

# Sodium in Foods



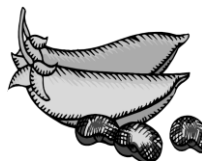
Food	Serving Size	Sodium (mg)
Fresh tomato	1 medium	14
Canned stewed tomato	½ cup	298
Tomato sauce	½ cup	721
Tomato ketchup	½ cup	1300



Food	Serving Size	Sodium (mg)
Roast beef	3 ounces (85 grams)	46
Hot dog, plain	1 (98 grams)	670
Beef jerky	2 strips (40 grams)	876
Corned beef	3 ounces (85 grams)	992



Food	Serving Size	Sodium (mg)
Raw oats	½ cup	0
Cheerios	1 cup	217
Instant flavoured oatmeal	1 packet (186 grams, approx.. ¾ cup)	256
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)
<b><i>Vegetables and fruit</i></b>	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
<b><i>Grain products</i></b>	Grains such as rice, barley, quinoa, oats and wheat are low in sodium.	
<b><i>Cereal</i></b>		
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
<b><i>Other grain products</i></b>		
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
<b><i>Milk and alternatives</i></b>		
Buttermilk	250 mL (1 cup)	223-272
<b><i>Cheese</i></b>		
Cottage cheese (1%, 2%)	250 mL (1 cup)	788-970
Blue	50 g (1 ½ oz)	698-904

<b>Food</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>
Processed cheese slices (cheddar, Swiss)	50 g (1 ½ oz)	685-794
Feta	50 g (1 ½ oz)	558
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
<b><i>Meat and alternatives</i></b>	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

<b>Food</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>
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
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
<b>Other</b>		
Salt (table, Kosher, pickling, sea)	5 mL (1 tsp)	1720-2373
Salt, seasoned	5 mL (1 tsp)	1550

<b>Food</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>
Yeast extract spread	2 Tbsp (30 g)	1322
Soy sauce	15 mL (1 Tbsp)	914-1038
Salt substitute, Cardia	5 mL (1 tsp)	1080
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), Nutrient Value of Some Common Foods, Health Canada 2008 to download a pdf of the booklet go to: [http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient\\_value-valeurs\\_nutritives-tc-tm-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-tc-tm-eng.php)*