

SODIUM CONTENT OF A SAMPLE DAILY MENU

	<i>Milligrams (mg) of sodium</i>
Breakfast	
3 slices bacon	450
2 scrambled eggs	160
1 plain bagel	450
2 tablespoons light plain cream cheese	140
6 oz. orange juice	0
Total Breakfast	1,200 mg of sodium
Lunch	
Ham and cheese sandwich (2 oz. sliced ham-480, 1 slice American cheese-250, 2 slices whole wheat bread-340)	1,070
1 tablespoon mayonnaise	90
2 teaspoons mustard	110
1 pickle spear	320
½ cup canned chunky chicken noodle soup	485
2 saltine crackers	75
16 oz. Rockstar®	250
Total Lunch	2,400 mg of sodium
Dinner (Fast Food)	
Spicy crispy chicken drumstick	440
Spicy crispy chicken breast	1,250
1 biscuit	520
BBQ baked beans	680
Cole slaw	160
Dutch apple pie slice	300
16 oz. 7up®	50
Total Dinner	3,400 mg sodium
GRAND TOTAL	7,000 mg of sodium!

Source: Values taken from nutrition information labels of brands available at most local grocery stores. Fast food values found at www.kfc.com/nutrition/PDF/kfc_nutrition.pdf (Totals have been rounded).

The use of trade, firm, or corporation names in this publication (or page) is for the information and convenience of the reader. Such use does not constitute an official endorsement or approval by the U.S. Department of Agriculture or the Agricultural Research Service of any product or service to the exclusion of others that may be suitable. Please note: Product formulations, as well as packaging and portion size, may change over time. As a result, ingredients, amounts listed, and nutrition information may change.



Healthy Living
...for life!

Nutrition Services • Alameda County Public Health Department

Nutrition Services • 3600 Telegraph Ave. • Oakland, CA 94609 • 510-595-6454 • www.healthylivingforlife.org

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health

WHERE'S THE LIMIT?

Sodium Content of a Sample Daily Menu

