



Food Diary

Tips for Keeping a Food Diary

- Keep track of what you eat for two (2) weekdays and one (1) weekend day
- Use a separate diary page for each day
- Use the sample food diary and the handout “Serving Size” guidelines to help you fill in your food diary
 - *If you are a current participant of the Cardiac Rehab program, book an appointment with a registered dietitian to discuss your diary once you have filled it in.*
 - ***When you book your appointment, hand in your diary. Be sure to write your appointment time on your food diary so the dietitian is prepared for your visit***

Example: My Daily Food Diary

Time of Day	What I Ate (Please provide details)	How Much?
8:00 a.m.	-Whole grain bread with margarine -Banana, medium -1% milk -Coffee	2 slices, 2 tsps. 1 8 oz or 1 cup (250 ml) 1 tbsp cream, 1 tsp sugar
10:00 a.m.	Apple, medium	1
1:00 p.m.	- Sardines, canned, packed in lemon juice - Rye bread - Cherry tomatoes - Clementines	1 can (has 4 sardines) 2 slices of rye bread ½ cup or 6 2
4:30 p.m.	- Plain 1% M.F. yogurt with added cinnamon - Unsalted almonds	- ¾ cup - ¼ cup
7:00 p.m.	Salmon, grilled with dressing Dressing: olive oil, lemon juice, spices Wild rice Spinach, steamed with mushrooms Broccoli, steamed, plain	6 oz 1 tbsp oil 1 cup, cooked 1 cups + 1 tsp oil 1 cup, no oil

Summary

Vegetables and Fruit ...

Milk & Alternatives

Fats & Oils

Grains, Cereals and Starches ...

Meat & Alternatives

Other Foods
(Include: cookies, candy, chocolate, etc.)

Current Supplements and Dosage: _____

My Daily Food Diary

Name: _____ Group Colour: _____ Class Day: _____

Time of Day	What I Ate	How Much?

Summary

Vegetables and Fruit ... -

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Fats & Oils --

Grains, Cereals and Starches ...-

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Fats & Oils □□□-□□□-□□□

Grains, Cereals and Starches ...□□□□□□-□□

Meat & Alternatives□□-□

Other Foods □□□□□□□□
(Include: cookies, candy, chocolate, etc.)

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My Daily Food Diary

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Milk & Alternatives □□□

Fats & Oils □□□-□□□-□□□

Grains, Cereals and Starches ...□□□□□□-□□

Meat & Alternatives□□-□

Other Foods □□□□□□□□

(Include: cookies, candy, chocolate, etc.)

Current Supplements and Dosage: _____

What is a Serving Size?

Vegetables & Fruit, Aim for 7-10 Servings Daily

One serving equals:



Medium piece of fruit, the size of a tennis ball



Green leafy veggies 250 ml (1 cup)



Fresh or frozen fruit or cut vegetables 125 ml (1/2 cup)



Dried fruit, 2 tablespoons



Grain Products, Aim for 6-8 Servings Daily

One serving equals:

- Cooked grains (rice, oats, pasta, etc.) - 1/2 cup
- Breads (1 slice, 1/2 pita, 1/2 small bagel) - 30g
- Cereals (1/3 cup for bran type or 2/3 cup flaked) - 30g
- Mashed potato - 1/2 cup
- Potato, sweet potato, yam 1/2 medium



Milk & Alternatives, Aim for 2-3 Servings Daily

One serving equals:



Unsweetened yogurt, 175g (3/4 cup)
Plain or fruit flavour,



Skim milk, 1%, 2%, or soy,
Almond or rice milk 250ml (1 cup)



Cheese (15% MF or less),
50g (1.5 oz)

Meat & Alternatives, Aim for 2-3 Servings Daily

One serving equals:



75g or 2.5 oz fatty fish, lean beef, pork, chicken or Turkey



Beans, lentils, peas $\frac{3}{4}$ cup (cooked or canned)



$\frac{1}{4}$ cup shelled nuts & seeds
60ml (1/4 cup)



Peanut or almond butters
30 ml (2 Tbsp)



Oils & Fats, Aim for 2-3 Tablespoons Daily

(There are 3 teaspoons in 1 tablespoon)

One serving equals:



1 tsp of oil



1/8 avocado=1 tsp



1 tsp butter Or non-hydrogenated margarine

Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



FRUITS * / GRAINS & STARCHES *:
Choose an amount the size of your fist for each of Grains and Starches, and Fruit.

