

# Salt Assault



*Brand-name*

*Comparisons of  
Processed Foods*

Center for Science in the Public Interest

# Table of Contents

- Sodium Levels in Processed Foods ..... 1
  
- Packaged Foods ..... 5
  - Baked Goods ..... 5
  - Canned Goods, Other ..... 7
  - Canned Vegetables ..... 8
  - Dairy Products ..... 9
  - Frozen Foods ..... 11
  - Meats ..... 13
  - Prepared Foods, Boxed ..... 16
  - Salad Dressings ..... 17
  - Sauces ..... 18
  - Snack Foods ..... 20
  - Soups ..... 21
  
- Restaurant Foods ..... 22
  - Breakfast Foods ..... 22
  - Chicken, Fried ..... 23
  - Chicken Strips and Nuggets ..... 23
  - Miscellaneous Foods ..... 24
  - Pizza ..... 24
  - Potatoes, Fried ..... 24
  - Salads ..... 25
  - Sandwiches ..... 25
  - Soups ..... 26

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## Sodium Levels in Processed Foods

**S**alt—sodium chloride—is perhaps the deadliest ingredient in the food supply. While a small amount of sodium is necessary for health, the amount in the typical American diet is a major cause of hypertension. Currently, 65 million Americans suffer from that condition, which increases the risk of heart disease and stroke. Together those diseases kill about 650,000 people annually. Sodium’s contribution is major. The director of the National Heart, Lung, and Blood Institute and two other experts on cardiovascular disease have estimated that *reducing sodium levels in processed and restaurant foods by 50 percent would save 150,000 lives a year.*<sup>1</sup> (For a more thorough discussion of the effects of sodium on health, please see “Salt: The Forgotten Killer,” published by the Center for Science in the Public Interest in February 2005.<sup>2</sup>)

When they think about salt, most people think of the salt shaker on their kitchen table. But the salt shaker supplies only a small percentage of a person’s daily intake. Processed and restaurant foods account for more than three-quarters of all sodium,

according to a 1991 study.<sup>3,4</sup> That figure is probably even higher today. The same study estimated that naturally occurring sodium (especially in dairy foods) accounts for about 12 percent of our intake and sodium from salt added in cooking or at the table adds another 11 percent.

The 2005 edition of the Dietary Guidelines for Americans, which is published jointly by the U.S. Department of Health and Human Services and U.S. Department of Agriculture, emphasizes the importance of lowering sodium levels in foods. It states:

When consumers are offered a lower sodium product, they typically do not add table salt to compensate for the lower sodium content, even when available. Therefore, any program for reducing the salt consumption of a population should concentrate primarily on reducing the salt used during food processing and on changes in food selection (e.g., more fresh, less-processed items, less sodium-dense foods) and preparation.

Though excessive sodium consumption has been of great concern to health professionals and has been highlighted in all six editions of Dietary Guidelines for Americans, food

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<sup>1</sup>Havas S, Roccella EJ, Lenfant C. Am J Pub Health. 2004; 94:19-22.

<sup>2</sup> <http://www.cspinet.org/salt/saltreport.pdf>.

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<sup>3</sup> Institute of Medicine. *Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate*. (2004) p. 6-44.

<sup>4</sup> Mattes RD, Donnelly D. J Am Coll Nutr. 1991;10:383-93.

processors have done little to reduce sodium levels. Since 1983, the Center for Science in the Public Interest has monitored the sodium content of 100 popular foods. Of the 69 products still marketed in 2004, the average sodium content decreased by just 5 percent (from 592 mg to 564 mg), or 0.3 percent per year.<sup>5</sup> And between 1994 and 2004, the average sodium content actually *increased* by 6 percent.

## **Brand Variations**

Though the food industry has paid little heed to calls for reducing sodium, it is clear that the sodium content of many foods can be reduced substantially. This report compares different brands of similar products (efforts were made to compare similar sizes, shapes, and flavors of products). All the products are sold in large mainstream or natural-foods stores and generally do *not* include special low-sodium foods that are marketed as niche products. In all cases, this report compares the amount of sodium (in milligrams [mg]) per 100-gram (g) quantities of foods so as to adjust for different serving sizes. All the data were obtained from food labels, company web sites, and company representatives.

Most categories show wide variations in sodium content among brands. It is not uncommon for some brands to have 50 percent, 100 percent, or even more sodium than a competing brand. For instance, a small order of fries has almost three times as much sodium at Burger King as at McDonald's (550 vs. 190 mg/100 g). Ferrara Whole Peeled Tomatoes has almost twice as much sodium as Hunt's Whole Tomatoes (280 vs. 160 mg/100 g). Bumble

Bee solid white albacore tuna has more than twice as much sodium as Crown Prince's product (450 vs. 190 mg/100 g).

In some cases, though, different brands had almost identical levels of sodium. For instance, among turkey bacons, the Butterball and Oscar Mayer brands were within a couple of percent of one another. Of course, that doesn't mean that those companies couldn't reduce sodium levels.

There seems to be little pattern as to which products were lowest in sodium. In some cases, the brands offered at conventional supermarkets had much more sodium than at natural-foods stores. For instance, General Mills Honey Nut Cheerios has almost three times as much sodium as Barbara's Honey Nut O's (700 vs. 250 mg/100 g). And Ore Ida Tater Tots have 73 percent more sodium than Whole Foods' 365 Tater Puffs (488 vs. 282 mg/100 g). But some natural-foods brands have much more sodium: Hains Rich crackers have almost 50 percent more sodium than the similar Ritz Original crackers (1,230 vs. 840 mg/100 g).

Likewise, some supermarket-brand products were lowest in sodium; other times they were highest. Safeway Premium Select BBQ Sauce about half as much sodium as Kraft BBQ Sauce (640 vs. 1,240 mg/100 g). But Safeway Lucerne Whole Milk Ricotta Cheese has three times as much sodium as Sorrento's ricotta (240 vs. 80 mg/100 g).

The one time when higher levels of sodium might be tolerable is when salt (and other sodium-containing ingredients) are used to prevent the growth of dangerous bacteria. But even in those foods, sodium levels may vary considerably. Armour Jumbo Hot Dogs contain 33 percent more sodium than Nathan's Bigger-than-the-Bun 8 Skinless

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<sup>5</sup> Jacobson M. Am J Clin Nutr. 2005;81:941-2.

Beef Franks (1,090 mg vs. 820 mg/100 g). And Jamestown Hardwood Smoked bacon has 50 percent more sodium than Gwaltney Premium Sliced Hardwood Smoked bacon (2,360 vs. 1,550 mg/100 g).

The fact that sodium levels vary so widely, indeed inexplicably widely, between brands in a given category shows that many companies could lower the sodium contents of their products sharply without seriously sacrificing flavor. If companies gradually lowered sodium levels, consumers gradually would become accustomed to less salty foods. In an interesting experiment in Australia, researchers found that people could barely, if at all, detect when the sodium content of bread was reduced by 25 percent over six weeks.<sup>6</sup> And many people who go on low-sodium diets to lower their blood pressure say that they get used to unsalted foods rather quickly and enjoy the taste of the *food*, as opposed to the *salt*.

