

B E V E R A G E S

These charts have been prepared as a handy reference guide to meal planning for individuals who must reduce their sodium intake on the advice of their physician or have an interest in the sodium content of their foods. They contain the sodium, potassium and caloric values of foods commonly eaten, including many popular prepared foods.

It should be noted that the nutritional values listed here are averages. No listing can supply exact amounts since the nutritional content may vary from brand to brand. All processed foods provide nutritional labeling, which includes calories and sodium levels per serving. For more specific nutritional information, consult the nutritional label or contact the manufacturer directly.

Before you change your diet, it is recommended that you consult your physician or dietician.

Apple Juice	8 oz.	8	296	116
Beer				
Regular	12 oz.	18	89	146
Light	12 oz.	11	64	99
Club Soda	12 oz.	75	7	0
Coffee, brewed	8 oz.	5	129	5
Cola				
Regular	12 oz.	15	4	152
Diet	12 oz.	21	0	4
Cranberry Juice Cocktail	8 oz.	5	46	144
Grapefruit Juice,				
Unsweetened	8 oz.	3	378	94
Orange Juice, Frozen				
Reconstituted	8 oz.	3	478	112
Pineapple Juice	8 oz.	3	335	140
Prune Juice	8 oz.	10	707	182
Tea	8 oz.	7	88	2
Tomato Juice	8 oz.	877	535	41
Tonic Water	12 oz.	15	0	124
Vegetable Juice Cocktail	8 oz.	653	467	46
Water, Bottled	8 oz.	2	0	0
Wine				
Red	5 oz.	7	164	106
White	5 oz.	7	121	100

All juices are canned or bottled unless indicated otherwise.

B R E A D S , C E R E A L S

Bagel (1)	2 oz.	304	58	157
Biscuit (1)	1 oz.	341	45	98
Bread				
Pita (1 piece)	1 oz.	150	34	77
Rye (1 slice)	1 oz.	187	47	74
White (1 slice)	1 oz.	153	38	76
Whole Wheat (1 slice)	1 oz.	148	71	69
Cereals				
Bran Flakes	3/4 cup	226	175	95
Corn Flakes	1 cup	298	28	102
Crisp Rice	1 cup	208	27	111
Oatmeal, Cooked	3/4 cup	1	99	104
Puffed Rice	1 cup	0	16	56
Puffed Wheat	1 cup	0	42	44
Raisin Bran	1 cup	354	437	188
Shredded Wheat	2 biscuits	3	196	156
Toasted Oats	1 cup	284	89	110
Cinnamon Roll				
Refrigerated (1)	1 oz.	236	18	103

	Serving Amount	Sodium (mg)	Potassium (mg)	Calories
Dinner Roll	1 oz.	148	38	85
Doughnut, Cake, Plain (1)	2 oz.	228	58	242
*Muffin, Mix				
Apple Cinnamon	1	210	40	170
Banana Nut	1	230	35	170
Chocolate Chip	1	210	40	170
Corn	1	210	25	160
English (1)	2 oz.	265	75	134
Macaroni, Cooked	1/2 cup	1	21	99
Noodles, Egg, Cooked	1/2 cup	5	23	106
*Pancakes, Mix	One 4"	192	76	83
Rice, Cooked				
Brown	1/2 cup	5	42	106
White	1/2 cup	1	28	103
Spaghetti, Cooked	1/2 cup	0	21	99
Tortilla, Flour	One 7"	234	64	159
Waffle, Frozen	One 4"	260	42	87
Wheat Germ	2 Tbsp.	0	140	50

*Prepared according to package instructions.

Barbecue Sauce	1 Tbsp.	127	27	12
Butter	1 Tbsp.	117	4	102
Catsup	1 Tbsp.	178	72	18
Gravy, Chicken, Garnish	1/4 cup	343	64	47
Jam	1 Tbsp.	6	15	56
Margarine	1 Tbsp.	132	6	102
Mustard				
Dijon	1 tsp.	120	10	5
Yellow, Prepared	1 tsp.	56	8	3
Panecake Syrup	1 Tbsp.	12	1	53
Peanut Butter, Chunky	2 Tbsp.	158	239	188
Pickles				
Dill	1 spear	385	35	5
Sweet Relish	1 Tbsp.	122	4	20
Salad Dressing				
Blue Cheese	2 Tbsp.	334	12	154
French	2 Tbsp.	428	24	134
Italian	2 Tbsp.	232	4	136
Mayonnaise	2 Tbsp.	156	10	198
Ranch	2 Tbsp.	287	14	148
Salad Dressing	2 Tbsp.	210	2	114
Thousand Island	2 Tbsp.	218	36	118
Steak Sauce	1 Tbsp.	290	50	15
Soy Sauce	1 Tbsp.	871	64	9
Worcestershire Sauce	1 Tbsp.	210	30	15