MILK & ALTERNATIVES *: Drink up to 250 mL (8 oz) of low-fat milk with a meal.



VEGETABLES *:
Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES *:
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



FATS*:
Limit fat to an amount the size of the tip of your thumb.

* Food group names taken from Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management © Canadian Diabetes Association, 2005. Please refer to this resource for more details on meal planning.

Eating Well with Canada's Food Guide

What is a Serving?

Vegetables & fruit, 7-10 servings daily

One serving equals:

- Medium piece of fruit, the size of a tennis ball
- Fresh or frozen fruit 125 ml (1/2 cup) (berries, grapes, etc)
- Cut vegetables 125ml (1/2 cup) (fresh or frozen)
- Green leafy veggies 250 ml (1 cup)
- Dried fruit 2 Tablespoons

Milk & alternatives, 3 servings daily

One serving equals:

- Skim, 1%, 2% 250ml (1 cup)
- Soy, almond, rice 250ml (1 cup)
- Canned milk 125ml (1/2 cup)
- Cheese (15% MF or less) 50g (1.5 oz)
- Cottage Cheese (2%MF or less) (1/4 cup)
- Yogurt, plain 175g (3/4 cup) or fruit with low sugar
- Kefir 175g (3/4 cup)
- Frozen yogurt 125 ml (1/2 cup)

Grain products, 6-8 servings daily

One serving equals

- Breads (30g serving)
- Bread slice, small dinner Roll 1
- Small bagel, kaiser, english muffin, pita 1/2
- Bread sticks, ryvita, wasa 2
- Chapati 15 cm (6in) round 1
- Hot dog/Bun, hamburger bun 1/2
- Melba toast rectangles 4
- Rice cakes, rusks 2
- Soda crackers 6

Cereals (30g serving)

- All-Bran type (1/3 cup)
- Flaked or crispy dry cereals (2/3 cup)
- Hot cereal, dry (2 Tbsp)
- Hot cereal, cooked 175mL (3/4 cup)
- Puffed type 250ml (1 cup)
- Shredded Wheat 1 biscuit

Grains/ cooked

- Cooked rice, paasta, quinoa, barley, bulgur 125ml (1/2 cup)
- Popcorn, no butter (3 cups)
- Corn kernels (1/2 cup)
- Corn-on-the-cob 1/2 medium

Starchy Vegetables

- Mashed potato (1/2 cup)
- Potato, sweet potato, Ym 1/2 medium

Meat & alternatives, 2-3 servings daily

One serving equals: 75g or 2.5 oz

Meats & poultry

- Lean beef, lamb, pork 75g (2.5 oz)
- Ground beef, chicken, turkey (1/2 cup)
- Chicken, turkey, no skin 75g (2.5 oz)

Fish & Seafood

- Fresh or frozen fish 75g (2.5 oz)
- Canned fish in water 75g (1/2 can)
- Clams, mussels, oyster 9 medium
- Shrimps 8-15
- Scallops 6
- Crab, lobster 1/2 cup

Meat alternatives

One serving equals:

- Eggs (limit 2-3 yolks per week)
- Poached or boiled egg 2 medium
- Cooked beans, lentils, peas 3/4 cup
- Natural peanut butter 30ml (2 Tbsp)
- Tofu 150 g (3/4 cup)
- Shelled nuts & seeds 60ml (1/4 cup)

Oils & fats

One serving equals: 2-3 tablespoons/day

- Olive oil, canola, others 5 ml (1 tsp)
- Avocado 1/8
- Butter or non-hydrogenated margarine 5ml (1 tsp)
- Cream cheese, sour cream, salad dressing, mayonnaise 15ml (1 Tbsp)



My Shopping List

Keep a blank notepad with a magnet on the refrigerator. As you run out of items in your pantry, add them to the list so you don't forget them when you are ready to go shopping.

