

# Food Sources of Sodium



## Information about Sodium

- Sodium is a mineral found in salt. All salts are high in sodium.
- Sodium is needed by the body to control blood pressure. It also helps with muscle and nerve function.
- Eating too much sodium can lead to health problems. These include high blood pressure, heart disease, stroke and kidney disease.

## How Much Dietary Sodium Should I Aim For?

- Aim to have a daily sodium intake of less than 1500 milligrams (mg). This is equal to the amount of sodium that you would find in 2/3 teaspoon of table salt. The average Canadian takes in over double the recommended amount of sodium.

## Sodium Content of Some Common Foods

- A small amount of sodium is found naturally in foods. Most of the sodium we eat is hidden in foods. Sodium is added during cooking, at the table and added to foods during processing to preserve food and add flavour. Packaged and processed foods contain large amounts of sodium. These foods should be limited. The sodium content of foods can vary from product to product. It is important to read food labels to choose low sodium foods or those naturally low in sodium.
- Foods that are high in sodium include: processed meats, some canned foods, cheeses, breads, cereals, sauces, pickled foods, commercial rice or pasta mixes and condiments. Food served in restaurants, fast foods and pre-packaged foods are usually very high in sodium. The following chart lists how much sodium can be found in some foods and can help you to choose foods that are lower in sodium.

**Trusted advice from dietitians. [www.dietitians.ca](http://www.dietitians.ca)**

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
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
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
<i>Other</i>		
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
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: "Canadian Nutrient File 2011"

[http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/cnf\\_aboutus-aproposdenous\\_fcen-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/cnf_aboutus-aproposdenous_fcen-eng.php)

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