

Sodium Content of Common Foods

The information below is provided to assist patients maintain a low-sodium diet. The following numbers may be useful as a guide.

Dietary Salt (Sodium) Intake

High	4000 - 6000 mg/day
Normal	1100 - 3300 mg/day
Low	400 - 1000 mg/day
♥ Heart Failure	< 2000 mg/day

Physicians may initially suggest a partially reduced salt level, in the range of 1000 - 2000 mg/day, to see if symptoms can be alleviated. Maintaining a sodium intake below 2000 mg/day requires considerable effort. Eating in restaurants causes difficulty as the majority of restaurant food is salted. To maintain a low sodium diet, you need to scrutinize the "Nutritional Information" boxes on food cartons. The amount of salt is listed as "sodium." Choose those products which would give you the least sodium, based on the amount of product you eat. Note that many "high salt" products (ketchup, salad dressing, corn chips) show relatively low sodium values based on very small serving portions. Who eats only 12 corn chips at a sitting? What is important is the total amount of sodium you are eating each day. As shown in the list attached, fresh fruits and vegetables have low sodium content, but avoid adding salt to vegetables during preparation.

The following advice may help maintain a low salt intake.

- Do not use salt at the table
- Reduce the salt used in food preparation. Try 1/2 teaspoon when recipes call for 1 teaspoon. Many cakes and desserts can be prepared without adding salt.

- Use herbs and spices for flavoring meats and vegetables instead of salt.
- Avoid salty foods such as processed meat and fish, pickles, soy sauce, salted nuts, chips and other snack foods.
- Check every "Nutritional Information" label before you buy or use a product. Note sodium and portion size information.

A cautionary note: The body possesses exquisite systems which accurately regulate body sodium. The goal of a low sodium diet is to "push" this regulation system toward one end of its range, without pushing it to the limit when body sodium starts falling. Although a low-salt diet is difficult to achieve, be aware that the low-salt diet can be "overdone" with possible adverse consequences. For this reason, if your vestibular (balance) symptoms persist, do not keep decreasing your salt intake.

The level of sodium intake should be decided in consultation with your physician or nutritionist. Lower levels require more rigorous monitoring by your physician. You should also be aware that your body can lose sodium by a number of routes other than in the urine. Sweating, vomiting and diarrhea can all produce significant sodium loss. In addition, other diseases, such as those which impair kidney function, may result in greater than normal sodium losses. In the event of adverse symptoms, you should contact your physician.



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All values are given in mg of sodium for a 100 g (3.5 oz) food portion. These values are a guide. More accurate values are given in the Nutritional Information on the package of most products, in the form of mg of sodium per serving.

• Apple, raw unpeeled	1	• Brussel sprouts, cooked	10
• Apple juice, bottled	1	• Butter	
• Applesauce, sweetened	2	salted	826
• Asparagus		unsalted	<10
cooked	1	• Cabbage	20
regular canned	236	• Cakes	100-300
• Avocado	4	• Candy	
• Bacon, cooked	1021	caramels, fudge	200
• Bacon, canadian	2500	hard, marshmallow, peanut brittle	30
• Baking powder	11,000	• Cantaloupe	12
• Banana	1	• Carrots	40
• Barly, pearled	3	regular canned	236
• Beans, Lima	1	• Cashews	
regular canned	236	unsalted	15
• Beans, snap green, cooked	4	salted	115
regular canned	236	• Cauliflower	10
• Beans		• Celery	
white common, cooked	7	raw	126
canned w/pork & tomato sauce	463	cooked	88
• Bean sprouts, cooked	4	• Cereal	
• Beef		bran, wheat, crude	9
roasted broiled or stewed	60	commercial	700- 1100
corned	1,740	corn grits	1
hash, canned	540	cornmeal	1
dried	4,300	farina, dry	2
hamburger	47	farina, cooked salted or instant	160
pie or stew, commercial	400	oatmeal, dry	2
• Beets		oatmeal, cooked salted	218
cooked	43	rice flakes	987
regular canned	236	wheat, flakes	1000
• Beverages		wheat, puffed	4
beer	7	wheat, shredded	3
liquor (avoid margaritas w/salt!)	1	• Cheese	
wine	5	cheddar	620
soda (check can)	0 - 100	processed	1189
fruit drink	0	cottage	406
water	0	cream	296
• Biscuits	630	Mozzarella	373
• Blackberries	1	Parmesan	1,862
• Bluefish, cooked	104	Swiss	260
• Bouillon cubes	24,000	• Cherries, raw	2
• Bread	300-500	• Chicken, cooked, without skin	60-80
• Broccoli, cooked	10	• Chicken pot pie, commercial	411