- Plan ahead. Think about your week. What meals will you make? Include food items on your list that you will need for those menus.
- Look at weekly flyers for sale items. Stock up.
- Always make sure your kitchen pantry is stocked with basic essentials.

The lists below give you some tips on what you want to fill your cupboards with:

Grains & cereals

- | | |
|---|---|
| <input type="checkbox"/> Steel cut oats | <input type="checkbox"/> Whole grain couscous |
| <input type="checkbox"/> High fibre cereals | <input type="checkbox"/> Barley |
| <input type="checkbox"/> Low fat granola | <input type="checkbox"/> Pasta, whole grain |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Whole grain rye, pumpernickel, multi-grain breads/pita |
| <input type="checkbox"/> Rice (brown, basmati, white, etc.) | <input type="checkbox"/> Bulgur, couscous, or kasha |
| <input type="checkbox"/> | |
-

Vegetables & fruit (fresh, canned, and frozen)

Fresh or frozen vegetables: Always add 1 or 2 green vegetables to your list. Onions, tomatoes are commonly used in recipes. Always make sure you have them on hand. Include a total of 4 frozen or fresh vegetables (at least) for the week. Choose from the lists below:

- | | |
|--|---|
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Brussel sprouts | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Cabbage, Nappa |
| <input type="checkbox"/> Green leafy vegetables: | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Lettuce, romaine, leaf, Boston |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Carrots, Squash |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Celery, regular or Chinese |
| <input type="checkbox"/> Collard or mustard greens | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Broccoli rabe/rapini | |

Canned vegetables: choose low-sodium or no-salt-added

- Canned tomatoes
- Tomato sauce or pasta
- Other canned vegetables
- Canned vegetable soup with reduced sodium

Fresh or frozen fruit: Pick your favourite

- Apples
- Peaches
- Bananas
- Oranges
- Grapes
- Berries
- Pears
- Lemons/Limes
- Mangoes
- Dried fruit (raisins, prunes, dates)

Milk & alternatives

- Lower fat (1%) milk or unsweetened soy, almond or rice beverage .
- Lower fat or reduced fat (15% or less) cheeses
- Lower fat (1%) plain yogurt (unsweetened)
- Non-hydrogenated margarine or Butter
-

Meat & alternatives

Fresh or frozen unprepared meats:

- White meat chicken and turkey (no skin)
- Fish (not battered)
- Beef, round or sirloin
- Extra lean ground beef
- Pork tenderloin
-

Meat alternatives:

- Tofu (or bean curd)
- Edamame (frozen)
- Beans & lentils (see list)
- Peanut or almond butter
- Eggs
- Nuts & seeds (see list)
-

Beans and lentils (if canned, no-salt added)

- Lentils (all kinds)
- Black beans
- Red beans (kidney beans)
- Navy beans
- Black beans
- Pinto beans
- Black-eyed peas
- Fava beans
- Italian white beans
- Chickpeas (garbanzo beans)
- Dried beans, peas, and lentils (without flavoring packets)
- _____

Nuts and seeds

- Almonds, unsalted
- Mixed nuts, unsalted
- Peanuts, unsalted
- Walnuts
- Sesame seeds
- Pumpkin seeds, unsalted
- Sunflower seeds, unsalted
- Cashews, unsalted
- Pecans, unsalted
- _____

Baking items

- Flour, whole wheat
- Sugar
- Canned evaporated milk— fat-free (skim) or reduced fat (2%)
- Cocoa powder, unsweetened
- Baking powder & Baking soda
- Cornstarch

Condiments: Sauces, seasonings & spreads

- Olive oil (cooking and salad dressings; make your own).
- Vinegars (balsamic, apple cider, white)
- Mustard (Dijon, etc.)
- Mayonnaise
- Honey
- Herbs & spices _____