D A I R Y P R O D U C T S

	Serving Amount	Sodium (mg)	Potassium (mg)	Calories
Chesse				
American, Processed	1 oz.	406	46	106
Blue, Crumbled	1/4 cup	471	87	119
Cheddar	1 oz.	176	28	114
Cottage				
Regular, Small Curd	1/2 cup	457	95	117
Lowfat	1/2 cup	459	97	82
Cream Cheese	2 Tbsp.	86	35	101
Mozzarella	1 oz.	150	27	79
Parmesan, Grated	1 Tbsp.	93	5	23
Swiss	1 oz.	74	31	107
Cream				
Half & Half	1 Tbsp.	6	18	20
Heavy	1 Tbsp.	6	11	52
Sour	1 Tbsp.	6	17	26
Ice Cream				
Vanilla (10% fat)	1/2 cup	53	131	133
Milk				
Buttermilk	1 cup	257	371	99
Lowfat (2%)	1 cup	122	377	121
Nonfat	1 cup	126	406	86
Whole	1 cup	119	369	157
Sherbet				
Orange	1/2 cup	34	71	102
Yogurt				
Lowfat, Plain	8 oz.	190	580	150

D E S S E R T S

*Brownie - Mix	1 square	110	183	170
*Cake - Mix				
Angel Food	1/12 cake	255	68	129
Devil's Food	1/12 cake	360	160	290
Yellow	1/12 cake	290	48	250
Candy Bar				
Milk Chocolate (1 bar)	1.55 oz.	36	169	226
*Chesecake				
Mix, No-Bake	1/8 cake	377	209	271
*Chocolate Mousse				
Pie, Mix	1/8 pie	437	270	247
Chocolate Syrup	2 Tbsp.	25	50	100
Cookies (packaged)				
Animal Crackers (11)	1 oz.	108	28	123
Chocolate Chip (1 large)	1 oz.	88	28	135
Chocolate Sandwich	3	181	53	142
Oatmeal Raisin (1)	1 oz.	107	66	110
Vanilla Wafer	5	92	32	142
*Flavored Gelatin - Mix				
Regular	1/2 cup	57	1	80

	Serving Amount	Sodium (mg)	Potassium (mg)	Calories
Frosting - Canned				
Chocolate	2 Tbsp.	65	69	139
Vanilla	2 Tbsp.	30	13	142
*Pudding, Instant - Mix (2% Milk)				
Chocolate	1/2 cup	247	417	150
Vanilla	1/2 cup	407	185	147

*Prepared according to package instructions

F I S H / S E A F O O D

Catfish, Breaded, Fried	3 oz.	238	289	195
Clams	3 oz.	95	594	126
Cod	3 oz.	66	207	89
Crab, Blue	3 oz.	237	275	87
Fish Sticks, Frozen				
6 sticks	3.5 oz.	350	210	250
Lobster	3 oz.	193	177	122
Oysters	6 medium	177	118	58
Perch	3 oz.	67	292	89
Salmon, Pink, Canned	3 oz.	471	277	118
Scallops, Breaded and Fried	3 oz.	551	176	232
Shrimp				
Boiled	3 oz.	190	155	84
Breaded and Fried	3 oz.	291	191	206
Tuna				
Canned in Oil	3 oz.	337	283	158
Canned in Water	3 oz.	320	201	109

*All values are cooked, firmest and drained weights, unless otherwise indicated.

Apple, Raw	1	0	159	81
Applesauce				
Canned, Sweetened	1/2 cup	4	78	97
Apricots				
Raw	3	1	312	51
Canned	1/2 cup	4	202	59
Avocado	1/2	10	602	162
Banana	1	1	467	109
Blueberries, Raw	1/2 cup	5	65	41
Cantaloupe, Cubed	1/2 cup	7	247	28
Cherries				
Raw, Sweet	1/2 cup	1	163	52
Canned	1/2 cup	4	164	68
Dates, Pitted	5	0	240	120
Fruit Cocktail, Canned	1/2 cup	5	128	55
Grapfruit	1/2	0	178	41
Grapes, Raw	1/2 cup	2	148	57
Kiwi/fruit	1	4	252	46

