
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	1 roll	146
Rolls, hamburger or hotdog, plain	1 roll	206
Rolls, hard (includes kaiser)	1 roll	310
Rutabagas, cooked, boiled, drained, without salt	1 cup	34
Salad dressing, blue or roquefort cheese dressing, commercial, regular	1 tbsp	167
Salad dressing, french dressing, commercial, regular	1 tbsp	130
Salad dressing, french dressing, reduced fat	1 tbsp	131
Salad dressing, french, home recipe	1 tbsp	92
Salad dressing, home recipe, cooked	1 tbsp	117
Salad dressing, home recipe, vinegar and oil	1 tbsp	0
Salad dressing, italian dressing, commercial, regular	1 tbsp	243
Salad dressing, italian dressing, reduced fat	1 tbsp	205
Salad dressing, mayonnaise, soybean oil, with salt	1 tbsp	78
Salad dressing, russian dressing	1 tbsp	144
Salad dressing, russian dressing, low calorie	1 tbsp	141
Salad dressing, thousand island dressing, reduced fat	1 tbsp	127
Salad dressing, thousand island, commercial, regular	1 tbsp	135
Salami, cooked, beef and pork	2 slices	604
Salami, dry or hard, pork, beef	2 slices	402
Salt, table	1 tsp	2325
Sandwich spread, pork, beef	1 tbsp	152
Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	1 sandwich	1043
Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	1 sandwich	500
Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	1 sandwich	824
Sauce, barbecue sauce	1 tbsp	128
Sauce, cheese, ready-to-serve	1/4 cup	522
Sauce, hoisin, ready-to-serve	1 tbsp	258
Sauce, homemade, white, medium	1 cup	885
Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	1/4 cup	492
Sauce, pasta, spaghetti/marinara, ready-to-serve	1 cup	1203
Sauce, ready-to-serve, pepper or hot	1 tsp	124
Sauce, ready-to-serve, salsa	1 tbsp	96
Sauce, teriyaki, ready-to-serve	1 tbsp	690
Sauerkraut, canned, solids and liquids	1 cup	1560
Sausage, Vienna, canned, chicken, beef, pork	1 sausage	155
Seaweed, kelp, raw	2 tbsp	23
Seaweed, spirulina, dried	1 tbsp	10
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1 oz (142 seeds)	163
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	1 tbsp	17
Seeds, sesame seed kernels, dried (decorticated)	1 tbsp	4
Seeds, sunflower seed kernels, dry roasted, with salt added	1 oz	116
Seeds, sunflower seed kernels, dry roasted, with salt added	1/4 cup	131
Shake, fast food, chocolate	16 fl oz	323

# Sodium (Salt) Content of Common Foods

provided by USDA

Food	Serving	Sodium/mg
Shake, fast food, vanilla	16 fl oz	270
Shallots, raw	1 tbsp	1
Sherbet, orange	1/2 cup	34
Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	1 tbsp	0
Snacks, beef jerky, chopped and formed	1 large piece	438
Snacks, CHEX mix	1 oz (about 2/3 cup)	288
Snacks, corn-based, extruded, chips, barbecue-flavor	1 oz	216
Snacks, corn-based, extruded, chips, plain	1 oz	175
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1 oz	298
Snacks, fruit leather, pieces	1 oz	114
Snacks, fruit leather, rolls	1 large	67
Snacks, granola bars, hard, plain	1 bar	83
Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	1 bar	55
Snacks, granola bars, soft, uncoated, chocolate chip	1 bar	77
Snacks, granola bars, soft, uncoated, raisin	1 bar	80
Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	1 bar	110
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1 bar	77
Snacks, oriental mix, rice-based	1 oz (about 1/4 cup)	117
Snacks, popcorn, air-popped	1 cup	1
Snacks, popcorn, cakes	1 cake	29
Snacks, popcorn, caramel-coated, with peanuts	1 cup	124
Snacks, popcorn, caramel-coated, without peanuts	1 cup	73
Snacks, popcorn, cheese-flavor	1 cup	98
Snacks, popcorn, oil-popped, microwaved	1 cup	88
Snacks, pork skins, plain	1 oz	521
Snacks, potato chips, barbecue-flavor	1 oz	213
Snacks, potato chips, made from dried potatoes, light	1 oz	121
Snacks, potato chips, made from dried potatoes, plain	1 oz	186
Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	1 oz	204
Snacks, potato chips, plain, salted	1 oz	149
Snacks, potato chips, plain, unsalted	1 oz	2
Snacks, potato chips, reduced fat	1 oz	139
Snacks, potato chips, sour-cream-and-onion-flavor	1 oz	177
Snacks, pretzels, hard, plain, salted	10 pretzels	814
Snacks, rice cakes, brown rice, plain	1 cake	29
Snacks, tortilla chips, nacho-flavor, reduced fat	1 oz	284
Snacks, tortilla chips, plain, white corn	1 oz	119
Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	1 cup	177
Snacks, trail mix, tropical	1 cup	14
Snacks, tortilla chips, nacho-flavor	1 oz	174
Soup, bean with ham, canned, chunky, ready-to-serve, commercial	1 cup	972
Soup, bean with pork, canned, prepared with equal volume water, commercial	1 cup	951
Soup, beef broth or bouillon, powder, dry	1 packet	1019
Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	1 cup	636
Soup, beef noodle, canned, prepared with equal volume water, commercial	1 cup	952