## Recommendations

Lowering sodium is one of the most important dietary changes that Americans need to make—and there is responsibility in many quarters. Consumers need to read labels carefully and choose lower-sodium products, for the sake of their own health. Restaurants and food processors need to lower the sodium content of their foods, for the sake of their customers' health. And government needs to develop programs and adopt regulations that would decrease the sodium content of the food supply, for the sake of the public's health. The federal government should consider the following

measures:

- ◆ The FDA has not had a single employee charged with lowering sodium levels. Congress should provide generous funding for an FDA Division of Sodium Reduction to develop regulations, press industry to use less salt, and monitor sodium levels in foods and diets.
- ◆ Attention-getting symbols on the fronts of high-sodium foods would be more effective than current labels in encouraging companies to reduce sodium levels and consumers to choose lower-sodium brands. Labels could have a stop sign or other symbol with the words “High in Salt.” A less dramatic (and less effective) option would be to highlight the sodium line in the Nutrition Facts label on high-sodium products, perhaps by printing the line in red. Trigger levels for such labeling might vary with the food category and could be gradually reduced over the years. (Foods high in saturated/trans fat, added sugars, or cholesterol or low in dietary fiber should be dealt with similarly.)
- ◆ The federal government, or states, should require chain table-service restaurants to list the sodium (and calorie and saturated/trans fat) content next to each food or meal on menus. Fast-food chains should list only calories on their menu boards, but provide brochures with sodium and other nutrition information.
- ◆ The most effective way to reduce sodium would be for the FDA and USDA (which regulates foods that

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<sup>6</sup> Girgis S, Neal B, Prescott J, et al. Eur J Clin Nutr. 2003;57:616-20. Rodgers A, Neal B. Lancet. 1999;353:1332.

- contain meat or poultry) to set sodium limits for categories of processed foods that are the biggest sources of sodium. The limits could be based on the levels in the lowest-sodium brands, or on the median sodium content, in each category. Companies would be given several years to comply. Judging from the wide variation in sodium levels in competing brands of the same products, many companies could reduce levels significantly and easily. Once companies were in compliance, the limits could be reduced to the new median (or other lower) value.
- ◆ The FDA should modernize the regulation of salt by changing salt's regulatory status from "Generally Recognized As Safe" (GRAS) to a "food additive." That change would indicate to the public and food industry that over-consumption of salt is a serious problem and would facilitate limiting the sodium content of processed foods.
  - ◆ If the FDA and USDA do not limit sodium in foods, officials could use their bully pulpits to prod manufacturers to use less salt. U.S. officials should copy their British counterparts' aggressive strategy and set targets for various food categories, mount well-funded education campaigns, and publicly criticize unresponsive companies. Congress should provide major funding for the Department of Health and Human Services to educate the public about sodium and pressure food manufacturers and restaurants to lower sodium levels.
  - ◆ Though we get relatively little of our salt from canisters bought at the supermarket, it would be useful for canister labels to include a health notice, such as "SALT PROMOTES HEART DISEASE. USE LESS. TRY USING LESS SALT THAN RECIPES CALL FOR."
  - ◆ Since sodium is only one of many factors that cause cardiovascular and other diseases, the federal government should sponsor major campaigns to promote diets rich in vegetables, beans, fruit, whole grains, nuts, and seafood, along with lean meat and poultry and fat-free dairy products. It should also help schools serve more healthful meals, provide financial incentives to farmers to produce more healthful foods, and give bonus food stamps to enable recipients to buy more fruits and vegetables. Finally, the government should support measures to encourage physical activity.

## Brand-name Comparisons of Sodium Levels

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
<b>Packaged Foods</b>				
<b>Baked Goods</b>				
<b>Biscuits - Refrigerated</b>				
Safeway Jumbos Jumbo Flaky	1 biscuit (56g)	460	820	--
Safeway Jumbos Butter Flavored	1 biscuit (57g)	500	880	7%
Pillsbury Original Grands Flaky Layers	1 biscuit (58g)	550	950	16%
Pillsbury Grands Homestyle Original	1 biscuit (58g)	590	1020	24%
Pillsbury Golden Layers Butter Tastin'	1 biscuit (34g)	360	1060	29%
<b>Bread, Italian</b>				
Pepperidge Farm Italian Bread with Sesame Seeds	1 sl. (32g)	180	560	--
Giant sliced	1 sl. (31g)	190	610	9%
Schmidt	1 sl. (30g)	190	630	13%
Wonder Seeded	1 sl. (28g)	180	640	14%
Maier's	1 sl. (31g)	240	770	38%
<b>Breads, 100% Whole Wheat</b>				
Pepperidge Farm Farmhouse Bread Soft	1 sl. (43g)	150	350	--
Giant 100% Stone Ground	1 sl. (30g)	130	430	23%
Arnold Whole Grain Classics	1 sl. (38g)	180	470	34%
Stroehmann Dutch Country	1 sl. (38g)	180	470	34%
Arnold Stone Ground	1 sl. (27g)	130	480	37%
Schmidt Old Tyme	1 sl. (27g)	135	500	43%
Wonder Stoneground	1 sl. (32g)	190	590	69%
<b>Bread, White</b>				
Vermont Bread Company Soft All Natural	1 sl. (34g)	115	340	--
OvenJoy	1 sl. (26g)	120	460	35%
Whole Foods Organic	2 sl. (57g)	280	490	44%
Sunbeam Sandwich	1 sl. (26g)	135	520	53%
Wonder Regular	1 sl. (25g)	130	520	53%
Safeway Butter Top	2 sl. (48g)	250	520	53%
Arnold Brick Oven Premium	2 sl. (48g)	260	540	59%
Giant Harvest Country	1 sl. (43g)	240	560	65%
Pepperidge Farm Family Size	2 sl. (53g)	310	580	71%
Arnold Country Classics Country	1 sl. (38g)	230	610	79%

Salt Content of Foods • 6

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
Pepperidge Farm Farmhouse Bread Hearty	1 sl. (43g)	280	650	91%
<b>Buns, Hamburger</b>				
Whole Foods Organic	1 bun (52g)	160	310	--
Pepperidge Farm Carb Style	1 roll (43g)	190	440	42%
Pepperidge Farm	1 roll (43g)	220	510	65%
Wonder 8 Buns	1 bun (43)	220	510	65%
Giant Enriched	1 roll (43g)	280	650	110%
<b>Buns, Hot Dog</b>				
Pepperidge Farm Carb Style	1 roll (50g)	230	460	--
Safeway Premium Wheat	1 bun (66g)	330	500	9%
Wonder 8	1 bun (43g)	220	510	11%
Pepperidge Farm	1 roll (50g)	270	540	17%
<b>Potato Bread</b>				
Martin's Famous Dutch Taste Sandwich Potato Bread	1 sl. (32g)	120	380	--
Martin's Potato Bread	1 sl. (32g)	120	380	0%
Wonder Country Potato Bread	1 sl. (34g)	170	500	11%
Stroehmann Dutch Country Potato Bread	1 sl. (35g)	160	460	21%
<b>Potato Buns</b>				
Safeway Potato Hamburger Buns Enriched	1 bun (57g)	250	340	--
Safeway Premium Potato Buns	1 bun (74g)	440	590	74%
<b>Potato Rolls</b>				
Schmidt's Potato Rolls	1 bun (53g)	190	360	--
Martins Potato Dinner Party Rolls	3 rolls (53g)	190	360	0%
Martins Famous Dutch Taste Potato Rolls	1 roll (53g)	200	380	6%
Stroehmann Dutch Country 8 Hot Dog Potato Rolls	1 roll (53g)	270	510	42%
<b>Crackers, Cheez-It type</b>				
Safeway Cheddar Cheese Baked Snack Reduced Fat	29 crackers (30g)	220	730	--
Sunshine Cheez-Its Baked Snack	27 crackers (30g)	250	830	14%
Safeway Cheddar Cheese Baked Snack	27 crackers (30g)	250	830	14%
365 Cheese Squares Snack	29 crackers (30g)	290	970	33%
Late July Cheddar Cheese Bite-Size	35 crackers (30g)	330	1100	51%
Barbara's Cheese Bites	22 crackers (28g)	380	1360	86%

