

Sodium Contents

(Food/serving size/Sod. Contents)

MEAT

Bacon, sliced/1 slice/193

Beef *Brisket*/4oz/68
Chuck/4oz/68
Flank/4oz/68
Ground/4oz/53
Rib roast/4oz/68
Round/4oz/68
Rump/4oz/68
Steak club/4oz/68
Steak Porter/4oz/68
Steak ribeye/4oz/68
Steak sirloin/4oz/68
Steak Thone/4oz/68

Beef Hash/7 1/2 oz/1327

Bologna/1 slice/245

Braunschweiger/1 oz/300

Corned Beef/4 oz/1313

Frankfurter/1 weiner/499

Ham/4 oz/74

Lamb, leg/4 oz/79

Liver *Beef*/4 oz/209

Calf/4 oz/134

Chicken/4 oz/69

Turkey/4 oz/62

Pork *Boston BTRST*/4 oz/74

Chop/4 oz/74

Spareribs/4 oz/74

Sausage, pork/1 oz/240

Veal/4 oz/91

POULTRY

Chicken *lite meat*/4 oz/75

dark meat/4 oz/92

skin, fried/1 oz/?

Duck/4 oz/84

Turkey *lite meat*/4 oz/58

dark meat/4 oz/92

skin only/1 oz/?

FISH/SHELLFISH

Bass-freshwater, baked/4 oz/30

striped, oven fry/4 oz/30

Catfish-freshwater, fillet/4 oz/68

Crab-drained solids/1 cup/1600

Crab Imperial/1 cup/1602

Fishsticks, frozen/4 oz/80

Flounder, bake/4 oz/269

Froglegs, meat only/4 oz/0

Grouper, meat only/4 oz/?

Haddock, fried in batter/3.5 oz/177

Perch-yellow, meat only/4 oz/77

Pompano, meat only/4 oz/53

Salmon, canned, no salt/4 oz/73

Sardine, canned/3.5 oz/541

Scallop, steamed/4 oz/301

Shrimp, meat only/4 oz/159

Shrimp, french fry/4 oz/211

Trout-rainbow, dressed/4 oz/?

Tuna, canned water, no salt/6.5 oz/75

Walleye, meat only/4 oz/58

Whitefish, meat only/4 oz/59

EGGS

Chicken, white only/1 Large/48

yolk only/1 Large/9

Boiled, no salt/1 Large/61

Fried in butter/1 Large/155

Poached/1 Large/130

Scrambled, w/milk, cook in fat/1 Large/164

Egg substitute/1/4 cup/0

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VEGETABLES:

FRESH

Asparagus/4oz/2
Beans/1/2 cup/4
Beets/1/2 cup/40
Broccoli/1/2 cup/18
Brussels Sprouts/cup/16
Cabbage, Shredded/cup/18
Carrots/med/24
Cauliflower/1/2 cup/6
Celery/stalk/50
Corn on the Cob/1 ear/tr
Cucumbers/6 slices/3
Lettuce/2 leaves/4
Mushrooms/1/2 cup/5
Onions/1/2 cup/9
Peas/1/2 cup/1
Pepper/1 med/8
potato/1 med/4
Spinach/cup/23
Squash/cup/<1
Tomato/medium/5
Spinach/4oz
/65
Squash,Zucchini/4oz/3

CANNED

Asparagus/1/2cup/268
Beans - green/1/2cup/268
 lima/1/2cup/293
Beets/1/2cup/290
Carrots/1/2cup/290
Corn/1/2cup/302
Mushrooms/1/2cup/488
Onions,boiled/4oz/176
Peas,green/1/2cup/293
Potato,w/salt/1/2cup/295
Sauerkraut/1/2cup/878
Spinach/1/2cup/274
Squash,Zucchini/1/2cup/416
Tomato/1/2cup/155

FROZEN

Asparagus/4oz/2
Beans-green/3oz/1
 lima/4oz/167
Broccoli/4oz/19
Brussels Sprouts/4oz/18
Carrots/4oz/420
Cauliflower/4oz/46
Corn,plain/4oz/33
Mushrooms/4oz/240
Onions,whole,small/4oz/6
Peas/4oz/164
Potatoes,french fries, salted/3oz/201
Spinach/4oz/65
Squash,Zucchini/4oz/3