# Sodium (Salt) Content of Common Foods

*provided by USDA*

Food	Serving	Sodium/mg
Soup, chicken noodle, canned, chunky, ready-to-serve	1 cup	850
Soup, chicken noodle, canned, prepared with equal volume water, commercial	1 cup	1106
Soup, chicken noodle, dehydrated, prepared with water	1 cup	578
Soup, chicken vegetable, canned, chunky, ready-to-serve	1 cup	1068
Soup, chicken with rice, canned, prepared with equal volume water, commercial	1 cup	815
Soup, clam chowder, manhattan, canned, prepared with equal volume water	1 cup	578
Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	1 cup	992
Soup, cream of chicken, canned, prepared with equal volume water, commercial	1 cup	986
Soup, cream of chicken, prepared with equal volume milk, commercial	1 cup	1047
Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	1 cup	918
Soup, cream of mushroom, canned, prepared with equal volume water, commercial	1 cup	881
Soup, minestrone, canned, prepared with equal volume water, commercial	1 cup	911
Soup, onion mix, dehydrated, dry form	1 packet	3132
Soup, onion, dehydrated, prepared with water	1 cup	849
Soup, pea, green, canned, prepared with equal volume water, commercial	1 cup	918
Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	1 cup	460
Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	1 cup	459
Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	1 cup	443
Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	1 cup	470
Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	1 cup	529
Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	1 cup	466
Soup, stock, fish, home-prepared	1 cup	363
Soup, tomato, canned, prepared with equal volume milk, commercial	1 cup	744
Soup, tomato, canned, prepared with equal volume water, commercial	1 cup	695
Soup, vegetable beef, prepared with equal volume water, commercial	1 cup	791
Soup, vegetable, canned, chunky, ready-to-serve, commercial	1 cup	1010
Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	1 cup	822
Sour dressing, non-butterfat, cultured, filled cream-type	1 tbsp	6
Soy milk, fluid	1 cup	135
Soy sauce made from soy and wheat (shoyu)	1 tbsp	902
Soybeans, green, cooked, boiled, drained, without salt	1 cup	25
Soybeans, mature cooked, boiled, without salt	1 cup	2
Spaghetti with meat sauce, frozen entree	1 package	473
Spaghetti, cooked, enriched, without added salt	1 cup	1
Spaghetti, whole-wheat, cooked	1 cup	4
Spices, celery seed	1 tsp	3
Spices, chili powder	1 tsp	26
Spices, cinnamon, ground	1 tsp	1
Spices, curry powder	1 tsp	1

# Sodium (Salt) Content of Common Foods

*provided by USDA*

Food	Serving	Sodium/mg
Spices, garlic powder	1 tsp	1
Spices, onion powder	1 tsp	1
Spices, oregano, dried	1 tsp	0
Spices, paprika	1 tsp	1
Spices, parsley, dried	1 tbsps	6
Spices, pepper, black	1 tsp	1
Spinach souffle	1 cup	770
Spinach, canned, drained solids	1 cup	58
Spinach, cooked, boiled, drained, without salt	1 cup	126
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	1 cup	184
Spinach, raw	1 leaf	8
Spinach, raw	1 cup	24
Squash, summer, all varieties, cooked, boiled, drained, without salt	1 cup	2
Squash, summer, all varieties, raw	1 cup	2
Squash, winter, all varieties, cooked, baked, without salt	1 cup	2
Squash, winter, butternut, frozen, cooked, boiled, without salt	1 cup	5
Strawberries, frozen, sweetened, sliced	1 cup	8
Strawberries, raw	1 strawberry	0
Strawberries, raw	1 strawberry	0
Strawberries, raw	1 cup	2
Sugars, brown	1 tsp	1
Sugars, granulated	1 tsp	0
Sugars, powdered	1 tbsps	0
Sweet potato, canned, syrup pack, drained solids	1 cup	76
Sweet potato, canned, vacuum pack	1 cup	135
Sweet potato, cooked, baked in skin, without salt	1 potato	53
Sweet potato, cooked, boiled, without skin	1 potato	42
Sweet potato, cooked, candied, home-prepared	1 piece	74
Sweet rolls, cinnamon, commercially prepared with raisins	1 roll	230
Sweet rolls, cinnamon, refrigerated dough with frosting, baked	1 roll	250
Syrups, chocolate, fudge-type	1 tbsps	66
Syrups, corn, light	1 tbsps	12
Syrups, maple	1 tbsps	2
Syrups, table blends, pancake	1 tbsps	16
Syrups, table blends, pancake, reduced-calorie	1 tbsps	30
Taco shells, baked	1 medium	49
Tangerine juice, canned, sweetened	1 cup	2
Tangerines, (mandarin oranges), canned, light syrup pack	1 cup	15
Tangerines, (mandarin oranges), raw	1 tangerine	2
Tapioca, pearl, dry	1 cup	2
Tea, brewed, prepared with tap water	6 fl oz	5
Tea, herb, chamomile, brewed	6 fl oz	2
Tea, herb, other than chamomile, brewed	6 fl oz	2
Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	8 fl oz	9
Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	8 fl oz	5
Tea, instant, unsweetened, powder, prepared	8 fl oz	5
Toaster pastries, brown-sugar-cinnamon	1 pastry	212