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
<b>Crackers, Ritz-type</b>				
Ritz	5 crackers (16g)	135	840	--
Safeway Classic Baked Snack Reduced Fat	10 crackers (30g)	270	900	7%
Reduced Fat Ritz	5 crackers (15g)	150	1000	19%
Hains Rich All Natural	11 crackers (30g)	370	1230	46%
<b>Crackers, Woven-wheat</b>				
Safeway Woven Wheats Baked Snack	7 crackers (31g)	170	550	--
Triscuit Reduced Fat	7 crackers (29g)	160	550	0%
Safeway Reduced Fat Woven Wheats Baked Snack	8 crackers (32g)	180	560	2%
365 Baked Woven Wheats Whole Wheat	8 crackers (30g)	170	570	4%
Triscuit Original	6 crackers (28g)	180	640	16%
<b>Crackers, Wheat Thin-type</b>				
Barbara's Wheatines	4 crackers (14g)	80	570	--
365 Wheat Squares Snack	16 crackers (30g)	190	630	11%
Nabisco Wheat Thins Original	16 crackers (31g)	270	870	53%
Nabisco Wheat Thins Reduced Fat	16 crackers (29g)	260	900	58%
Safeway Thin Wheats Baked Snack	16 crackers (31g)	290	940	65%
Reduced Fat Safeway Thin Wheats	16 crackers (29g)	280	970	70%
<b>Crescent Rolls (refrigerated dough)</b>				
Giant	1 oz. (28g)	150	540	--
Pillsbury	1 oz. (28g)	220	790	46%
<b>Dinner Rolls, Ready-to-eat</b>				
Safeway Flaky Gem Brown 'n Serve	1 roll (27g)	120	440	--
Arnold's Original	2 rolls (38g)	170	450	2%
Pepperidge Farm Sandwich Buns with Sesame Seeds	1 roll (46g)	220	480	9%
Giant Enriched	1 roll (28g)	170	610	39%
<b>Canned Goods, Other</b>				
<b>Tuna Fish, Canned, White Albacore</b>				
Crown Prince Natural Solid	¼ c. (56g)	105	190	--
365 Solid Packed in Spring Water	¼ c. (56g)	150	270	42%
Bumble Bee Solid in Water	¼ c. (56g)	250	450	137%

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
<b>Spaghetti Rings, Canned</b>				
Campbell's SpaghettiOs	1 c. (252g)	850	340	--
Giant Spaghetti Rings	1 c. (252g)	1070	420	24%
Safeway Spaghetti Rings in Tomato Sauce	1 c. (252g)	1070	420	24%
<b>Canned Vegetables</b>				
<b>Baked Beans</b>				
B&M Original	½ c. (131g)	380	290	--
Hanover	½ c. (130g)	540	420	45%
Bush's Best Original	½ c. (130g)	550	420	45%
<b>Baked Beans, Vegetarian</b>				
B&M	½ c. (130g)	340	260	--
Bush's Best Vegetarian	½ c. (130g)	550	420	62%
<b>Tomatoes, Diced</b>				
Contadina Roma Style	½ c. (122g)	200	160	--
Del Monte	½ c. (126g)	250	200	25%
Furmanos	½ c. (127g)	270	210	31%
Hunt's Petite Diced	½ c. (121g)	330	270	69%
Hunt's Diced, Original	½ c. (121g)	380	310	94%
<b>Tomatoes, Crushed</b>				
Muir Organic	¼ c. (65g)	85	130	--
Contadina Roma Style	¼ c. (61g)	150	250	92%
Hunt's	½ c. (121g)	350	290	123%
<b>Tomatoes, Paste</b>				
Hunt's	2 tbsp. (33g)	90	270	--
Contadina Roma Style	2 tbsp. (33g)	300	910	237%
<b>Tomatoes, Whole &amp; Peeled</b>				
Hunt's	½ c. (121g)	190	160	--
Delallo	½ c. (121g)	220	180	13%
Giant	½ c. (121g)	250	210	31%
Muir Glen Organic	½ c. (122g)	260	210	31%
Ferrara	½ c. (120ml)	330	280	75%

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
<b>Dairy Products</b>				
<b>Butter, Stick</b>				
Nature's Promise Organic	1 tbsp. (14g)	75	540	--
Breakstone's All Natural Salted	1 tbsp. (14g)	90	640	19%
Lucerne Sweet Cream	1 tbsp. (14g)	90	640	19%
365 Sweet Cream	1 tbsp. (14g)	95	680	26%
Land O' Lakes	1 tbsp. (14g)	95	680	26%
Kerrygold Pure Irish	1 tbsp. (14g)	105	750	39%
365 Organic Sweet Cream Salted	1 tbsp. (14g)	115	820	52%
<b>Cheese, American, Block</b>				
Lucerne American Pasteurized Process Spread	1 oz. (28g)	290	1040	--
Velveeta Pasteurized Prepared Product	1 oz. (28g)	410	1460	40%
Velveeta Light Reduced Fat Pasteurized Prepared Product	1 oz. (28g)	420	1500	44%
Kraft Velveeta Pasteurized Prepared Product (unrefrigerated)	1 oz. (28g)	440	1570	51%
<b>Cheese, American, Sliced</b>				
Horizon Organic American Singles	1 sl. (19g)	210	1110	--
Velveeta Slices Pasteurized Prepared Product	1 sl. (21g)	250	1190	7%
Velveeta Pasteurized Prepared Product - Extra Thick Slices	1 sl. (34g)	410	1210	9%
Lucerne American Processed Food	1 sl. (19g)	240	1260	14%
Kraft Singles American Pasteurized Prepared Product	1 sl. (21g)	270	1290	16%
Lucerne Deluxe American Pasteurized Process	1 sl. (21g)	270	1290	16%
Lucerne 2% Milk Reduced Fat Milk Slices	1 sl. (21g)	280	1330	20%
Giant Yellow Singles	1 sl. (21g)	290	1380	24%
Lucerne Fat Free American Artificially Flavored Nonfat Pasteurized Process Product	1 sl. (21g)	310	1480	33%
Giant Yellow Deluxe	1 sl. (21g)	390	1860	68%
<b>Cheese, Cheddar, Block</b>				
Lucerne Extra Sharp	1 oz. (28g)	180	640	--
Tillamook Medium	1 oz. (28g)	180	640	0%
Land O' Lakes Sharp	1 oz. (28g)	190	680	6%
Land O' Lakes Mild	1 oz. (28g)	190	680	6%

