

Healthy Living

...for life!

Alameda County Public Health Department

Low Sodium Foods

Food	Sodium (mg)	Food	Sodium (mg)
Apple, raw, 1 apple	1	Nectarines, raw, 1 nectarine	0
Applesauce, canned, unsweetened, 1 cup	5	Nuts, almonds, 1 oz (24 nuts)	0
Asparagus, boiled, without salt, 4 spears	8	Nuts, pecans, 1 oz (20 halves)	0
Avocado, raw, 1 oz	2	Oil, olive/canola, 1 tbsp	0
Banana, raw, 1 banana	1	Onions, raw, 1 cup	5
Barley, pearled, cooked, 1 cup	5	Oranges, raw, 1 orange	0
Beans, black/pinto, boiled, w/o salt, 1 c	2	Peaches, raw, 1 peach	0
Beans, green, boiled, w/o salt, 1 cup	1	Peanuts, dry roasted, w/o salt, 1 oz	2
Beef, ground, 80% lean, broiled, 3 oz	64	Pears, raw, 1 pear	2
Beef, bottom round, lean, roasted, 3 oz	38	Peas, green, boiled, 1 cup	6
Beef, ribs, lean, roasted, 3 oz	61	Peppers, hot chili, green, raw, 1 pepper	3
Blueberries, raw, 1 cup	1	Peppers, sweet, green, raw, 1 pepper	4
Broccoli, boiled, w/o salt, 1 cup	64	Pineapple, raw, 1 cup	2
Butter, without salt, 1 tsp	2	Plums, raw, 1 plum	0
Cabbage, red, raw, 1 cup	19	Prunes, uncooked, 5 prunes	1
Carrots, raw, 1 cup	76	Pork, fresh, ctr loin chop, broiled, 3 oz	51
Celery, raw, 1 cup	96	Pork, fresh, spareribs, braised, 3 oz	79
Cereal, puffed rice, 1 cup	0	Potato, baked, with skin, w/o salt	20
Cereal, shredded wheat, 2 biscuits	3	Radishes, raw, 1 radish	2
Cereal, oatmeal, (not packaged) 1 cup	2	Raisins, seedless, 1 cup	16
Cherries, sweet, raw, 10 cherries	0	Raspberries, raw, 1 cup	1
Chicken, breast, roasted, ½ breast	64	Rice, brown, long-grain, cooked, 1 cup	10
Chicken, drumstick, roasted, 1 drumstick	42	Rice, white, long-grain, cooked, 1 cup	2
Corn, sweet, boiled, w/o salt, 1 ear	13	Rice cakes, brown rice, plain, 1 cake	29
Cornmeal, whole grain, yellow, 1 cup	43	Salad drsg homemade vinegar/oil 1 T	0
Couscous, cooked, 1 cup	8	Snack, popcorn, air-popped, 1 cup	1
Crackers, matzo, plain, 1 cracker	1	Snacks, trail mix, tropical-fruit/nut, 1 c	14
Cucumber, with peel, raw, 1 cup	2	Soybeans, boiled, w/o salt, 1 cup	25
Egg, whole, hard boiled, 1 large	62	Spaghetti, whole wheat, cooked, 1 cup	4
Eggplant, boiled, without salt, 1 cup	1	Spices and herbs (various), 1 tsp	1-6
Fish, cod, Pacific, broiled or baked, 3 oz	77	Spinach, boiled, w/o salt, 1 cup	126
Fish, salmon, broiled or baked, 3 oz	56	Squash, winter/smr, baked, no salt, 1 c	2
Fish, tuna, fresh, broiled or baked, 3 oz	40	Strawberries, raw, 1 cup	2
Frozen fruit and juice bar (100% juice)	3	Sweet potato, baked in skin, w/o salt	53
Grapefruit, raw, ½ grapefruit	0	Tea, herbal, brewed, 8 fl oz	2
Grapes, red or green, 10 grapes	1	Tofu, firm or soft, nigari, ¼ block	10
Kale, boiled, without salt, 1 cup	30	Tomatoes, canned, puree, w/o salt, 1 c	70
Lamb, lean, roasted, 3 oz	65	Tomato, red, ripe, raw, 1 cup	9
Leeks, boiled, without salt, 1 cup	10	Tortilla, corn, 1 tortilla	12
Lemon, raw, 1 lemon	1	Turkey, dark meat, roasted, 3 oz	66
Lettuce, romaine, raw, 1 cup	16	Turkey, ground, 1 patty	88
Lima beans, boiled, w/o salt, 1 cup	4	Turkey, light meat, roasted, 3 oz	54
Lime or lemon juice, raw	1	Turnips, boiled, w/o salt, 1 cup	25
Macaroni, cooked, 1 cup	1	Water, municipal, 8 fl oz	5
Mangos, raw, 1 mango	4	Waterchestnuts, canned, 1 cup	11
Melon, cantaloupe, raw, 1/8 melon	11	Watermelon, raw, 1 wedge	3
Mushrooms, boiled w/o salt, 1 cup	3	Wheat flour, whole grain, 1 cup	6

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

