

Salt Assault



Brand-name

Comparisons of

Processed Foods

Center for Science in the Public Interest

4th edition

The Center for Science in the Public Interest (CSPI), founded in 1971, is a non-profit health-advocacy organization. CSPI conducts innovative research and advocacy programs in the area of nutrition, food safety, and alcoholic beverages and provides consumers with current information about their own health and well-being. CSPI is supported by the subscribers to its Nutrition Action Healthletter and by foundation grants. This report was written by Michael F. Jacobson, Ph.D., President of CSPI, and updated by Angela Amico, M.P.H., Project Coordinator, with research by Health Promotion Policy interns Kate Kiernan and Ellen Mei and editing by Jim O'Hara, Director, Health Promotion Policy.

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Sodium Levels in Processed Foods

Salt—sodium chloride—is one of the deadliest ingredients in the U.S. food supply. While a small amount is safe and necessary for health, the amount of salt in the typical American diet—about a teaspoon and a half a day—is a major cause of high blood pressure, or hypertension.^{1,2} Currently, upwards of 70 million—more than one in four—Americans suffer from that condition, which increases the risk of heart disease and stroke.³ Together coronary heart disease and stroke kill about 500,000 people annually in the United States.⁴

An additional one in three Americans has prehypertension, meaning elevated blood pressure that is not yet in the hypertensive range.⁵ Non-Hispanic black adults have the highest prevalence of hypertension in the United States (42.1%) compared to non-Hispanic white, Asian,

and Hispanic adults (28%, 24.7%, and 26%, respectively).⁶

A recent study estimated the benefits that would result from reducing sodium consumption, both immediately and gradually. Immediately reducing average sodium consumption levels from the current average of almost 3,500 mg per day to between 2,200 mg to 1,500 mg per day—about a teaspoon or less—would save about 700,000 to 1.2 million lives over 10 years. A more-achievable, gradual 40 percent reduction in consumption over 10 years would save 280,000 to 500,000 lives.⁷ Another study estimated that a reduction of 1,200 mg of sodium per day would save 44,000 to 92,000 lives and \$10 billion to \$24 billion in health-care costs annually.⁸ A state-by-state analysis of the data demonstrated that this level of sodium reduction would save four states alone—California, Texas, Florida, and New York—more than \$1 billion each annually in health care costs.⁹

¹ World Action on Salt & Health. Salt and Blood pressure.

<http://www.worldactiononsalt.com/salthealth/factsheets/bloodpressure/index.html>

² Centers for Disease Control and Prevention. Most Americans Should Consume Less Sodium. 2016. Accessed 2/2016 <http://www.cdc.gov/salt>

³ Centers for Disease Control and Prevention. High Blood Pressure. 2015.

<http://www.cdc.gov/bloodpressure/>

⁴ Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999–2013 on CDC WONDER Online Database, released 2015. Data are from the Multiple Cause of Death Files, 1999–2013, as compiled from data provided by the 578 vital statistics jurisdictions through the Vital Statistics Cooperative Program.

⁵ *Ibid.* Centers for Disease Control and Prevention, High Blood Pressure, 2015.

⁶ Centers for Disease Control and Prevention, Hypertension Among Adults in the United States: National Health and Nutrition Examination Survey, 2011–2012. *National Center for Health Statistics Data Brief*. 2013;133.

<http://www.cdc.gov/nchs/data/databriefs/db133.htm>

⁷ Coxson PG, Cook NR, Joffres M. Mortality Benefits from US population-wide reduction in sodium consumption. *Hypertension*. 2013;61:564–570.

⁸ Bibbins-Domingo, K., et al. Projected effect of dietary salt reductions on future cardiovascular disease. *N Engl J Med*. 2010; 362(7), 590-9.