Salt Content of Foods • 10

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
<b>Cheese, Cheddar, Sliced</b>				
Organic Valley	1 oz. (28g)	170	610	--
Lucerne Sliced Medium Natural	1 oz. (28g)	180	640	5%
Kraft Cracker Barrel Natural Sharp Slices	1 sl. (23g)	150	650	7%
Kraft Deli Deluxe Mild Slices	1 sl. (23g)	160	700	15%
<b>Cheese, Ricotta</b>				
Sorrento Authentic Italian Taste Whole Milk Deli Style	¼ c. (62g)	50	80	--
Frigo Whole Milk	¼ c. (62g)	85	140	75%
Lucerne Whole Milk All Natural	¼ c. (62g)	150	240	200%
Maggio Premium Whole Milk	¼ c. (61g)	150	250	213%
<b>Cheese, Cottage</b>				
Light n' Lively Lowfat 1% Milkfat	½ c. (113g)	360	320	--
Breakstone's 2% Milkfat Small Curd	½ c. (124g)	400	320	0%
Lucerne Lowfat 2% Milkfat Calcium Fortified	½ c. (113g)	410	360	13%
<b>Cheese, Cheddar, Sliced, Pasteurized Processed Product</b>				
Lucerne Slices Sharp	1 sl. (21g)	260	1240	--
Borden 2% Milk Reduced Fat Singles Sharp	1 sl. (21g)	340	1620	31%
<b>Cheese, Cream, Brick</b>				
Lucerne	2 tbsp. (30g)	100	330	--
Kraft Philadelphia Original	1 oz. (28g)	105	380	15%
Organic Valley	2 tbsp. (30g)	130	430	30%
<b>Cheese, Cream, Fat Free</b>				
Lucerne Fat Free	2 tbsp. (30g)	135	450	--
Kraft Philadelphia Fat Free	1 oz. (28g)	200	710	58%
<b>Cream Cheese, Light</b>				
Giant Light	2 tbsp. (30g)	135	450	--
Kraft Philadelphia Light	2 tbsp. (32g)	150	470	4%
<b>Cheese, Cream, Whipped</b>				
Giant	2 tbsp. (20g)	65	330	--
Kraft Philadelphia Whipped	2 tbsp. (21g)	90	430	30%

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
<b>Cheese, Monterey Jack</b>				
Giant	1 oz. (28g)	170	610	--
Lucerne Natural	1 oz. (28g)	170	610	--
Land O' Lakes	1 oz. (28g)	190	680	11%
<b>Cheese, Mozzarella, Part-skim</b>				
Organic Valley Organic Low Moisture	1 oz. (28g)	105	380	--
Giant	1 oz. (30g)	180	600	58%
Lucerne Low Moisture 32 oz. package	1 oz. (28g)	170	610	61%
Best Buy Low Moisture Natural	1 oz. (28g)	170	610	61%
Sorrento Low Moisture	1 oz. (28g)	180	640	68%
Polly-O	1 oz. (28g)	200	710	87%
Frigo Low Moisture	1 oz. (28g)	210	750	97%
<b>Cheese, Swiss, Block</b>				
365 Swiss Cheese	1 oz. (28g)	60	210	--
Giant Super G Deli Chunk	1 oz. (28g)	130	460	119%
<b>Cheese, Swiss, Sliced</b>				
Kraft Deli Deluxe Aged Deli Thin	1 oz. (28g)	50	180	--
Lucerne Sliced Natural	1 sl. (21g)	50	240	33%
<b>Frozen Foods</b>				
<b>Chicken, Fried, Dinners</b>				
Swanson Boneless White Meat (with Mashed Potatoes, Sweet Corn & Brownie)	1 pkg. (312g)	1010	320	--
Banquet Our Original Meal (with Mashed Potatoes and Corn)	1 pkg. (255g)	900	350	9%
Hungry Man Boneless (with Mashed Potatoes, Corn & a Brownie)	1 pkg. (454g)	2160	480	50%
Swanson Classic (with Mashed Potatoes, Sweet Corn)	1 pkg. (326g)	2030	620	94%
<b>Chicken, Nuggets</b>				
Manor House	4 pcs. (82g)	380	460	--
Banquet Chicken Breast	5 pcs. (85g)	470	550	20%
<b>Chicken, Tenders</b>				
Weaver Original	5 pcs. (85g)	250	290	--
Tyson Quick 'N Easy	5 pcs. (85g)	330	390	34%

Salt Content of Foods • 12

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
Banquet	5 pcs. (85g)	480	560	93%
<b>Macaroni and Cheese, Dinners</b>				
Stouffer's Lean Cuisine	1 meal (283g)	650	230	--
Weight Watchers Smart Ones	1 meal (283g)	800	280	22%
Banquet Meal	1 meal (340g)	1500	440	91%
<b>Pizza, Cheese</b>				
Ian's slices	1 slice (44g)	200	160	---
Elio's	1 sl. (75g)	270	360	125%
Bravissimo	1/3 pizza (129g)	570	440	175%
365 Four Cheese	1/3 pizza (132g)	600	450	181%
Linda McCartney All-Natural	1/2 pizza (128g)	610	480	200%
Amy's	1/3 pizza (123g)	590	480	200%
Totinos Crisp Crust Party Original 3-cheese	1/2 pizza (138g)	700	510	219%
Tony's Original Crust	1/3 pizza (142g)	780	550	244%
Celeste Pizza for One	1 pizza (158g)	1080	680	325%
Freschetta Hand-Tossed Style 4-cheese	1/2 pizza (158g)	1140	720	350%
<b>Pizzas, French Bread, Pepperoni</b>				
Stouffer's	1/2 pkg. (315g)	930	300	---
Healthy Choice	1 pizza (170g)	600	350	17%
Red Baron	1 pizza (154g)	1080	700	133%
<b>Pizzas, Pepperoni</b>				
Reggio's Chicago Style Premium	1/4 pizza (140g)	400	290	--
Bravissimo Uncured Pepperoni	1/3 pizza (129g)	710	550	90%
Safeway	1/4 pizza (147g)	810	550	90%
Tombstone Brick Oven Style	1/4 pizza (124g)	720	580	100%
Totinos Crisp Crust	1/2 pizza (145g)	870	600	107%
Pizza for One	1 pizza (188g)	1190	630	117%
Red Baron Classic	1/5 pizza (125g)	810	650	124%
Tony's Original Crust	1/3 pizza (148g)	1050	710	145%
Freschetta Hand-Tossed Style	1/2 pizza (164g)	1350	820	183%
<b>Pot Pies, Chicken</b>				
Swanson	1 pie (198g)	690	350	--
Marie Callender's	1 pie (234g)	850	360	3%

