



Sodium Content of Common Foods

The information below is provided to assist patients maintain a low-sodium diet. The following numbers may be useful as a guide.

Dietary Salt (sodium) Intake

- "Normal" salt diet 1100 - 3300 mg/day
- "High" salt diet 4000 - 6000 mg/day
- "Low" salt diet 400 - 1000 mg/day

Physicians may initially suggest a partially reduced salt level, in the range of 1000 - 2000 mg/day, to see if symptoms can be alleviated. Maintaining a sodium intake below 2000 mg/day requires considerable effort. Eating in restaurants causes difficulty as the majority of restaurant food is salted. To maintain a low sodium diet, you need to scrutinize the "Nutritional Information" boxes on food cartons. The amount of salt is listed as "sodium". Choose those products which would give you the least sodium, **based on the amount of product you eat**. Note that many "high salt" products (ketchup, salad dressing, corn chips) show relatively low sodium values based on very small serving portions (who eats only 12 corn chips at a sitting??). What is important is the total amount of sodium you are eating each day. As shown in the list below, fresh fruits and vegetables have low sodium content, but avoid adding salt to vegetables during preparation. The following advice may help maintain a low salt intake.

- Do not use salt at the table
- Reduce the salt used in food preparation. Try 1/2 teaspoon when recipes call for 1 teaspoon. Many cakes and desserts can be prepared without adding salt.
- Use herbs and spices for flavoring meats and vegetables instead of salt.
- Avoid salty foods such as processed meat and fish, pickles, soy sauce, salted nuts, chips and other snack foods.
- Check every "Nutritional Information" label before you buy or use a product. Note sodium **and** portion size information.

A cautionary note: The body possesses exquisite systems which accurately regulate body sodium. The goal of a low sodium diet is to "push" this regulation system toward one end of its range, without pushing it to the limit when body sodium starts falling. Although a low-salt diet is difficult to achieve, be aware that the low-salt diet can be "overdone" with possible adverse consequences. For this reason, if your vestibular symptoms persist, do **not** keep decreasing your salt intake. The level of sodium intake should be decided in consultation with your physician or nutritionist. Lower levels require more rigorous monitoring by your physician. You should also be aware that your body can lose sodium by a number of routes other than in the urine. Sweating, vomiting and diarrhea can all produce significant sodium loss. In addition, other diseases, such as those which impair kidney function, may result in greater than normal sodium losses. In the event of adverse symptoms, you should contact your physician.

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All values are given in mg of sodium for a 100 g (3.5 oz) food portion. These values are a **guide**. More accurate values are given in the Nutritional Information on the package of most products, in the form of mg of sodium per serving.

- Apple, raw unpeeled 1
- Apple juice, bottled 1
- Applesauce, sweetened 2
- Asparagus, cooked 1 (regular canned 236)
- Avocado 4
- Bacon, cooked 1021
- Bacon, canadian 2500
- Baking powder 11,000
- Banana 1
- Barly, pearled 3
- Beans, Lima 1 (regular canned 236)
- Beans, snap green, cooked 4 (regular canned 236)
- Beans, white common, cooked 7
- Beans, canned with pork and tomato sauce 463
- Bean sprouts, cooked 4
- Beef, roasted broiled or stewed 60
- Beef, corned 1,740
- Beef hash, canned 540
- Beef, dried 4,300
- beef hamberger 47
- Beef pie or stew, commercial 400
- Beets, cooked 43 (regular canned 236)
- Beverages, beer 7
- Beverages, liquor 1 (avoid margueritas with salt!)
- Beverages, wine 5
- Beverage, soda 0 to 100 (check can)
- Beverage, fruit drink 0
- Beverage, water 0
- Biscuits 630
- Blackberries 1
- Bluefish, cooked 104
- Bouillon cubes 24,000
- Bread 300 to 500
- Broccoli, cooked 10
- Brussel sprouts, cooked 10
- Butter, salted 826 (unsalted - less than 10)
- Cabbage 20
- Cakes 100 to 300
- Candy, caramels, fudge 200
- Candy, hard, marshmallow, peanut brittle 30
- Cantaloupe 12
- Carrots 40 (regular canned 236)
- Cashews, unsalted 15
- Cauliflower 10
- Celery, raw 126 (cooked 88)
- Cereals bran, wheat, crude 9
- Cereals, commercial 700 to 1100
- Cereal, Corn grits 1
- Cereal, Cornmeal 1
- Cereal, Farina, dry 2 (cooked salted or instant 160)
- Cereal, Oatmeal, dry 2 (cooked salted 218)
- Cereal, Rice flakes 987