Amount of TOTAL Sugar in Common Foods

(includes naturally occurring and added sugars)

1 teaspoon of sugar = 4 grams

Food	Serving Size	Amount of Total Sugar (g)	Teaspoons of Sugar
<i>Sugar sweetened beverages</i>			
Fruit juices	8 oz (250 mL)	30	7.5
Iced tea	1 can (355 mL)	32	8
Regular soda (dark & light colas)	1 can (355 mL)	34	8.5
Tomato juice	8 oz (250 mL)	10	2.5
<i>Cereals</i>			
All Bran Buds	1/3 cup	8 (contains 11 g of fibre)	2
Cheerios	1 cup (250 mL)	1 (contains 1 g of fibre)	-
Corn Flakes	1 cup (250 mL)	2	-
Fibre 1	½ cup (125 mL)	0 (contains 14 g of fibre)	-
Honey Nut Cheerios	1 cup (250 mL)	12	3
Raisin Bran	1 cup (250 mL)	17	4
<i>Milk & Alternatives</i>			
Chocolate milk	8 oz (250 mL)	26	6.5
Almond, soy, rice beverage, flavoured (e.g. chocolate, vanilla)	8 oz (250 mL)	20	5
Ice cream, chocolate	1 cup (250 mL)	36	9
Yogurt, plain	¾ cup (175 mL)	13	3
Yogurt, fruit bottom	¾ cup (175 mL)	25	6

Unsweetened yogurt (made with artificial sweetener)	100 g	8	2
<i>Sugars & Sweets</i>			
Agave	1 tablespoon (15 mL)	14	3.5
Brown sugar	1 tablespoon (15 mL)	12	3
Chocolate bar	1 bar (50 g)	26	6.5
Hard candy	3 pieces (18 g)	12	3
Honey	1 tablespoon (15 mL)	18	4.5
Jams & marmalades	1 tablespoon (15 mL)	10	2.5
Jelly beans	10 beans (28 g)	20	5
Maple syrup	1 tablespoon (15 mL)	12	3
<i>Sauces & Condiments</i>			
Tomato sauce (jarred or canned)	½ cup (125 mL)	6	1.5
Ketchup	1 tablespoon (15 mL)	3	1
Sweet 'n sour sauce	1 tablespoon (15 mL)	3	1
<i>Alcoholic Beverages & Liqueurs</i>			
Vodka cooler	1 bottle (390 mL)	12	3
Sangria	8 oz (250 mL)	20	5
Cocktail, daiquiri	8 oz (250 mL)	14	3.5
Liqueur, coffee & cream	1.5 oz (45 mL)	10	2.5
Dessert wine, sweet	4 oz (125 mL)	10	2.5

Source: "Canadian Nutrient File 2010." <http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php> [Accessed March 14, 2014]; USDA National Nutrient Database. <http://ndb.nal.usda.gov/ndb/search/list> [Accessed March 17, 2014]

References: Johnson, R.K. et al. (Sept. 2009). Dietary Sugars Intake and Cardiovascular Health: A Scientific Statement From the American Heart Association. *Circulation*. 120: 1011-1020. <http://circ.ahajournals.org/cgi/content/full/120/11/1011>