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
Pepperidge Farm Premium	1 pie (227g)	870	380	9%
Stouffer's	1 pie (283g)	1180	420	20%
Banquet	1 pie (198g)	950	480	37%
<b>Potatoes, Puffed</b>				
365 Tater Puffs	3 oz.	240	280	--
Ore-Ida Tater Tots	3 oz. (9 pcs.)	420	490	76%
<b>Taquitos, Chicken</b>				
365 Chicken	5 pcs. (140g)	230	160	--
Delimex Chicken	5 pcs. (140g)	480	340	113%
<b>Taquitos, Beef &amp; Cheddar</b>				
Delimex Beef & Cheddar	5 pcs. (140g)	650	460	--
José Olé Beef & Cheese	2 pcs. (85g)	450	530	15%
<b>Meats</b>				
<b>Bacon</b>				
Gwaltney Thick Sliced Virginia Cured	1 sl. (8g)	120	1500	--
Oscar Mayer Hearty Thick Cut	1 sl. (12g)	250	2080	39%
Hormel Original	2 sl. (15g)	330	2200	47%
Oscar Mayer Center Cut (30% lower fat)	1 sl. (12g)	270	2250	50%
<b>Bacon, Smoked</b>				
Safeway Select Naturally Smoked	2 sl. (14g)	200	1430	--
Gwaltney Premium Hardwood, Sliced	2 sl. (11g)	170	1550	8%
Jimmy Dean Fresh Taste Hickory Fully Cooked	3 sl. (12g)	200	1670	17%
The Butcher's Cut Hickory Smoked, Sliced	2 sl. (15g)	270	1800	26%
Smithfield Naturally Hickory Smoked Center Cut 40% Lower Fat	2 sl. (11g)	200	1820	27%
Smithfield Naturally Hickory Smoked	2 sl. (14g)	260	1860	30%
Oscar Mayer Naturally Hardwood Smoked	2 sl. (14g)	290	2070	45%
Jamestown Hardwood, Sliced	2 sl. (11g)	260	2360	65%
<b>Bacon, Turkey</b>				
Oscar Mayer Louis Rich	1 sl. (14g)	180	1290	--
Butterball Thin & Crispy	3 sl. (27g)	360	1330	3%

Salt Content of Foods • 14

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
<b>Chicken, Fresh or Frozen</b>				
The Butcher's Cut Young Chicken	84g	45	50	--
Perdue Chicken Split Breasts	191g	100	50	--
Perdue Oven Stuffer Fresh Whole Roaster Breast with ribs and back portions	84g	40	50	--
Perdue Boneless Skinless Breast with rib meat	112g	75	60	20%
Chicken, broilers or fryers, breast, meat only, raw (USDA)	112g	73	70	40%
Super G Boneless Skinless Thighs	79g	70	90	80%
Chicken, broilers or fryers, thigh, meat only, raw (USDA)	79g	68	90	80%
Perdue Whole Chicken	84g	85	100	100%
Perdue Drumsticks	61g	65	110	120%
Chicken, broilers or fryers, drumstick, meat and skin, raw (USDA)	112g	93	120	140%
Manor House Young Chicken Boneless Skinless (Breast) Tenderloins (frozen)	113g	170	150	200%
Tyson Boneless Skinless Chicken Breasts	112g	230	210	320%
Tyson Fresh Boneless, Skinless Chicken Thigh Cutlets	112g	250	220	340%
The Butcher's Cut (Safeway) Boneless Skinless Breast with Rib Meat	112g	350	310	520%
Mountanaire Farms Boneless Breasts Skinless with rib meat	112g	370	330	560%
Amick Farms Poultry Boneless Skinless Chicken Thighs	112g	370	330	560%
<b>Ham, Sliced</b>				
The Butcher's Cut 95% Fat Free Cooked	1 sl. (28g)	380	680	--
Healthy Choice Baked Cooked	4 sl. (52g)	450	870	28%
The Butcher's Cut 97% Fat Free	5 sl. (56g)	560	1000	47%
Carl Buddig Honey Ham	12 sl. (71g)	760	1070	57%
Smithfield 97% Fat Free Cooked	1 sl. (28g)	310	1110	63%
Oscar Mayer Baked Cooked	3 sl. (63g)	760	1210	78%
Oscar Mayer Shaved Smoked	3 sl. (51g)	660	1290	90%
Tyson 97% Fat Free Shaved Smoked	3 sl. (56g)	760	1360	100%
<b>Hot Dogs</b>				
Nathan's Bigger-than-the-Bun 8 Skinless Beef	1 link (57g)	470	820	--
Ball Park Fat Free Beef	1 link (50g)	420	840	2%
Ball Park Lite, Beef	1 frank (50g)	460	920	12%
Oscar Mayer XXL Deli Style Beef	1 link (76g)	740	970	18%
The Butcher's Cut Jumbo Beef	1 link (57g)	560	980	20%

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
Gwaltney Big 8's Jumbo Beef	1 frank (56g)	580	1040	27%
Armour Jumbo	1 link (57g)	620	1090	33%
Bar S Jumbo	1 link (56g)	680	1210	48%
<b>Pork, Fresh or Frozen</b>				
IBP Supreme Lean Pork Tenderloin	112g	50	40	--
Pork, loin, whole, lean and fat, raw (USDA)	112g	56	50	25%
Smithfield Pork Spareribs, St. Louis Style	112g	65	60	50%
Smithfield Pork Loin Back Ribs	112g	85	80	100%
Pork, spareribs, lean and fat, raw (USDA)	112g	85	80	100%
Tyson Fresh Boneless Loin Roast	112g	290	260	550%
Tyson Fresh Tenderloin	112g	300	270	575%
Hormel Always Tender Fresh Pork Loin Back Ribs	112g	330	290	625%
Hormel Always Tender Fresh Pork Spareribs	112g	330	290	625%
Tyson Fresh Loin Country Style Ribs	112g	330	290	625%
Tyson Fresh Spareribs	112g	330	290	625%
<b>Sausage, Breakfast Links</b>				
Jimmy Dean Pork Original	3 links (54g)	310	570	--
365 Brown & Serve Links Pork	2 links (56g)	380	680	19%
Armour Beef Sausage Brown n Serve	2 links (45g)	390	870	53%
Armour Brown n Serve Original	2 links (45g)	440	980	72%
Johnsonville Original	3 links (55g)	610	1110	95%
<b>Sausage, Pork, Maple or Brown Sugar</b>				
Jimmy Dean Pork Sausage Sweet Brown Sugar	3 links (54)	280	520	--
365 Brown & Serve Link Made with Pork Maple	2 links (56g)	350	630	21%
Johnsonville Brown Sugar & Honey	3 links (55g)	460	840	62%
Bob Evans Maple	3 links (51g)	430	840	62%
Johnsonville Maple Syrup	3 links (55g)	600	1090	110%
<b>Sausage, Pork, Regular</b>				
Jimmy Dean Premium Regular	2 oz. (56g)	280	500	--
Bob Evans Original Recipe	About 2 oz. (53g)	440	830	66%
Healthy Choice Lowfat	3 patties (55g)	480	870	74%
Safeway Select Country	2 oz. (56g)	550	980	96%
Jamestown Mild	About 2 oz. (55g)	550	1000	100%