• Chickpeas, dry	8	• Grapefruit, fresh, canned or juice	1
• Chicory	7	• Grapes	3
• Chili con carne, canned w/beans	531	• Haddock	
• Chili powder w/seasonings	1574	raw	61
• Chocolate, plain	4	battered	177
• Chocolate syrup	52	• Heart, beef	86
• Clams		• Herring	74
raw soft	36	• Honey	5
hard, round	205	• Honeydew melon	12
• Cocoa		• Ice cream, vanilla	87
dry	6	• Jams and preserves	12
processed	717	• Jellies	17
• Coconut, fresh	23	• Kale, cooked	43
• Coffee		• Lamb, lean	70
instant, dry	72	• Lard	0
beverage	1	• Lasagna	490
• Collards, cooked	25	• Lemon, juice or fresh	1
• Cookies		• Lettuce	9
fig bars	252	• Lime, fresh or juice	1
oatmeal	170	• Liver	
plain	365	beef	184
• Corn		pork	111
sweet, cooked	0	• Lobster	210
regular canned	236	• Macaroni	
• Cowpeas, dry, cooked	8	dry	2
• Crabmeat, canned	1000	commercial w/cheese	543
• Crackers		• Margarine	987
graham	670	• Milk	50
saltines	1,100	buttermilk	130
• Cranberry juice or sauce	1	evaporated	106
• Cream	40	dried	549
• Cucumber	6	• Molasses	
• Dates	1	light	15
• Doughnuts	500	dark	96
• Duck	74	• Muffins, plain	441
• Eggplant, cooked	1	• Mushrooms	
• Egg		raw	14
whole, raw	74	canned	400
whites	152	• Mustard, prepared yellow	1,252
yolk	49	• Mustard greens	18
• Endive, curly	14	• Nectarine	6
• Figs	2	• Noodles, dry	5
• Flounder	78	• Nuts, in shell	1
• Flour	2	*processed nuts may contain high amounts of salt	
• Fruit cocktail	5	• Oil, corn	0
• Gelatin		• Okra,	2
dry	0	• Olives, green	2,400
sweetened, ready-to eat	51		

• Onions, green	5	• Rutabagas	4
mature	10	• Rye wafers	882
• Orange peeled, juice or canned	1	• Salad dressing	700-1300
• Oysters, raw	73	• Salmon	64
• Pancakes	425	canned	387
• Papayas, raw	3	• Sardines, canned	400
• Parsley	45	• Sauerkraut	747
• Parsnips, cooked	8	• Sausage	
• Peaches	2	pork	958
• Peanuts		frankfurter	1,100
roasted	5	bologna	1,300
salted	418	• Scallops	265
• Peanut butter	607	• Shrimp	150
• Pears	2	• Soup, canned	350-450
• Peas		• Spaghetti	
cooked	2	dry	2
regular canned	236	with meatballs, canned	488
dried	40	• Spinach	
• Pecans, shelled	0	raw	71
• Peppers, green	13	cooked	50
• Perch	79	• Squash	1
• Pickles		• Strawberries	1
dill	1,428	• Sugar	
relish, sweet	712	white	1
• Pie	250-450	brown	30
• Pie crust, baked	617	• Sunflower seeds	30
• Pike, walleye	51	• Sweet potatoes	12
• Pineapple, raw or canned	1	• Syrup	68
• Pizza, cheese	702	• Tapioca, dry	3
• Plums	2	• Tomato	
• Popcorn, salted w/oil	1,940	raw	3
• Pork	65	canned	130
• Pork, cured ham	930	• Tomato ketchup	1,042
• Pork, canned ham	1,100	• Tomato juice, canned	200
• Potatoes		• Tongue, beef	61
baked, boiled or french fried	2-6	• Tuna in oil	800
mashed, salted	331	• Turkey	82
• Potato chips	up to 1000	• Turnips	34
• Pretzels	1680	• Veal	80
• Prunes	4	• Vinegar	1
• Pumpkin, canned	2	• Waffles	475
• Radishes	18	• Walnuts	3
• Raisins, dried	27	• Watermelon	1
• Raspberries	1	• Wheat germ	827
• Rhubarb	2	• Yeast	
• Rice		compressed	16
dry	5	dry, active	52
cooked, salted	374	• Yogurt	46
• Rolls, bread or sweet	400-550		