Amount of Fibre in Common Foods

Food	Serving Size	Total Fibre (g)
Vegetables		
Artichoke, cooked	medium	4.7
Asparagus, cooked	6 spears	1.8
Beans, green cooked	125 mL (½ cup)	5.6
Beets, skinless	125 mL (½ cup)	1.8
Broccoli, cooked	125 mL (½ cup)	2.0
Brussels sprouts, cooked	125 mL (½ cup)	3.0
Carrots, cooked	125 mL (½ cup)	2.2
Carrot, raw	1 medium	1.5
Collard greens, cooked	125 mL (½ cup)	2.8
Corn	125 mL (½ cup)	1.6
Eggplant	125 mL (½ cup)	1.3
Kale, cooked	125 mL (½ cup)	1.4
Okra, cooked	125 mL (½ cup)	2.1
Peas, green, cooked	125 mL (½ cup)	5.6
Pepper, green or red	medium	1.1
Potato, white, with skin, baked	1 small	3.8
Rapini, cooked	½ cup	1.8
Spinach, cooked	½ cup	2.3
Spinach, raw	1 cup	0.7
Sweet potato, cooked, skinless	125 mL (½ cup)	1.7
Squash, cooked	125 mL (½ cup)	1.3
Turnip, cooked	125 mL (½ cup)	1.6
Fruit		
Apple with skin	1 medium	2.6
Apricots, raw, with skin	3	2.1
Apricots, dried	60 mL (¼ cup)	1.2
Avocado	1/2 fruit	6.7
Banana	1 medium	2.0
Blueberries	125 ml (½ cup)	2.0
Figs, dried	2	1.6
Fig, fresh	2	2.9

Food	Serving Size	Total Fibre (g)
Mango	½ fruit	1.9
Nectarine, raw with skin	1 medium	2.3
Orange	1 medium	2.3
Peach, raw with skin	1 medium	1.9
Pear, with skin	1 medium	5.0
Prunes, dried	3	1.8
Plum, with skin	1 medium	1.1
Raspberries	125 mL (½ cup)	4.2
Strawberries	125 mL (1/2 cup)	3.0
Grains & Cereals		
Bran Buds (with Psyllium)	30 g (1/3 cup)	11.4
Barley, pearled, cooked	125 mL (½ cup)	2.0
Bread, whole grain	30 g (1 slice)	2.6
Brown rice, cooked	125 mL (½ cup)	1.1
Bread, rye	35 g (1 slice)	1.2
Bran cereal (non-flake)	30 g (1/2 cup)	10.1
Crisp bread crackers	3 crackers	5.0
Melba toast, whole wheat	6 crackers	1.5
Oat bran, cooked	175 mL (¾ cup)	5.1
Oatmeal, cooked	175 g (¾ cup)	3.5
Cheerios™	30 g (1 cup)	2.6
Pasta , cooked (whole wheat)	125 mL (½ cup)	2.1
Quinoa, cooked	125 mL (1/2 cup)	2.0
Meat Alternatives- Plant Proteins		
Almonds	24 g (1/4 cup)	2.5
Black beans, cooked	250 mL (1 cup)	5.2
Chickpeas, cooked	250 mL (1 cup)	4.0
Cashews	33 g (1/4 cup)	1.1
Edamame, (soybean, green, cooked)	125 mL (½ cup)	4.0
Flax seed, milled/ground	15 ml (1 Tbsp)	2.0
Kidney beans, cooked	250 mL (1 cup)	12.0
Lentils, cooked	250 mL (1 cup)	8.9
Lima beans	250 mL (1 cup)	8.0
Soybean, cooked	250 mL (1 cup)	11.4
Sunflower seeds, dry roasted	60 mL (1/4 cup)	3.0
Tofu, fried pieces	175 mL (¾ cup)	3.9

Source: "Canadian Nutrient File 2010." <http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php> [Accessed March 23, 2013]



Sodium In Processed Food



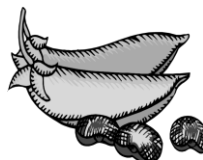
Food	Serving Size	Sodium (mg)
Fresh tomato	1 medium	14
Canned stewed tomato	½ cup	298
Tomato sauce	½ cup	721
Tomato ketchup	½ cup	1300



Food	Serving Size	Sodium (mg)
Roast beef	3 ounces	46
Beef hot dog	1	600
Beef jerky	2 strips	876
Corned beef	3 ounces	992



Food	Serving Size	Sodium (mg)
Raw oats	½ cup	0
Cheerios	1 cup	217
Instant flavoured oatmeal	1 packet	240
Multigrain bagel	1	423