- Cereal, wheat flakes 1000
- Cereal, wheat, puffed 4
- Cereal, wheat, shredded 3
- Cheese, cheddar 620
- Cheese, processed 1189
- Cheese, cottage 406
- Cheese, cream 296
- Cheese, Mozzarella 373
- Cheese, Parmesan 1,862
- Cheese, Swiss 260
- Cherries, Raw 2
- Chicken, cooked, without skin 60 to 80
- Chicken pot pie, commercial 411
- Chickpeas, dry 8
- Chicory 7
- Chili con carne, canned with beans 531
- Chili powder with seasonings 1574
- Chocolate, plain 4
- Chocolate syrup 52
- Clams, raw soft 36
- Clams, hard, round 205
- Cocoa, dry 6
- Cocoa, processed 717
- Coconut, fresh 23
- Coffee, instant, dry 72
- Coffee, beverage, 1
- Collards, cooked 25
- Cookies, Fig bars 252
- Cookies, oatmeal 170
- Cookies , plain 365
- Corn, sweet, cooked 0 (regular canned 236)
- Cowpeas, dry, cooked 8
- Crabmeat, canned 1000
- Crackers, Graham 670
- Crackers, saltines 1,100
- Cranberry juice or sauce 1
- Cream 40
- Cucumber 6
- Dates 1
- Doughnuts 500
- Duck 74
- Eggplant, cooked 1
- Egg, whole, raw 74 (whites 152, yolk 49)
- Endive, curly 14
- Figs 2
- Flounder 78
- Flour 2
- Fruit cocktail 5
- Gelatin, dry 0 (sweetened, ready-to eat 51)
- Grapefruit, fresh, canned or juice 1
- Grapes 3
- Haddock, raw 61 (battered 177)
- Heart, beef 86
- Herring 74
- Honey 5
- Honeydew melon 12

- Ice cream, vanilla 87
- Jams and preserves 12
- Jellies 17
- Kale, cooked 43
- Lamb, lean 70
- Lard 0
- Lasagna 490
- Lemon, juice or fresh 1
- Lettuce 9
- Lime, fresh or juice 1
- Liver, beef 184
- Liver, pork 111
- Lobster 210
- Macaroni, dry 2 (commercial with cheese 543)
- Margarine 987
- Milk 50
- Milk, buttermilk 130
- Milk, evaporated 106
- Milk, dried 549
- Molasses, light 15 (Dark 96)
- Muffins, plain 441
- Mushrooms 14 (canned 400)
- Mustard, prepared yellow 1,252
- Mustard greens 18
- Nectarine 6
- Noodles, dry 5
- Nuts, in shell 1 (processed nuts may contain high amounts of salt)
- Oil, corn 0
- Okra, 2
- Olives, green 2,400
- Onions, green 5 (mature 10)
- Orange peeled, juice, canned or juice 1
- Oysters, raw 73
- Pancakes 425
- Papayas, raw 3
- Parsley 45
- Parsnips, cooked 8
- Peaches 2
- Peanuts, roasted 5 (salted 418)
- Peanut butter 607
- Pears 2
- Peas, cooked 2 (regular canned 236)
- Peas, dried 40
- Pecans, shelled 0
- Peppers, green 13
- Perch 79
- Pickles, dill 1,428
- Pickles, relish, sweet 712
- Pie 250 to 450
- Pie crust, baked 617
- Pike, walleye 51
- Pineapple, raw or canned 1
- Pizza, cheese 702
- Plums 2
- Popcorn, salted with oil 1,940
- Pork 65

- Pork, cured ham 930
- Pork canned ham 1,100
- Potatoes, baked, boiled or french fried 2 to 6
- Potatoes, mashed salted 331
- Potato chips, up to 1000
- Pretzels 1680
- Prunes 4
- Pumpkin, canned 2
- Radishes 18
- Raisins, dried 27
- Raspberries 1
- Rhubarb 2
- Rice, dry 5 (cooked salted 374)
- Rolls, bread or sweet 400 to 550
- Rutabagas 4
- Rye wafers 882
- Salad dressing 700 to 1300
- Salmon 64 (canned 387)
- Sardines, canned 400
- Sauerkraut 747
- Sausage, pork 958
- Sausage, Frankfurter 1,100
- Sausage, Bologna 1,300
- Scallops, 265
- Shrimp 150
- Soup, canned 350 to 450
- Spaghetti, dry 2
- Spaghetti with meatballs, canned 488
- Spinach, raw 71 (cooked 50)
- Squash 1
- Strawberries 1
- Sugar, white 1 (brown 30)
- Sunflower seeds 30
- Sweetpotatoes 12
- Syrup 68
- Tapioca, dry 3
- Tomato 3 (canned 130)
- Tomato ketchup 1,042
- Tomato juice, canned 200
- Tongue, beef 61
- Tuna in oil 800
- Turkey, 82
- Turnips 34
- Veal 80
- Vinegar 1
- Waffles 475
- Walnuts 3
- Watermelon 1
- Wheat germ 827
- Yeast, compressed 16 (dry , active 52)
- Yoghurt 46