⁹ Center for Science in the Public Interest. Reducing Sodium: a look at state savings in health

When they think about salt, most people think of the salt shaker on their kitchen table. But the salt shaker supplies only a small percentage of a person's daily intake. Processed and restaurant foods account for more than three-quarters of all sodium, according to a 1991 study.¹⁰ The same study estimated that naturally occurring sodium (especially in dairy foods) accounts for about 12 percent of our intake, and sodium from salt added in cooking or at the table adds another 11 percent.

The 2015–2020 edition of the Dietary Guidelines for Americans, which is published jointly by the U.S. Department of Health and Human Services (DHHS) and U.S. Department of Agriculture (USDA), emphasizes the importance of consuming less sodium. It states in its key recommendations:

Consume less than 2,300 milligrams (mg) per day of sodium.¹¹

In *Chapter 1, A Closer Look Inside Healthy Eating Patterns*, the Guidelines further states:

Adults with prehypertension and hypertension would particularly benefit from blood pressure lowering. For these individuals,

further reduction to 1,500 mg per day can result in even greater blood pressure reduction.

Brand Variations

Since 2005, CSPI has monitored a “market basket” of processed and restaurant foods to determine how industry efforts at sodium reduction are working. Judging from differences in the sodium content of different brands of the same foods, many companies should be able to reduce sodium. This report compares different brands of similar products (efforts were made to compare similar sizes, shapes, and flavors of products). All the products were sold in large chain supermarkets or chain restaurants and did not include foods marketed specifically as low-sodium or sodium-free. This report compares the amount of sodium measured in milligrams (mg) per 100-gram (g) quantities of foods so as to adjust for different serving sizes. All the data were obtained from food labels, company websites, or company representatives (by telephone).

We found that most categories showed wide variations in sodium content among brands. Some brands had 50 percent, 100 percent, or even more sodium than a competing brand. For instance, Heinz Organic Ketchup had 46 percent more sodium than Annie's Organic Ketchup (1,118 mg vs. 765 mg per 100 g), and Hunts Diced Tomatoes had 60 percent more sodium than Del Monte Diced Tomatoes (165 mg vs. 103 mg per 100 g). Arby's Curly French Fries had more than four times as much sodium as McDonald's

care costs. 2015.

<http://cspinet.org/new/pdf/Sodium%20Report%20Final%205%2020%202015.pdf>

¹⁰ Mattes RD, Donnelly D. Relative contributions of dietary sodium sources. *J Am Coll Nutr.* 1991;10:383–93.

¹¹ U.S. Departments of Health and Human Services and Agriculture. 2015–2020 Dietary Guidelines for Americans. 2015; 8.

<http://health.gov/dietaryguidelines/2015/guidelines/>

French Fries (735 mg vs. 171 mg per 100 g).

In some cases, though, different brands had identical or almost identical levels of sodium. For instance, among four Monterey Jack cheeses, there was only a six percent difference between the brands that contained the least and the most sodium. It is possible that the manufacturers were all at the low end of sodium use—or that bigger efforts would be need to lower sodium.

The one time when higher levels of sodium in foods might be acceptable is when salt and other sodium-containing ingredients are used to prevent the growth of dangerous bacteria. But even in those foods, sodium levels may vary considerably. For example, Hormel Original Bacon contained 38 percent more sodium than Oscar Mayer Center Cut Bacon (2,222 mg vs. 1,615 mg per 100 g). And Smithfield Naturally Hickory Smoked Bacon had 80 percent more sodium than Safeway Select Naturally Smoked Thick Sliced Bacon (1,895 mg vs. 1,056 mg per 100 g).