Food	Serving Size	Sodium (mg)
Soy beans, cooked	½ cup	1
Soy veggie ground round	½ cup	270
Soy veggie burger	1	460
Soy sauce	1 tablespoon	1028

Sodium Content In Common Foods

Food	Serving Size	Sodium (mg)
<i>Vegetables and fruit</i>	Fresh and most frozen vegetables contain very little sodium.	
Tomato sauce (plain or with vegetables), canned/bottled	125 mL (1/2 cup)	585-721
Sauerkraut, canned/bottled	125 mL (1/2 cup)	496
Peppers (jalapeno, hot chilli), canned/bottled	30 mL (2 Tbsp)	211-361
Pickles (sour, dill)	1 small	324-447
Vegetables, all varieties, canned	125 mL (1/2 cup)	255-417
Tomato juice and vegetable cocktail	125 mL (1/2 cup)	345
Stewed tomatoes, canned	125 mL (1/2 cup)	298
Sun-dried tomatoes	7 tomatoes	287
Pizza sauce	125 mL (1/2 cup)	246
Olives, canned	4 olives	135-233
<i>Grain products</i>	Grains such as rice, barley, quinoa, oats and wheat are low in sodium.	
<i>Cereal</i>		
Cream of wheat, all types, cooked	175 mL (3/4 cup)	370
Dry, all varieties	30 g	242-332
Oatmeal, instant, cooked	175 mL (3/4 cup)	216-240
<i>Other grain products</i>		
Crackers, all varieties, salted	30 g	192-335
Bread roll (rye, French)	1 roll (35 g)	231-321
Bread, all types	1 slice (35 g)	147-238
Muffin (carrot, blueberry, chocolate chip)	1 small (66 g)	203-232
Soda crackers, unsalted	10 (30 g)	230
Bagel, all varieties	½ bagel (45 g)	199-226
<i>Milk and alternatives</i>		
Buttermilk	250 mL (1 cup)	223-272
<i>Cheese</i>		
Cottage cheese (1%, 2%)	250 mL (1 cup)	788-970
Blue	50 g (1 ½ oz)	698-904
Processed cheese slices (cheddar, Swiss)	50 g (1 ½ oz)	685-794
Feta	50 g (1 ½ oz)	558

Food	Serving Size	Sodium (mg)
Cheese spread	30 mL (2 Tbsp)	491-503
Cheddar, Colby, edam, gouda, mozzarella, provolone, camembert	50 g (1 ½ oz)	208-482
Cottage cheese, fat free	250 mL (1 cup)	287
<i>Meat and alternatives</i>	Fresh and unprocessed frozen meat, poultry and fish contain very little sodium. Bagged dried peas, beans and lentils contain little sodium.	
<i>Meat</i>		
Bacon, cooked	75 g (2 ½ oz)	1555-1920
Bacon (back bacon/peameal, English style bacon), cooked	75 g (2 ½ oz)	982-1160
Ham, cured, cooked	75 g (2 ½ oz)	621-1125
Beef jerky	75 g (2 ½ oz)	976
Corned beef, canned	75 g (2 ½ oz)	754
Ham, reduced sodium, cooked	75 g (2 ½ oz)	727
<i>Poultry</i>		
Turkey bacon	75 g (2 ½ oz)	1714
Turkey, smoked	75 g (2 ½ oz)	747
Chicken/turkey, rotisserie/ready to serve, barbequed	75 g (2 ½ oz)	253-628
Chicken/turkey, canned	75 g (2 ½ oz)	350-540
Chicken nuggets or burger, cooked	75 g (2 ½ oz)	334-418
<i>Meat products</i>		
Salami or pepperoni, all varieties	75 g (2 ½ oz)	753-1695
Ham or chicken, canned	75 g (2 ½ oz)	774-1024
Luncheon/deli meat, all varieties	75 g (2 ½ oz)/ 3 slices	552-970
Wiener, frankfurter, all varieties, cooked	75 g (2 ½ oz)	598-943
Chorizo (beef, pork)	75 g (2 ½ oz)	926
Sausage, all varieties, cooked	75 g (2 ½ oz)	418-905
Luncheon/deli meat (pork, chicken), reduced sodium	75 g (2 ½ oz)	710
Salami or bologna, all varieties, reduced sodium	75 g (2 ½ oz)	467-702
Ham, honey, cooked	75 g (2 ½ oz)	675
Liverwurst	75 g (2 ½ oz)	525-645
Pate, canned	75 g (2 ½ oz)	290-605
Blood sausage/blood pudding, cooked	75 g (2 ½ oz)	510

