

HIGH SODIUM FOODS

Snack Foods



Salted Potato Chips



Salted Pretzels



Salted Popcorn



Salted Nuts



Salted Crackers

Meats & Proteins



Hot Dogs



Bacon



Sausage Links/Patties



Canned Meats



Deli Meats

Other



Pizza



Instant Hot & Ready-to-Eat Cereal



Processed Cheese & Cheese Spreads



Canned Soups & Vegetables



Frozen Entrées



Dining Out



Pickles & Relishes



Olives



Salt



Sauces: BBQ, Teriyaki, Tartar, Soy, Spaghetti Sauce, Broths & Bouillon

Finding Sodium Content on a Food Label

Read ingredient labels — some lower sodium foods contain potassium chloride as a substitute for salt. These should be avoided.

Nutrition Facts	
Serving Size 5 oz (140g)	
Servings Per Container about 6	
Amount Per Serving	
Calories 290	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 7g	36%
Cholesterol 60mg	20%
Sodium 780mg	32%
Total Carbohydrate 30g	10%
Sugars 28g	
Protein 15g	
Vitamin C 10%	Iron 4%
Not a significant source of dietary fiber, vitamin A, and calcium.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Serving Size:

Always look here first. Make sure you know how much you are getting in your serving size.

Sodium:

Always look for the "mg" and *not* the "%".

