



Eddy Visiting Nurse Association

Care Transitions Program

Sodium Content Listing	
Daily allowance – 2,400 milligrams	
Daily allowance for sodium restricted diet – 2,000 milligrams (less than 1 teaspoon)	
Product	Milligrams of Sodium
Baking chocolate ½ ounce	
Hershey's semisweet chips	0
Nestle semisweet chips	0
Baking mix, Bisquick, 1/3 cup	490
Baking powder, 1 teaspoon	400
Baking soda, 1 teaspoon	821
Barbecue sauce, 2 tablespoons	
Hunts Original	400
KC Masterpiece	640
Kraft Honey	320
Bouillon, 1 teaspoon or cube	
Herbox, varies with flavor	700 – 1,040
Herbox, low-sodium variety, any flavor	5
Knorr, varies with flavor	1,200 – 1,290
Bread crumbs, ¼ cup	
Contadina plain	525
Progresso plain	210
Broth concentrate, Knorr, 2 teaspoons	800
Browning sauce, Grave Master, ¼ teaspoon	110
Campbell's Port and Beans, ½ cup	420
Capers, Progresso, 1 teaspoon	105
Chili sauce, 1 tablespoon	

Del Monte	480
Nances	75
Chili seasoning mix	
Durkee, 1/5 package	660
Old El Paso, 1 tablespoon	770
Cocoa, unsweetened, 1 tablespoon	0
Cornstarch, 1 tablespoon	0
Couscous, ½ cup cooked	4
Flour, all purpose, whole wheat, unbleached, or rye, 1 cup	2
Flour, self-rising, 1 cup	1,587
Celery, raw, 1 stalk	70
Chick Peas, ½ cup	
Dried, boiled	6
Chick Peas - Canned	
Progresso	280
Goya	360
Corn, ½ cup	
Most brands, frozen, loose pack	8
Canned corn	
DelMonte	360
Green Giant	360
Cucumber, sliced, ½ cup	1
Green Beans, ½ cup fresh	3
Canned green beans	
DelMonte	360
Green Giant	400
Lettuce, Iceberg variety, 1 head	48
Loose- leaf variety, ½ cup shredded	3
Lima Beans ½ cup	
Fresh, boiled	14
Green Giant, canned	450

Green Giant, frozen	130
Mushrooms, ½ cup	
Fresh	1
Green Giant – canned	440
Onion, ½ cup	
Chopped raw	2
Canned whole	410
Parsnip, boiled, ½ cup	8
Peas, ½ cups	
Fresh, cooked	2
Canned Peas	
DelMonte	360
Green Giant	380
Frozen, Green Giant, plain, sweet	135
Peppers, sweet, any color, ½ cup	1
Potato	
Baked, 4 ounces, with skin	8
Without skin	6
Canned whole, 2 ½ pieces	330
Frozen Potato	
Ore-Ida Crinkle Cuts, 3 ounces	25
Ore-Ida hash brown toaster patties, 2 pieces	470
Tator Tots, 3 ounces	300
Pumpkin, fresh, ½ cup boiled	2
Libby's canned, ½ cup	5
Spinach, ½ cup chopped	
Fresh, boiled	63
Frozen, Green Giant	65
Canned, DelMonte	360
Sweet potato, 5x2 inch raw	17
Canned, drained, ½ cup	38
Tomato, 2 ½ inch fresh, whole	11
Canned, ½ cup	

Crushed, Hunt's	285
Progresso	95
Diced, DelMonte	25
Whole, Contadina	220
Hunt's "NO Salt"	5
Paste, canned, 2 tablespoons	
Contadina	20
DelMonte	25
Hunt's	90
Progresso	20
Puree, canned, ¼ cup	
Contadina	15
Hunt's	100
Progresso	15
Sauce, canned, plain, ¼ cup	
Contadina	280
DelMonte	340
DelMonte No Salt	20
Hunt's	360
Hunt's "NO Salt"	10
Progresso	260
Sun-dried, Flora, no oil, 5 pieces	15
Turnip, ½ cup raw	44
Turnip greens, ½ cup raw	11
Canned Turnips	325
Frozen Turnips	20
Waterchestnuts, canned ½ cup sliced	6
Yams, ½ cup, boiled	0
Yellow squash, ½ cup, boiled	1
Mustard, prepared, 1 teaspoon	
French's yellow	55
Gray Poupon dijon	120
Goulden's spicy	50

