

## High Sodium Foods

Food	Sodium (mg)	Food	Sodium (mg)
Bacon, 3 slices	439	Ham, 2 slices regular	739
Bagel, 3 ½ in	229	House Lo Mein (4 ½ cups)	3460
Baked Beans, canned	856	Ketchup, 1 Tbsp	170
Beef Jerky, 1 large piece	438	Kidney Beans, canned	873
Buffalo Wings (12) w/ blue cheese drsg	2460	Lasagna, 2 cups	2060
Biscuit, 2 ½ in home recipe	348	Miso, ½ cup	1282
Bologna, 2 slices	417	Muffin, blueberry	255
Bread, 2 slices wheat or white	320	Mustard, 1 tsp Dijon	120
Bread Stuffing, ½ cup from mix	543	Noodles, chow mein, 1 cup	198
Butter, 1 Tbsp	82	Nuts, 1 oz cashews w/ salt	181
Corn Bread, 1 piece	467	Nuts, 1 oz peanuts w/ salt	190
Cereal, 1 ¼ cup Rice Krispies	314	Olives, 5 green	410
Cereal, 1 packet Quaker Grits	288	Onion Rings, breaded	225
Cheese food, American, 1 oz	359	Pancake	239
Cheese Sauce, ½ cup	599	Pasta, canned entrée in spaghetti sauce	1053
Cottage Cheese, ½ cup	426	Peas, canned	428
Chicken Caesar Salad, 4 cups	1490	Peppers, canned jalapeno	434
Chicken Pot Pie, frozen	857	Pickle, 1 dill	833
Chili con carne, canned, 1 cup	941	Pie, 1 piece apple	311
Cinnamon Roll	250	Pizza, 1 slice cheese	282
Cookies, graham crackers, 4 squares	170	Pizza, 1 slice combination	438
Corn, canned, cream style, ½ cup	365	Popcorn, 2 ½ cups	280
Corned beef sandwich, w/ mustard	1920	Pork, 3 oz ham	908
Croissant	424	Potato Chips, 1 oz plain	149
Croutons, seasoned ½ cup	248	Potato Salad, 1 cup	1323
Crab, Alaskan king, cooked, 3 oz	911	Potatoes au gratin, 1 cup	1076
Shrimp, canned 3 oz	661	Potatoes, 1 cup hash browns	534
Doughnut, cake	257	Potato, Mashed w/ milk & butter, 1 cup	699
English muffin	242	Pork & Beans, canned	1106
Fast Food, Egg & Sausage Biscuit	1108	Pretzels, 10 small, plain, salted	814
Fast Food, Cheeseburger	1051	Pretzel, 1 Auntie Anne's	930
Fast Food, Beef Chimichanga	910	Pudding, ½ cup chocolate	417
Fast Food, Fish Sandwich	939	Refried Beans, ½ cup	377
Fast Food, large French Fries	330	Salad Dressing, 1 Tbsp Italian	205
Fast Food, Frijoles w/ cheese	882	Salami, 2 slices	604
Fast Food, Hamburger	534	Sauerkraut, ½ cup canned	780
Fast Food, Corndog	973	Spaghetti w Marinara Sauce, 3½ cup	1450
Fast Food, Hot dog	670	Tortilla Chips, nacho flavor, 1 oz	284
Fast Food, Nachos w/ cheese	816	Tortilla Chips, plain, 1 oz	119
Fast Food, Roast Beef Sandwich	792	Soup, 1 cup canned beef noodle	952
Fast Food, 6 in cold cut Sub Sandwich	1651	Soup, 1 cup canned chicken noodle	1106
Fast Food, 16 oz shake, chocolate	323	Soup, 1 cup cream of chicken	986
Fast Food, 16 oz shake, vanilla	270	Soup, 1 cup minestrone	911
Fast Food, 1 large taco	1233	Soup, 1 cup onion	849
Fish, 3 oz pickled herring	740	Soup, 1 cup Progresso Healthy Classic	460
Fish, 3 oz sardine, canned	430	Soup, 1 cup vegetable	1010
Fish, 1 cup tuna fish salad	824	Soy Sauce, 1 Tbsp	902
Frankfurter, beef	513	Tostada w/ guacamole	399
Frankfurter, chicken	617	Turkey w/ gravy, frozen	787
Gravy, ¼ cup canned beef	326	Vegetable juice, canned	653
Gravy, ¼ cup canned chicken	343	Waffle, frozen	241

Source: USDA National Nutrient Database, Release 18, Sodium Content of Selected Foods per Common Measure

