

Healthy Living

...for life!

Alameda County Public Health Department

SODIUM CONTENT OF A SAMPLE DAILY MENU

	<i>Milligrams (mg) of sodium</i>
Breakfast	
3 slices bacon	360
2 scrambled eggs	440
2 slices whole wheat toast	310
1 tablespoon butter	90
6 oz. orange juice	0

Total Breakfast	1,200 mg of sodium
Lunch	
Ham and cheese sandwich	1,375
(2 oz. sliced ham-720, 1 slice Swiss cheese-390, 2 slices whole wheat bread-265)	
1 tablespoon mayonnaise	105
2 teaspoons mustard	115
1 pickle spear	330
1/2 cup canned chunky chicken noodle soup	435
12 oz. Diet Coke	40

Total Lunch	2,400 mg of sodium
Dinner	
KFC original chicken drumstick	440
KFC original chicken thigh	1,060
1 KFC biscuit	580
KFC potato wedges	830
KFC cole slaw	300
KFC strawberry shortcake	120
16 oz. Sprite	70

Total Dinner	3,400 mg sodium
GRAND TOTAL	7,000 mg of sodium!

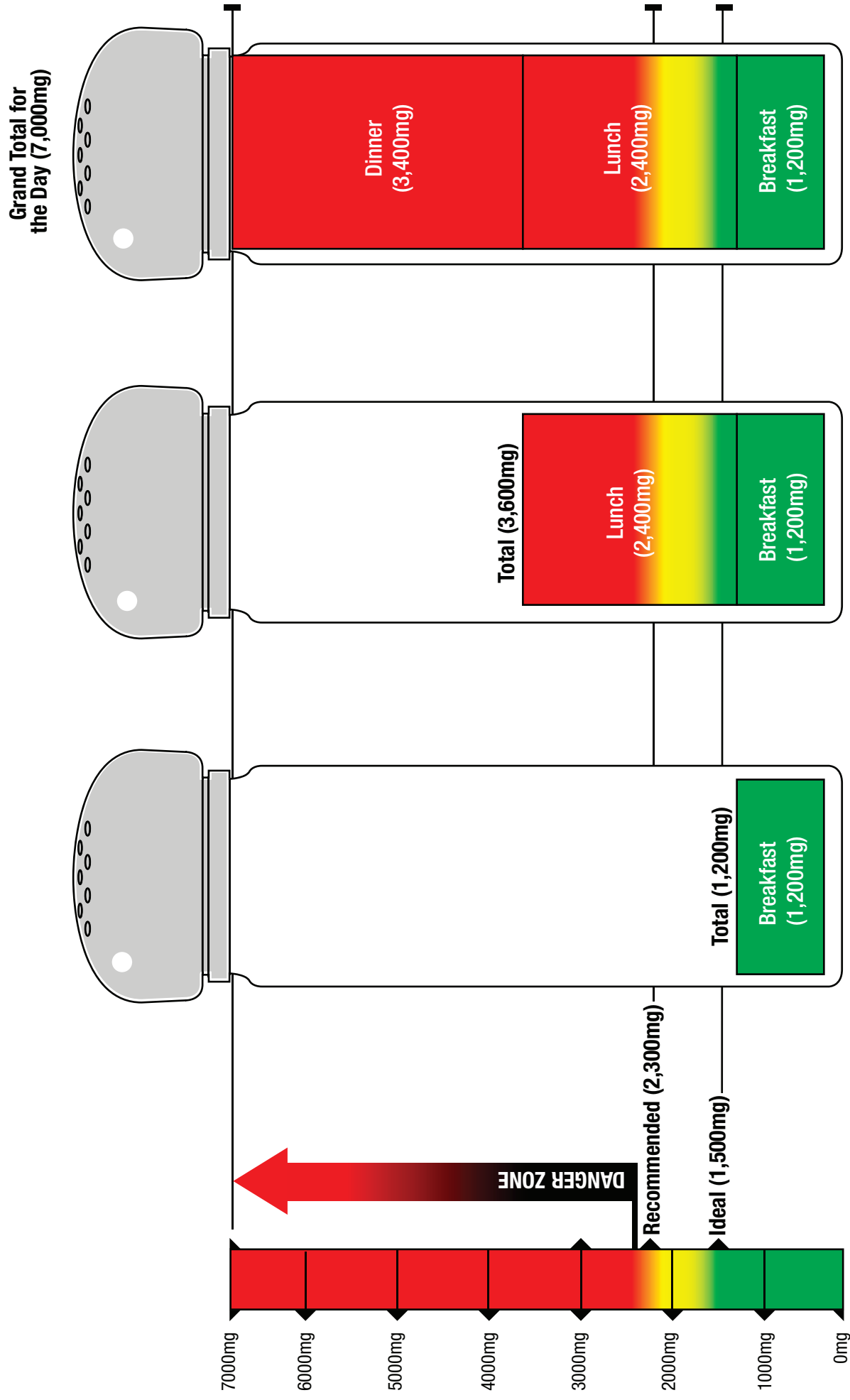
Source: Nutritionist Pro Database, 2006

(Totals have been rounded)



WHERE'S THE LIMIT?

Sodium Content of a Sample Daily Menu



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