	Serving Amount	Sodium (mg)	Potassium (mg)	Calories
Orange	1	1	237	62
Peaches				
Raw	1	0	193	42
Canned	1/2 cup	5	159	55
Pears				
Raw	1	0	208	98
Canned	1/2 cup	5	119	62
Pineapple				
Raw	1/2 cup	1	88	38
Canned	1/2 cup	1	152	75
Plums				
Raw	1	0	114	36
Canned	1/2 cup	2	184	73
Prunes	5	2	313	100
Raisins	1/4 cup	190	580	150
Raspberries	1/2 cup	0	94	30
Strawberries				
Raw, Sliced	1/2 cup	1	138	25
Tangerine	1	1	132	40
Watermelon, Diced	1 cup	6	332	96

*All canned fruit is packed in juice. All raw fruit is medium size, unless otherwise indicated.

M E A T , P O U L T R Y A N D E G G S

Beef				
Chuck Blade Roast	3 oz.	60	224	213
Cornd Beef Brisket	3 oz.	964	123	213
Ground Beef, Lean	3 oz.	76	297	238
Liver	3 oz.	60	200	137
Rib Roast	3 oz.	61	318	195
Round Steak	3 oz.	54	359	162
Sirloin Steak	3 oz.	55	343	166
Cold Cuts				
Bologna, Beef, 1 slice	1 oz.	378	45	88
Frankfurter, Beef	1 oz.	458	77	143
Salami, Beef and Pork	1 oz.	302	56	71
Lamb				
Leg Roast	3 oz.	58	287	162
Loin Chop	3 oz.	71	320	184
Pork				
Bacon	3 slices	303	92	109
Sausage	3 links	504	141	144
Ham	3 oz.	1275	348	151
Rib Chops	3 oz.	55	357	173
Share Ribs	3 oz.	79	272	337
Veal				
Cutlet	3 oz.	57	329	173
Loin Chop	3 oz.	71	252	192
Rib Roast	3 oz.	82	264	150

Serving Amount Sulfur (mg) Potassium (mg) Calories

Chicken

Canned	2.5 oz.	.357	.98	.117
Fried, Flour Coated	3 oz.	.62	.201	.291
Roasted, Dark Meat	3 oz.	.79	.204	.174
Roasted, White Meat	3 oz.	.66	.210	.147
Turkey				
Bacon	2 slices	.368	.58	.68
Ground Turkey	3 oz.	.88	.221	.193
Ham	1 oz.	.316	.81	.32
Roasted	3 oz.	.57	.223	.127
Eggs				
Fried	1 large	.163	.61	.92
Hard-Boiled	1 large	.82	.63	.78
Scrambled	1 large	.171	.84	.101

*All values are for cooked, lean, trimmed, boneless and deboned weights.

PREPARED ENTREES AND SIDE DISHES

Beef Stew, Canned	1 cup	.1187	.388	.192
*Beef Stroganoff, Mix	1 cup	.760	.110	.320
Chicken Pot Pie				
Frozen (1 pot pie)	7.6 oz.	.857	.256	.484
Chili with Beans				
Canned	1 cup	.1336	.934	.287
*Lasagna, Mix	1 cup	.790	.150	.330
Lasagna, Frozen	1 cup	.720	.410	.370
Macaroni and Cheese				
Frozen	1 cup	.990	.210	.320
Pizza, Frozen				
Cheese (1 slice)	.5 oz.	.456	.248	.315
Pepperoni (1 slice)	.5 oz.	.855	.218	.369
Pork and Beans				
Canned	1/2 cup	.557	.380	.124
Ravioli, Canned	1 cup	.1174	.354	.229
Veggie Burger	1 patty	.411	.432	.137

*Prepared according to package directions.

S O U P S

Canned, Ready to Serve

Chicken Noodle	1 cup	.850	.108	.175
Clam Chowder, Manhattan	1 cup	.1001	.394	.134
Vegetable	1 cup	.1010	.396	.122
Soups, Condensed, Prepared with Milk				
Cream of Chicken	1 cup	.1047	.273	.191
Cream of Mushroom	1 cup	.918	.270	.203
Tomato	1 cup	.744	.449	.161