The wide variation in sodium levels among brands in a given category indicates that many companies could lower the sodium content of their products sharply without jeopardizing consumer acceptance. In many cases, if companies gradually lowered sodium levels, consumers would become accustomed to less salty foods. In a small, but interesting, experiment in Australia, researchers found that people could barely, if at all, detect when the sodium content of bread—a major source of sodium—was reduced by 25 percent over

six weeks.¹² And many people who go on low-sodium diets to lower their blood pressure say that they get used to the unsalted foods rather quickly and enjoy the taste of the *foods*, as opposed to the *salt*.¹³

Changes from 2005 to 2015

Once again in 2015, as it has since the first edition in 1980, the Dietary Guidelines for Americans recommended that Americans reduce their intake of sodium. Have industry efforts to reduce sodium been consistent and in keeping with the Guidelines' advice? To answer that question, CSPI compared the sodium content of its “market basket” of 451 products (379 packaged food products and 72 restaurant food items) in 2015 with the sodium content of those products in 2005. Of the 451 products monitored, sodium decreased in 248 (55%), increased in 135 (30%), and did not change in 68 (15%). Companies increased the sodium in 30 products by 30 percent or more, and decreased sodium by that amount in 41 products.¹⁴

On average, the products had only about four percent less sodium in 2015 than in 2005, with an average decrease of 41 milligrams per 100 grams of product. It is important to note that that

¹² Girgis S, Neal B, Prescott J, et al. A one-quarter reduction in the salt content of bread can be made without detection. *Eur J Clin Nutr.* 2003;57:616–20.

¹³ Rodgers A, Neal B. Less salt does not necessarily mean less taste. *Lancet.* 1999;353:1332.

¹⁴ Caveats: Some companies might simply have corrected errors in their 2005 data, and these figures, by design, ignore any lower- (or higher-) sodium products introduced since 2005.

average is not weighted according to the sales volume of each product, nor is our sample representative of all supermarket foods. However, our method provides an objective means of tracing changes in sodium levels of a cohort of foods over time.

The products that had the greatest *reduction*, that is, the 5th percentile, had 286 to 848 milligrams less sodium per 100 grams than in 2005. The five percent of products with the greatest *increase* in sodium had 169 to 583 mg more sodium per 100 g in 2015 compared to 2005.

We applaud the progress some companies have made in reducing sodium levels dramatically since 2005. For instance, in 2015 Contadina Roma Style Tomato Paste had 93 percent less sodium than it had in 2005 (61 mg vs. 909 mg per 100 g), and in 2015 Maggio Premium Whole Milk Ricotta Cheese contained one-third as much sodium as it had in 2005 (81 mg vs. 246 mg per 100 g). Similarly, several variations of Tyson Pork Loin had about 80 percent less sodium than they did in 2005.

While some companies were reducing sodium, others were increasing it. For instance, the sodium content of Perdue Boneless Skinless Chicken Breasts with Rib Meat increased by 362 percent since 2005 (310 mg vs. 67 per 100 g). The sodium content in Amy's Organic Lowfat Cream of Tomato Soup doubled between 2005 and 2015 (142 mg vs. 282 mg per 100 g).

In addition to changes in sodium levels, many products in 2015 (and 2005) had remarkably high levels of sodium in just

one serving. A single serving (one package) of a Hungry Man Boneless Chicken Dinner provided 1,830 mg of sodium—that's nearly 80 percent of the 2,300 mg limit recommended for adults and 122 percent of the recommended limit for adults with prehypertension. Just one tablespoon of La Choy Soy Sauce contained 1,250 mg of sodium.

Federal leadership in sodium reduction efforts has been lacking. The U.S. Food and Drug Administration (FDA) has failed to respond substantively to CSPI's 2005 petition to limit sodium levels, and FDA's effort to issue voluntary sodium-reduction targets has been delayed year after year.