Food	Serving Size	Sodium (mg)
Sausage, all varieties, reduced sodium, cooked	75 g (2 ½ oz)	441
Wiener, frankfurter, all varieties, reduced sodium, cooked	75 g (2 ½ oz)	233
<i>Fish and seafood</i>		
Mackerel or cod, salted	75 g (2 ½ oz)	1353-3338
Anchovies, canned	75 g (2 ½ oz)	2751
Fish, all varieties, smoked	75 g (2 ½ oz)	572-764
Herring, pickled or kippered	75 g (2 ½ oz)	652-688
Shellfish (crab, shrimp, calamari, oyster, lobster, mussels), canned or cooked	75 g (2 ½ oz)	250-631
Caviar (red, black)	75 g (2 ½ oz)	450
Fish sticks, cooked	75 g (2 ½ oz)	316
Fish (sardines, salmon, tuna, mackerel), canned	75 g (2 ½ oz)	254-379
<i>Meat alternatives</i>		
Meatless (bacon, bacon bits), cooked	75 g (2 ½ oz)	1099-1328
Baked beans, all varieties, canned	175 mL (¾ cup)	644-935
Refried beans, canned	175 mL (¾ cup)	825-897
Meatless (sausage, chicken, meatballs, fish sticks, wiener, luncheon slices), cooked	75 g (2 ½ oz)	353-666
Legumes (dried beans, pea, lentil), canned all varieties	175 mL (¾ cup)	489-638
Vegetarian meatloaf or patty, cooked	75 g (2 ½ oz)	413
Pumpkin or squash seeds, salted, without shell	60 mL (¼ cup)	412
Nuts (peanuts, almonds, cashews), salted, without shell	60 mL (¼ cup)	222-301
Egg substitute	125 mL (½ cup)	235
Other		
Salt (table, Kosher, pickling, sea)	5 mL (1 tsp)	1720-2373
Salt, seasoned	5 mL (1 tsp)	1550
Yeast extract spread	2 Tbsp (30 g)	1322
Soy sauce	15 mL (1 Tbsp)	914-1038
Salt substitute, Cardia	5 mL (1 tsp)	1080

Food	Serving Size	Sodium (mg)
Salt substitute, half salt	5 mL (1 tsp)	800
Sauce, teriyaki	15 mL (1 Tbsp)	700
Soy sauce, reduced sodium	15 mL (1 Tbsp)	608
Sauce (cheese, nacho cheese)	60 mL (1/4 cup)	367-529
Oyster sauce	15 mL (1 Tbsp)	499
Salsa, all varieties	60 mL (1/4 cup)	394-466
Sauce (steak, barbecue)	30 mL (2 Tbsp)	355-435
Ketchup, yellow mustard or relish	30 mL (2 Tbsp)	334-358
Sauce, teriyaki, reduced sodium	15 mL (1 Tbsp)	325
Capers, canned	15 mL (1 Tbsp)	258
<i>Snacks</i>		
Pretzels (soft, hard)	1 small or 50 g	860-870
Cheese puffs	50 g	455-642
Popcorn, flavoured or plain microwave (packaged)	50 g	314-529
Popcorn, flavoured, reduced sodium	50 g	245
Corn nuts, all varieties	50 g	274-488
Chips (tortilla, vegetable, potato, soy), all varieties	50 g	421-502

Source: Dietitians of Canada (from Canadian Nutrient File 2011)