Noodles, egg, 1 cup cooked without salt in water	11
Nuts	
Nuts, 1 ounce (2 tablespoons) salted dry roasted peanuts	250
Almonds	
Planter's	0
Honey-roasted	190
Walnuts, 1/3 cup	
Planter's	0
Oils, all varieties, 1 tablespoon	0
Olives, 1 medium green olive	70
Pancake syrup, 1 tablespoon	
Aunt Jemima	120
Golden Griddle	55
Log Cabin	60
Maple syrup, the real stuff, most brands, 4 tablespoons	15
Pasta sauces, commercially prepared, ½ cup	
Healthy Choice	390
Prego, plain	610
Progresso Marinara	480
Peanut butter, 2 tablespoons	
Peter Pan	120
Skippy	140
Smucker's	160
Pepper sauce, hot, 1 teaspoon	
Durkee, Redhot	210
Tabasco	30
Pickles, 1 ounce (about 4 thin slices)	
Claussen bread and butter	170
DelMonte sweet	210
Hebrew National kosher dills	290
Vlasic dills	260
Pie crust, purchased	

Graham, Honey Maid, 1/6 crust	125
Nilla Cookie, 1/6 crust	65
Oreo, 1/6 crust	180
Pillsbury, frozen, 1/8 crust	140
Potato flakes, Hungry Jack instant, 1/3 cup flakes	45
Tartar sauce, 2 tablespoons	
Hellmann's	260
Hellmann's Low Fat	360
Teriyaki sauce, 1 tablespoon	
LaChoy	920
LaChoy Light	440
Vinegar, 1 tablespoon	0
Wheat germ, Kretschmer, 2 tablespoons	0
Worcestershire sauce, 1 teaspoon	
Lea & Perrins	65
French's	55
Herbs and Spices	
Allspice, 1 teaspoon	1
Basil, 1 tablespoon chopped fresh	0
Celery salt, 1 teaspoon	1,584
Chili powder, 1 teaspoon	26
Chives, 1 tablespoon chopped fresh	1
Cinnamon, 1 teaspoon ground	0
Cloves, 1 teaspoon ground	0
Curry powder, 1 teaspoon	3
Dillweed, 1 teaspoon dried	2
Garlic, 1 clove	1
Garlic powder, 1 teaspoon	1
Garlic salt, 1 teaspoon	2,233
Mustard, dry, 1 teaspoon	1
Onion powder, 1 teaspoon	2
Onion salt, 1 teaspoon	1,599

Oregano, 1 teaspoon dried	0
Paprika, 1 teaspoon	1
Parsley, 1 teaspoon dried	1
Rosemary, 1 teaspoon dried, crumbled	1
Sage, 1 teaspoon dried	0
Tarragon, 1 teaspoon dried	0
Thyme, 1 teaspoon dried	0
Beverages	
Apple Juice, 8 ounces	
Minute Maid	30
Mott's	20
Musselman's Premium Natural	15
Veryfine	35
Bloody Mary Mixer, Mr & Mrs, T. 8 ounces	1,350
Chocolate mild, 8 ounces made with:	
Nestlé's Quick	120
Hershey's Syrup	130
Lamb	
Lamb 4 ounces	75
Liver	
Beef, 4 ounces, pan-fried	120
Chicken, 4 ounces, raw	65
Seafood	
Lobster, 4 ounces, steamed	431
Orange Roughy, 4 ounces, raw	72
Perch, 4 ounces, broiled	90
Sole, 4 ounces, raw	125
Swordfish, 4 ounces raw	102
Salmon	
Canned, drained, King, ¼ cup	270
Fresh baked, 4 ounces	69
Shrimp	
Shrimp, 4 ounces, raw, shelled	168
Trout, Rainbow, 4 ounces, raw	
Farm raised	40

Wild	35
Tuna	
Tuna, fresh, 4 ounces, raw	44
Canned tuna, ¼ cup in oil or water	
Bumble Bee	250
Chicken of the Sea	250
Star Kist	250
Star Kist Low Salt	35
Turkey, fresh, unseasoned	
Turkey, 4 ounces	79
Frozen basted, 4 ounces	270 – 490
Smoked, 4 ounces, widely variable by brand	70 - 1050
Sausage	
Polish sausage (kielbasa) 4 ounces, beef	680
Pork	
Pork loin, 4 ounces, roasted	85
Chop, 4 ounces	41
Veil	
Veil, loin, 4 ounces, raw	91
Shoulder	108
Breads	
Bagel, Lenders, frozen plain	320
Biscuits	
Grands! Home-style, 1	600
Hungry Jack, 1	600
Bread, one slice, varies by brands	
Italian	140 – 260
Cream, whipped, 2 level tablespoons	
Cool Whip Non-Dairy	0
Kraft, real	0
Rich's, pressurized can	5
Egg, large	63
Margarine 1 tablespoon	
Kraft	110