Salt Content of Foods • 16

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
<b>Sausage, Pork, Hot</b>				
Jimmy Dean Premium	2 oz. (56g)	350	630	--
Safeway Select Hot Country	2 oz. (56g)	550	980	56%
Jamestown Hot	2 oz. (55g)	642	1170	86%
<b>Sausage, Pork, Sage</b>				
Jimmy Dean Premium	2 oz. (56g)	320	570	--
365 Brown & Serve Links	2 links (56g)	380	680	19%
Bob Evans Savory	About 2 oz. (53g)	540	1020	79%
<b>Turkey, Fresh or Frozen</b>				
Shady Brook Farms Fresh Natural Young Turkey Breast with ribs, portions of back and wing meat	112g	60	50	--
Shady Brook Farms Fresh Boneless Turkey Breast for Scallopini	112g	60	50	--
Perdue Frozen Whole Hen Turkey	84g	45	50	--
Turkey, young hen, breast, meat and skin, raw (USDA)	112g	62	60	20%
Butterball Fresh Turkey White Meat cooked, no skin	84g	50	60	20%
Butterball Frozen Turkey White Meat cooked, no skin	84g	160	190	280%
Shady Brook Farms Turkey Breast Cutlets	112g	240	210	320%
Marval Prime Young Turkey Breast (frozen)	112g	490	440	780%
<b>Turkey Breast, Packaged, Sliced</b>				
Empire Kosher slices	3 sl. (50g)	260	520	--
Healthy Choice Oven Roasted and White (97% Fat Free)	1 sl. (28g)	240	860	65%
Butterball Smoked Hearty Thick Sliced (98% Fat Free)	1 sl. (28g)	250	890	71%
Carl Buddig Oven Roasted Thins Sliced Lean	1 pack (71g)	760	1070	106%
Hillshire Farms Deli Select Thin Sliced Oven Roasted	6 sl. (57g)	620	1090	110%
Tyson 98% Fat Free Honey Roasted	3 sl. (56g)	640	1140	119%
Smithfield 96% Fat Free Honey Roasted and White	6 sl. (56g)	660	1180	127%
Oscar Mayer Louis Rich 98% Fat Free Oven Roasted	1 sl. (28g)	340	1210	133%
Oscar Mayer Oven Roasted	3 sl. (63g)	760	1210	133%
Smithfield 98% Fat Free Oven Roasted	1 sl. (28g)	350	1250	140%
Carl Buddig Honey Turkey	12 sl. (71g)	760	1360	162%
The Butcher's Cut	1 sl. (28g)	430	1540	196%
<b>Prepared Foods, Boxed</b>				
<b>Macaroni and Cheese</b>				
Giant Dinner	½ c. (70g)	530	760	--

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
Nature's Promise Macaroni and Cheese Organic	2/3 c. (71g)	570	800	5%
Kraft Dinner The Cheesiest	1/2 c. (70g)	600	860	13%
<b>Breakfast Cereals</b>				
Barbara's Honey Nut O's	30g	75	250	--
General Mills Honey Nut Cheerios	30g	210	700	180%
<b>Salad Dressings</b>				
<b>Salad Dressings, Blue Cheese</b>				
Wishbone Carb-Options	2 tbsp. (30ml)	230	770	--
Kraft Roka Brand Blue Cheese Salad Dressing	2 tbsp. (29g)	290	1000	30%
Wishbone Just-2-Good	2 tbsp. (30ml)	310	1030	34%
Ken's Steakhouse Lite Chunky Blue Cheese Dressing	2 tbsp. (30g)	340	1130	47%
<b>Salad Dressing, Caesar</b>				
Annie's Natural	2 tbsp. (30g)	170	570	--
Safeway Select Fresh Garlic	2 tbsp. (30ml)	240	800	40%
Cardini's The Original	2 tbsp. (29g)	240	830	46%
365 Organic (non-refrigerated)	2 tbsp. (30ml)	260	870	53%
Wishbone Creamy	2 tbsp. (30g)	300	1000	75%
Kraft's Classic	2 tbsp. (29g)	310	1070	88%
Girard's Light	2 tbsp. (31g)	360	1160	104%
Ken's Steakhouse	2 tbsp. (30g)	430	1430	151%
Safeway Select Fresh Garlic Light	2 tbsp. (30ml)	440	1470	158%
Girard's Fat Free	2 tbsp. (34g)	500	1470	158%
Newman's Own Creamy	2 tbsp. (27g)	420	1560	174%
<b>Salad Dressings, Caesar, Refrigerated</b>				
Marie's Caesar	2 tbsp. (30ml)	150	500	--
T. Marzetti's Creamy Caesar	2 tbsp. (29g)	240	830	66%
<b>Salad Dressing, Peppercorn Ranch</b>				
Giant	2 tbsp. (29g)	230	790	--
Ken's Steakhouse Fat Free Ranch	2 tbsp. (30g)	260	870	10%
Giant Fat Free	2 tbsp. (33g)	380	1150	46%
<b>Salad Dressings, Ranch</b>				
Wishbone	2 tbsp. (30ml)	200	670	--

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
Giant	2 tbsp. (29g)	210	720	7%
Hidden Valley The Original	2 tbsp. (30g)	260	870	30%
Hidden Valley Light Topping & Dressing	2 tbsp. (30g)	280	930	39%
Ken's Steakhouse Buttermilk	2 tbsp. (30g)	310	1030	54%
Kraft	2 tbsp. (30g)	310	1030	54%
Giant Fat Free	2 tbsp. (33g)	380	1150	72%
Kraft Carb Well Light Buttermilk Reduced Fat Dressing	2 tbsp. (30g)	430	1430	113%
<b>Salad Dressings, Thousand-Island</b>				
Kraft Free	2 tbsp. (33g)	260	790	--
Giant	2 tbsp. (30g)	250	830	5%
Ken's Steakhouse	2 tbsp. (30g)	300	1000	27%
Giant Fat Free	2 tbsp. (35g)	370	1060	34%
<b>Sauces</b>				
<b>BBQ Sauce, Original</b>				
Safeway Premium Select	2 tbsp. (36g)	230	640	--
KC Masterpiece Premium	2 tbsp. (36g)	240	670	5%
Squeezable Sweet Baby Ray's Award Winning	2 tbsp. (36g)	290	810	27%
Bull's-Eye	2 tbsp. (36g)	330	920	44%
Giant	2 tbsp. (34g)	370	1090	70%
Original Open Pit	2 tbsp. (40ml)	450	1130	77%
Kraft	2 tbsp. (34g)	420	1240	94%
Tony Roma's	2 tbsp. (35g)	440	1260	97%
<b>BBQ Sauce, Honey</b>				
Squeezable Sweet Baby Ray's Award Winning	2 tbsp. (37g)	300	810	--
Giant	2 tbsp. (36g)	320	890	10%
Kraft	2 tbsp. (36g)	360	1000	23%
Tony Roma's Carolina	2 tbsp. (35g)	450	1290	59%
<b>Ketchup</b>				
Carb Fit All Natural	1 tbsp. (15g)	70	470	--
Westbrae Natural Vegetarian Fruit-Sweetened	1 tbsp. (15g)	70	470	0%
Annie's Organic	1 tbsp. (17g)	150	880	87%
365	1 tbsp. (17g)	160	940	100%
Heinz	1 tbsp. (17g)	190	1120	138%
Heinz Organic	1 tbsp. (17g)	190	1120	138%

