

Sodium Chart

	0-150 mg		151-300 mg		301+ mg	
MILK GROUP: Foods rich in calcium, riboflavin, protein	Vanilla ice cream Swiss cheese Whole milk Lowfat milk Skim milk Chocolate milk	58 mg 74 mg 120 mg 122 mg 126 mg 149 mg	Yogurt Cheddar cheese Chocolate pudding Buttermilk	159 mg 176 mg 195 mg 257 mg	American processed cheese Cottage cheese	406 mg 457 mg
MEAT GROUP: Foods rich in protein, niacin, iron, thiamin	Beef Pork Chop Egg Chicken Beef liver	55 mg 59 mg 69 mg 69 mg 99 mg	Peanut butter Sausage Bologna Bacon	162 mg 168 mg 220 mg 274 mg	Tuna fish Frankfurter Corned beef Canned ham	303 mg 639 mg 802 mg 1114 mg
FRUIT & VEGETABLE GROUP: Foods rich in vitamins A and C	All fruits and fresh, plain, or frozen vegetables	1-50 mg			Canned lima beans Canned beets Cream-style corn Canned potatoes Tomato juice Sauerkraut	456 mg 479 mg 671 mg 753 mg 878 mg 1554 mg
GRAIN GROUP: Foods rich in carbohydrate, thiamin, iron, niacin	Farina Oatmeal Noodles Rice Saltines Graham crackers White bread Cream of wheat Wheat bread	1 mg 1 mg 2 mg 6 mg 70 mg 96 mg 114 mg 126 mg 132 mg	Baking powder biscuit Cornbread Cornflakes Waffle	175 mg 176 mg 256 mg 275 mg	Wheaties Stuffing mix	355 mg 1131 mg
'OTHERS' CATEGORY: Fats, sweets, alcohol	Coffee Wine Cola Beer Butter Margarine Oatmeal cookie Orange sherbet Sweet pickle	2 mg 5 mg 16 mg 25 mg 41 mg 47 mg 77 mg 88 mg 128 mg	Cake-type doughnut Salted popcorn Potato chips Apple pie Danish pastry roll	160 mg 175 mg 200 mg 208 mg 220 mg	Green olives Devil's food cake Dill pickle	323 mg 402 mg 928 mg
COMBINATION FOODS: Foods made with ingredients from more than one food group	Stuffed cabbage	63 mg			Fast food hamburger Home-baked pot pie Homemade chow mein Fast food fish sandwich Canned spaghetti & meatballs Pizza with sausage Canned beef stew Fast food jumbo hamburger Frozen beef dinner Canned chicken noodle soup	461 mg 644 mg 718 mg 882 mg 942 mg 967 mg 980 mg 990 mg 998 mg 1107 mg
CONDIMENTS: Cooking ingredients used to enhance the flavor of food	Sage Oregano Thyme Paprika Pepper Parsley Prepared mustard Mayonnaise Italian dressing Barbeque sauce	0 mg 0 mg 1 mg 1 mg 1 mg 6 mg 65 mg 78 mg 116 mg 130 mg	Catsup Tartar sauce Horseradish Worcestershire sauce French dressing	156 mg 182 mg 198 mg 206 mg 214 mg	Baking powder Monosodium glutamate (MGS) Baking soda Soy sauce Bouillon Onion salt Meat tenderizer Garlic salt Table salt	339 mg 492 mg 821 mg 1029 mg 1152 mg 1620 mg 1750 mg 1850 mg 1938 mg