Mazola Light	130
Parkay	120
Promise, Take Control	110
Smart Beat	90
Milk, 8 ounces	
Skim	126
Whole	120
Onion Dip, Heluva Good, 2 tablespoons	160
Sour Cream, 2 tablespoons	15
Yogurt, plain, 1 cup	150
Desserts and Snacks	
Cakes	
Angelfood 1/6 of cake	220
Chocolate layer, Sara Lee, 1/8 of cake	180
Cupcake, Hostess, 1	260
Pound, Pepperidge Farm, 1/5 of cake	280
Cookies	
Animal, Barnum's 1.1 ounce	160
Chips Ahoy, 3	125
Fig Newtons, 2	120
Honey Maid Grahams, 8 pieces	180
Nilla Wafers, 8	115
Oreo, 3	220
Pepperidge Farm, Nantucket, 3	75
Corn chips, 1 ounce Frito's	150
Crackers	
Town House, 5	150
Ritz, 5	135
Ice Cream, Breyer's, varies with flavor, ½ cup	30-50
Perry's peanut butter fudge, ½ cup	130
Jell-O, ½ cup, varies by flavor	35 – 75
Saltines, 5	
Krispy	180
Premium	180

Premium Low Salt	35
Potato chips, 1 ounce	
Lay's	120
Pie, frozen, 1/6 of Mrs. Smith's pie	
Apple	300
Blueberry	320
Pecan	450
Pumpkin	320
Pizza, frozen	
Celeste For One, cheese	1,090
Pepperoni, ¼ of large pie	990
Tombstone Deluxe, ¼ of 12 inch pie	640
Pizza pockets, 1 piece	
Hot Pockets, pepperoni	780
Sausage	690
Rice mixes, 1 cup prepared	
Chicken	
Country Inn	750
Rice-a-Roni Less Salt	690
Spanish	
Country Inn	750
Lipton Rice and Sauce	940
Sausage, breakfast	
Perdue, turkey, 2 links	450
Brown and Serve, pork, 3 links	670
Louis Rich, turkey, 2 ounces smoked	500
Soup	
Broth, canned, 1 cup	
Beef, Swanson	820
Chicken, College Inn	1,050
Chicken, College Inn Less Sodium	640
Campbell's condensed, canned, 1 cup prepared	
Beef noodle	920
Chicken noodle	980
Healthy Request	480
Clam Chowder, new England	980

Minestrone	960
Tomato	730
Vegetable	920
Healthy Request	480
Soup, dehydrated	
Maruchan Ramen Noodle, ½ of 3 - ounce package	820
Mrs. Manischewitz Instant Matzo Ball Soup, 0.5 ounces	960
Spaghetti, canned, 1 cup	
Franco-American	1,020
Spam, 2 ounces	750
"Less Salt", 2 ounces	560
Kentucky Fried Chicken, original recipe	
Breast, 1	870
Biscuit	564
Drumstick	210
Potatoes and gravy	386
Potpie	2,050
Thigh	570
Wing	380
Other	
Little Caesar's Pizza! Pizza! 2 pieces cheese	562
Pepperoni, 2 pieces	716
McDonald's Big Mac	880
Chicken McNuggets, 6 pieces	510
Egg McMuffin, plain	730
Fries, large	290
Hamburger, regular	530
Quarter Pounder with Cheese	1,160
Sausage and Egg breakfast biscuit	1,220
Shake, chocolate	300
Pizza Hut, hand tossed , supreme, 1 slice, medium pie	884

Pan pizza, Meatlover's, 1 slice	838
Personal Pan Pizza, pepperoni	1,340
Subway, 6 inch sub, ham	1,291
Meatball	1,014
Taco Bell, beef burrito	1,303
Chicken burrito	854
Soft Taco Supreme	551
Taco salad	1,132
Wendy's bacon cheeseburger	910
Baked potato, plain, nothing on it	25
Baked potato with bacon and cheese	1,430
Biggie fries	150
Chili, small (8 ounces)	800
Frosty, large	330
Single with everything	810