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
<b>Salsa, Medium</b>				
Drew's All Natural	2 tbsp. (28g)	100	360	--
Senor Feld Red	2 tbsp. (30g)	125	420	17%
Muir Glen Organic	2 tbsp. (31g)	135	440	22%
Chi Chi's Fiesta Thick & Chunky	2 tbsp. (30g)	150	500	39%
Safeway Southwest	2 tbsp. (28g)	150	540	50%
Whole Foods	2 tbsp. (32g)	200	630	75%
Old El Paso Thick N' Chunky	2 tbsp. (30g)	230	770	114%
Tostitos	2 tbsp. (33g)	260	790	119%
Herdez Salsa Casera	2 tbsp. (31g)	270	870	142%
<b>Salsa, Mild</b>				
Enrico's Organic	2 tbsp. (32g)	80	250	--
Muir Glen Organic	2 tbsp. (31g)	135	440	76%
Chic Chi's Fiesta Thick & Chunky	2 tbsp. (30g)	150	500	100%
Safeway Southwest Salsa Mild	2 tbsp. (28g)	150	540	116%
Whole Foods	2 tbsp. (32g)	200	630	152%
Old El Paso Thick N' Chunky	2 tbsp. (30g)	230	770	208%
Tostitos	2 tbsp. (33g)	260	790	216%
Pace Chunky	2 tbsp. (30ml)	240	800	220%
<b>Sauce, Spaghetti</b>				
365 Organic	½ c. (125g)	270	220	--
Classico Traditional Favorites Tomato & Basil	½ c. (125g)	310	250	14%
Walnut Acres Organic Marinara & Herbs	½ c. (125g)	330	260	18%
Barilla Marinara Tomato & Onion	½ c. (125g)	500	400	82%
Newman's Own Marinara	½ c. (125g)	510	410	86%
Bertolli Marinara with Burgundy Wine	¼ c. (126g)	530	420	91%
365 Marinara	½ c. (113g)	480	420	91%
Amy's Organic Family Marinara Pasta Sauce	½ c. (125g)	590	470	114%
Safeway Select Premium Quality Verdi Marinara Pasta Sauce	½ c. (125g)	630	500	127%
Francesco Rinaldi Original Traditional	½ c. (125g)	650	520	136%
Giant Traditional	½ c. (125g)	730	580	164%
Ragu Old World Style Traditional	½ c. (125g)	770	620	182%
<b>Sauce, Steak</b>				
Carb Options by Lawry's	1 tbsp. (16g)	200	1250	--
Giant Golden Premium	1 tbsp. (17g)	250	1470	18%

*Salt Content of Foods • 20*

<b>Item</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>	<b>Sodium mg/100g Product</b>	<b>Increase in Sodium Over First Item</b>
Lawry's	1 tbsp. (16g)	250	1560	25%
A1	1 tbsp. (17g)	280	1650	32%
<b>Sauce, Tomato</b>				
Giant	¼ c. (62g)	280	450	--
Contadina	¼ c. (61g)	280	460	2%
Hunt's	¼ c. (62g)	380	610	36%
<b>Sauce, Soy</b>				
Safeway Select Gourmet Club Naturally Brewed	1 tbsp. (15ml)	920	6130	--
Kikkoman Naturally Brewed	1 tbsp. (15ml)	920	6130	0%
La Choy	1 tbsp. (15ml)	1260	8400	37%
<b>Snack Foods</b>				
<b>Cheese Curls</b>				
Barbara's Bakery Cheese Puffed Bakes	1 oz. (28g)	190	680	--
365	1 oz. (28g)	210	750	10%
Utz	1 oz. (28g)	260	930	37%
Michael Season's Ultimate White Cheddar Cheese Puffs	1½ c. (28g)	270	960	41%
Crunchitos Extra Cheddar Baked	1 c. (30g)	290	970	43%
Cheetos Crunchy	1 oz. (28g)	290	1040	53%
Frito Lay Natural Cheddar	1 oz. (28g)	290	1040	53%
Bachman	1 oz. (28g)	355	1270	87%
<b>Potato Chips, Lightly Salted</b>				
Kettle Chips Natural Gourmet Lightly Salted	1 oz. (28g)	110	390	--
Michael Seasons Lightly Salted	1 oz. (28g)	130	460	18%
<b>Potato Chips and Crisps</b>				
Grandma Utz's Handcooked	1 bag (25g)	105	420	--
Lowfat Kettle Crisps Gourmet Baked	1 oz. (28g)	160	570	36%
Ruffles Original	1 oz. (28g)	160	570	36%
Pringles Original (crisps)	1 oz. (28g)	170	610	45%
Lay's Classic	1 oz. (28g)	180	640	52%
Lay's Wavy Original	1 oz. (28g)	180	640	52%
Utz Kettle Classics Crunch	1 oz. (28g)	370	1320	214%

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
<b>Rice Snacks, Caramel Corn</b>				
Safeway	1 cake (13g)	40	310	--
Quaker	7 snacks (15g)	150	1000	223%
<b>Tortilla Chips, Yellow</b>				
Little Bear All Natural	1 oz. (28g)	65	230	--
Garden of Eatin Yellow All Natural	1 oz. (28g)	70	250	9%
Tostitos Natural	1 oz. (28g)	80	290	26%
Green Mountain Gringo Tortilla Strips	1 oz. (28g)	128	460	100%
Guiltless Gourmet Baked	1 oz. (28g)	160	570	148%
Carb Fit Organic, Soy & Corn	1 oz. (28g)	280	1000	335%
<b>Tortilla Chips, White</b>				
365 Organic	15 chips (30g)	50	170	--
Tostitos Bite Size	1 oz. (28g)	110	390	129%
Safeway Bite-Size	1 oz. (28g)	105	380	124%
Tostitos Scoops	1 oz. (28g)	120	430	153%
Utz	1 oz. (28g)	120	430	153%
Tostitos Hint of Lime	1 oz. (28g)	160	570	235%
<b>Soups</b>				
<b>Broth, Beef</b>				
Swanson 99% Fat Free	1 c. (240ml)	790	330	--
Safeway	1 c. (245ml)	920	380	15%
<b>Broth, Chicken</b>				
Health Valley Fat-Free	1 c. (240g)	380	160	--
Swanson Certified Organic Free Ranch	1 c. (240ml)	570	240	50%
Pacific Free-Range	1 c. (240ml)	570	240	50%
365 Organic	1 c. (236ml)	570	240	50%
Safeway	1 c. (245ml)	970	400	150%
Swanson 99% Fat Free	1 c. (240ml)	960	400	150%
<b>Soup, Cream of Tomato</b>				
Amy's Organic Lowfat	1 c. (240ml.)	340	140	--
Walnut Acres Certified Organic	1 c. (250g)	590	240	71%
Pacific Organic	1 c. (240ml)	750	310	121%

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium Over First Item
<b>Soup, Tomato</b>				
Organic Valley	1 c. (240g)	380	160	--
Health Valley Tomato Vegetable	1 c. (240g)	390	160	0%
Walnut Acres Vine Ripened Tomato	1 c. (250g)	620	250	56%
Progresso Classics Hearty Tomato	½ c. (245g)	950	390	144%
Campbell's, condensed Classics	½ c. (120ml)	710	590	269%
Safeway Condensed Soup	½ c. (123g)	740	600	275%
<b>Soup, Vegetable</b>				
Health Valley Organic	1 c. (240g)	580	240	--
Wolfgang Puck Hearty Thick Country	1 c. (245g)	750	310	29%
Campbell's Select Fiesta	1 c. (240 ml)	760	320	33%
Safeway Vegetarian Vegetable, condensed	½ c. (123 ml)	770	630	163%
Campbell's, condensed Classics Vegetarian Vegetable	½ c. (120ml)	790	660	175%
Campbell's, condensed Classics Vegetable	½ (119g)	890	750	213%