# Sodium (Salt) Content of Common Foods

provided by USDA

Food	Serving	Sodium/mg
Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	1 pastry	218
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	1 pastry	203
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1/4 block	10
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	1 piece	10
Tomatillos, raw	1 medium	0
Tomato juice, canned, with salt added	1 cup	654
Tomato products, canned, paste, without salt added	1 cup	257
Tomato products, canned, puree, without salt added	1 cup	70
Tomato products, canned, sauce	1 cup	1284
Tomatoes, red, ripe, canned, stewed	1 cup	564
Tomatoes, red, ripe, canned, whole, regular pack	1 cup	307
Tomatoes, red, ripe, raw, year round average	1 cherry tomato	1
Tomatoes, red, ripe, raw, year round average	1 cup	9
Tomatoes, red, ripe, raw, year round average	1 slice	1
Tomatoes, red, ripe, raw, year round average	1 tomato	6
Tomatoes, sun-dried	1 piece	42
Tomatoes, sun-dried, packed in oil, drained	1 piece	8
Tortillas, ready-to-bake or -fry, corn	1 tortilla	12
Tortillas, ready-to-bake or -fry, flour	1 tortilla	204
Tostada with guacamole	1 tostada	399
Turkey and gravy, frozen	5-oz package	787
Turkey patties, breaded, battered, fried	1 patty	512
Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	3 oz	578
Turkey, all classes, dark meat, cooked, roasted	3 oz	66
Turkey, all classes, giblets, cooked, simmered, some giblet fat	1 cup	93
Turkey, all classes, light meat, cooked, roasted	3 oz	54
Turkey, all classes, meat only, cooked, roasted	1 cup	98
Turkey, all classes, neck, meat only, cooked, simmered	1 neck	85
Turnip greens, cooked, boiled, drained, without salt	1 cup	42
Turnip greens, frozen, cooked, boiled, drained, without salt	1 cup	25
Turnips, cooked, boiled, drained, without salt	1 cup	25
Vanilla extract	1 tsp	0
Veal, leg (top round), separable lean and fat, cooked, braised	3 oz	57
Veal, rib, separable lean and fat, cooked, roasted	3 oz	78
Vegetable juice cocktail, canned	1 cup	653
Vegetable oil, canola	1 tbsp	0
Vegetables, mixed, canned, drained solids	1 cup	243
Vegetables, mixed, frozen, cooked, boiled, drained, without salt	1 cup	64
Vinegar, cider	1 tbsp	1
Waffles, plain, frozen, ready -to-heat, toasted	1 waffle	241
Waffles, plain, prepared from recipe	1 waffle	383
Water, municipal	8 fl oz	5
Waterchestnuts, chinese, canned, solids and liquids	1 cup	11
Watermelon, raw	1 wedge	3
Watermelon, raw	1 cup	2
Wheat flour, white, all-purpose, enriched, bleached	1 cup	3

# Sodium (Salt) Content of Common Foods

*provided by USDA*

<b>Food</b>	<b>Serving</b>	<b>Sodium/mg</b>
Wheat flour, white, all-purpose, self-rising, enriched	1 cup	1588
Wheat flour, white, bread, enriched	1 cup	3
Wheat flour, white, cake, enriched	1 cup	3
Wheat flour, whole-grain	1 cup	6
Wild rice, cooked	1 cup	5
WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	1 cup	476
WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	1 patty	383
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	8-oz container	132
Yogurt, plain, low fat, 12 grams protein per 8 ounce	8-oz container	159
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	8-oz container	175
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	8-oz container	104