Serving Amount Sodium (mg) Potassium (mg) Calories

Artichoke, Globe, Raw	1	.114	.425	.60
Asparagus				
Fresh	4 spears	.7	.96	.14
Canned (S/L)	1/2 cup	.347	.210	.18
Beans, Green				
Fresh	1/2 cup	.2	.187	.22
Canned	1/2 cup	.177	.74	.14
Beans, Lima				
Fresh	1/2 cup	.15	.485	.105
Canned (S/L)	1/2 cup	.313	.353	.88
Beans Sprouts, Mung				
Raw	1/2 cup	.3	.78	.16
Canned	1/2 cup	.88	.17	.8
Beets, Fresh	1/2 cup	.68	.259	.39
Broccoli				
Fresh	1/2 cup	.20	.228	.22
Raw	1/2 cup	.12	.143	.12
Brussels Sprouts				
Fresh	1/2 cup	.16	.247	.30
Cabbage				
Raw, Shredded	1/2 cup	.7	.86	.9
Fresh, Shredded	1/2 cup	.8	.73	.17
Carrots				
Raw	1	.26	.197	.21
Fresh, Sliced	1/2 cup	.52	.177	.35
Canned	1/2 cup	.177	.131	.19
Cauliflower, Fresh	1/2 cup	.9	.89	.14
Celery, Raw	1 stalk	.35	.115	.6
Corn				
Fresh	1/2 cup	.14	.204	.89
Canned, Whole Kernel	1/2 cup	.176	.160	.67
Canned, Creamed	1/2 cup	.365	.172	.92
Cucumber, Raw, Sliced	1/2 cup	.1	.75	.7
Eggplant, Fresh, Cubed	1/2 cup	.2	.123	.14
Lettuce, Iceberg				
Raw, Shredded	1 cup	.5	.87	.7
Mushrooms				
Raw	1/2 cup	.1	.130	.8
Canned	1/2 cup	.332	.101	.19
Peas				
Fresh	1/2 cup	.3	.217	.67
Canned	1/2 cup	.214	.147	.59
Pepper, Green				
Raw, Chopped	1/2 cup	.2	.132	.20
Potatoes				
Fresh, Baked	1	.8	.610	.145
Fresh, Peeled, Boiled	1/2 cup	.4	.256	.67
French Fries, Frozen,				
Over-Heated	10	.15	.209	.100
Mashed, Instant Mix	1/2 cup	.246	.352	.83
Sweet, Baked	1	.11	.397	.117
Radishes, Raw	.5	.5	.52	.5
Raw, Boiled	1/2 cup	.474	.407	.44

	Serving amount	Sodium (mg)	Potassium (mg)	Calories
Spinach				
Raw, Chopped	1 cup	24	167	7
Canned	1/2 cup	29	370	25
Squash				
Winter, Fresh, Baked	1/2 cup	1	448	40
Zucchini, Sliced	1/2 cup	3	228	16
Tomatoes				
Raw	1	11	273	26
Canned, Whole, (S/L)	1/2 cup	178	265	23
Pasta	1/2 cup	1035	1228	107
Sauce	1/2 cup	741	455	37
Turnips, Fresh	1/2 cup	39	106	17
Water Chestnuts				
Canned, (S/L)	1/2 cup	6	83	35

*All values are for cooked vegetables, unless indicated as raw. All canned vegetables are drained unless indicated as S/L. *Sodium and sugar. Fresh vegetables are prepared without salt. All canned vegetables are packed with salt. Whole vegetables are medium sized. †Prepared according to package directions, with salt added.

\$ N A C K S

Beef Jerky	1 oz.	627	169	116
Cheese Balls	1 oz.	300	30	160
Corn Chips	1 oz.	179	40	153
Crackers				
Cheddar Cheese	1 oz.	280	41	140
Graham (4)	1 oz.	170	38	120
Saltines (5)	1/2 oz.	182	18	61
Wheat (5)	1/2 oz.	113	26	67
Nuts				
Cashews	1 oz.	120	180	170
Peanuts-Salted				
Dry Roasted	1 oz.	231	187	166
Oil Roasted	1 oz.	123	193	165
Pecans-Oil Roasted				
Unsalted	1 oz.	0	111	203
Popcorn				
Oil-popped	3 cups	291	75	165
Cheese Flavored	1 cup	98	29	58
Potato Chips				
Plain	1 oz.	168	361	152
Cheese Flavored	1 oz.	225	433	141
Pretzel Twists	.5 twists	515	44	115
Tortilla Chips				
Plain	1 oz.	110	70	140
Nacho Cheese	1 oz.	190	65	140

M I S C E L L A N E O U S

Baking Powder	1 tsp.	363	0	2
Brown Sugar, (Packed)	1 cup	86	761	827
Flour, All Purpose	1 cup	3	134	455
Powdered Coffee Cream	1 tsp.	4	16	11
Vegetable Oil	1 Tbsp.	0	0	120
Vinegar, Cider	1 Tbsp.	0	15	2