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium over First Item
<b>Restaurant Foods</b>				
<b>Breakfast Foods</b>				
<b>Bacon, Egg &amp; Cheese Biscuit</b>				
Hardee's	174g	1360	780	--
McDonald's	145g	1250	860	10%
<b>Egg &amp; Cheese on a Bagel</b>				
Einstein Brothers Plain with Cheddar Frittata Egg Sandwich	252g	830	330	--
Au Bon Pain	223g	870	390	18%
Dunkin Donuts	225g	1190	530	61%
<b>Egg &amp; Cheese on a Croissant</b>				
Dunkin Donuts Egg Cheese Croissant	153g	640	420	--
Burger King Croissan'wich with egg & cheese	112g	730	650	55%

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium over First Item
<b>Sausage, Breakfast</b>				
McDonald's	43g	290	670	--
Hardee's	33g	350	1060	58%
<b>Sausage Biscuits, Breakfast</b>				
Chick-fil-A	141g	780	550	--
McDonald's	112g	930	830	51%
Hardee's	142g	1240	870	58%
Arby's	86g	950	1100	100%
<b>Sausage and Egg Biscuits, Breakfast</b>				
Chick-fil-A	198g	850	430	--
McDonald's	162g	1010	620	44%
Hardee's	185g	1290	700	63%
<b>Chicken, Fried</b>				
<b>Fried Chicken, Breast</b>				
KFC Original Recipe Breast	161g	1150	710	--
Hardee's Breast	148g	1190	800	13%
<b>Fried Chicken, Thigh</b>				
Hardee's	121g	1000	830	--
KFC Original Recipe	126g	1060	840	1%
<b>Chicken Strips and Nuggets</b>				
<b>Chicken Nuggets</b>				
Wendy's 5-pc	75g	490	650	--
McDonald's 4-pc. McNuggets	64g	450	700	8%
Chick-fil-A 8-pack	113g	1090	960	48%
<b>Chicken Strips or Tenders</b>				
Chick-fil-A (4)	127g	730	570	--
Jack in the Box	226g	1470	650	14%
Burger King 5-pc.	77g	530	690	21%
McDonald's Chicken Selects	133g	930	700	23%
KFC Crispy Strips	151g	1250	830	46%
Arby's Chicken Fingers 4-pack	192g	1590	830	46%
Wendy's Homestyle	159g	1470	920	61%

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium over First Item
Hardee's 3 Piece	145g	1360	940	65%
<b>Miscellaneous Foods</b>				
<b>Breadsticks</b>				
Little Caesar's Crazy Bread	1 stick (36g)	140	390	--
Domino's	1 stick (30g)	122.1	410	5%
Papa John's	1 stick (56g)	260	460	18%
Pizza Hut	1 stick (67g)	340	510	31%
<b>Pizza</b>				
<b>Pizza, Cheese, Thin Crust</b>				
Little Caesar's	1 sl. (58g)	190	330	--
Papa John's	1 sl. (99g)	550	560	70%
Domino's Crunchy	1 sl. (49g)	295	600	82%
Pizza Hut	1 sl. (79g)	490	620	88%
<b>Pizza, Cheese, Hand-Tossed Style</b>				
Little Caesar's	1 sl. (92g)	320	350	--
Domino's	1 sl. (79g)	385	490	40%
Pizza Hut	1 sl. (97g)	520	540	54%
Papa John's Original Crust	1 sl. (136g)	770	570	63%
<b>Pizza, Pepperoni, Hand-Tossed Style</b>				
Little Caesar's	1 sl. (88g)	400	450	--
Pizza Hut	1 sl. (97g)	570	590	31%
Domino's	1 sl. (86g)	521.5	610	36%
Papa John's Original Crust	1 sl. (131g)	820	630	40%
<b>Pizza, Pepperoni, Thin Crust Style</b>				
Little Caesar's	1 sl. (88g)	400	450	--
Papa John's Original Crust	1 sl. (131g)	820	630	40%
<b>Potatoes, Fried</b>				
<b>French Fries, Small</b>				
McDonald's	74g	140	190	--
Hardee's	126g	240	190	--
Wendy's Kid's Meal French Fries	91g	220	240	26%
Arby's Homestyle	113g	550	490	158%

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium over First Item
Burger King	74g	410	550	189%
<b>French Fries, Medium</b>				
Hardee's	166g	320	190	--
McDonald's	114g	220	190	--
Wendy's	142g	430	300	58%
Arby's Homestyle	142.00	690	486	156%
Burger King	117g	640	550	189%
<b>French Fries, Large</b>				
Hardee's	193g	370	190	--
McDonald's	171g	340	200	5%
Wendy's	159g	480	300	58%
Arby's Homestyle	213g	1030	480	153%
Burger King	160g	880	550	189%
<b>Salads</b>				
<b>Caesar Salads</b>				
Panera	280g	850	300	--
Au Bon Pain	269g	830	310	3%
KFC Roasted Caesar Salad	358g	1380	390	30%
<b>Caesar Salads with Grilled Chicken</b>				
Chick-fil-A Chick-'n-Strips Salad	331g	860	260	--
Au Bon Pain	340g	1180	350	35%
McDonald's with 2 oz. Newman's Own Creamy Caesar dressing	337g	1320	390	50%
Jack in the Box	407g	1830	450	73%
Burger King Fire-Grilled with 2 oz. Creamy Garlic Caesar dressing	343g	1610	470	81%
<b>Sandwiches</b>				
<b>Cheeseburgers, Small</b>				
Burger King	133g	770	580	--
Jack in the Box	131g	770	590	2%
McDonald's	119g	740	620	7%
Wendy's Jr.	129g	810	630	9%

Salt Content of Foods • 26

Item	Serving Size	Sodium (mg)	Sodium mg/100g Product	Increase in Sodium over First Item
<b>Cheeseburgers, Large</b>				
Jack in the Box Jumbo Jack with Cheese	306g	1305	430	--
Original Burger King Whopper with Cheese Sandwich	316g	1450	460	7%
Wendy's Classic Single with Cheese	236g	1210	510	19%
McDonald's Quarter Pounder with Cheese	199g	1150	580	35%
<b>Grilled Chicken Sandwiches</b>				
Arby's Deluxe	242g	920	380	--
McDonald's McGrill	213g	1020	480	26%
Wendy's Ultimate Chicken Grill Sandwich	225g	1100	490	29%
Burger King Original Sandwich	204g	1270	620	63%
<b>Hamburgers, Small</b>				
Burger King	121g	550	450	--
McDonald's	105g	530	500	11%
Wendy's Jr.	117g	600	510	13%
<b>Hamburgers, Medium</b>				
Burger King Whopper	291g	1020	350	--
Wendy's Classic Single	218g	890	410	17%
McDonald's Quarter Pounder	171g	730	430	23%
<b>Hamburgers, Large</b>				
McDonald's Big 'N Tasty	247g	1020	410	--
Hardee's 1/3 lb. Thickburger	342g	1470	430	5%
<b>Soups</b>				
<b>Chicken Noodle Soup</b>				
Au Bon Pain	12 oz. (340g)	1005	300	--
Blimpie	8 oz. (227g)	850	370	23%
Subway Roasted	8 oz. (240g)	940	390	30%
Panera Low Fat	8 oz. (227g)	970	430	43%
<b>Vegetable Soups</b>				
Au Bon Pain	12 oz. (340g)	920	270	--
Panera Lowfat	8 oz. (227g)	740	330	22%
Briazz	8 oz. (227g)	900	400	48%