But other forces have been acting on the marketplace. A signal event was the landmark 2010 report by the Institute of Medicine (a unit of the National Academies) that urged the FDA to set mandatory limits on sodium.¹⁵ That report concluded that voluntary sodium reductions had achieved little over the previous 40 years and that it was essential that the FDA and USDA set limits on the sodium content of packaged and restaurant foods. Those limits, which would vary according to food group, could be gradually decreased over several years so that consumers would become accustomed to less-salty foods. Some manufacturers might be lowering sodium levels in some of their products to help ward off such mandatory limits. Also, the National Salt Reduction Initiative,

¹⁵ Institute of Medicine. Strategies to Reduce Sodium Intake in the United States. *The National Academies Press*. 2010.

spearheaded by the New York City Department of Health and Mental Hygiene (DOHMH), set voluntary targets (following the example of the British government) for companies to meet.

The New York City DOHMH has continued to lead sodium-reduction efforts by requiring that menu items in chain restaurants that contain 2,300 mg of sodium or more must be accompanied by a warning icon and statement of the health risk of high-sodium diets at the point of purchase (see Figure 1). (That measure is being challenged in court by the National Restaurant Association.)


The statement reads: “Warning:  indicates that the sodium (salt) content of this item is higher than the total daily recommended limit (2300 mg). High sodium intake can increase blood pressure and risk of heart disease and stroke.”



Figure 1. Image of the sodium warning label that accompanies dishes with more than 2,300 mg of sodium in New York City restaurants.

Some companies have been leaders in lowering sodium. In recent years, for instance, McDonald’s says it has lowered

sodium by an average of 11 percent,¹⁶ while General Mills pledged to reduce sodium by 20 percent by 2015 in 10 of its top-selling categories and reported in 2015 that that target was achieved in seven product categories, with substantial reductions in the other three.¹⁷ Similarly, Nestlé reduced sodium by 22 percent in eight popular product categories.¹⁸ And in 2011 the nation’s biggest grocery chain, Walmart, called on its suppliers (and itself) to lower sodium by an average of 25 percent by 2015.¹⁹ The company announced that the sales-weighted average sodium content of the products sold declined by 16 percent by the end of 2014—a highly welcome decrease, even though its goal was not yet met.²⁰

¹⁶ McDonald’s. Nutrition Journey: a 2012 Progress Report. 2012.

<http://www.aboutmcdonalds.com/content/dam/AboutMcDonalds/Newsroom/Electronic%20Press%20Kits/Nutrition%20EPK/McDonaldsNPR.pdf>

¹⁷ General Mills. Our promise to lower sodium. 2015.

http://www.blog.generalmills.com/2015/12/our-promise-to-lower-sodium-2/?_ga=1.251620292.374015841.1450475199

¹⁸ Crawford E. Nestle’s nutrition profiling system helps target reformulations. *Food Navigator*. 2016. http://www.foodnavigator-usa.com/R-D/Nestle-s-nutrition-profiling-system-helps-target-reformulations/?utm_source=newsletter_weekly&utm_medium=email&utm_campaign=From%2012-Feb-2016%20to%2019-Feb-2016&c=CdBlwMMTZ%2FnnzClgKFrAJHApeSyPNYj%2F&p2

¹⁹ Walmart. Walmart Launches Major Initiative to Make Food Healthier and Healthier Food More Affordable. 2011.

http://corporate.walmart.com/_news_/news-archive/2011/01/20/walmart-launches-major-initiative-to-make-food-healthier-healthier-food-more-affordable

²⁰ Walmart. 2015 Global Responsibility Report. 2015.

<http://cdn.corporate.walmart.com/c0/24/2383f0>

Notwithstanding such progress, manufacturers and restaurants still have to remove a great deal of sodium from thousands of their products in order for Americans to reach the 2,300-mg level recommended in the 2015 Dietary Guidelines. We doubt that further—and needed—major reductions in sodium will be achieved without government intervention, as recommended by the 2010 IOM report.²¹

Recommendations

Lowering sodium is one of the most important dietary changes that Americans need to make—and there is responsibility in many quarters. Consumers need to read labels carefully and choose lower-sodium products—especially fresh fruits, vegetables, and other foods that are naturally low in sodium—for the sake of their own health. Restaurants and food processors need to lower the sodium content of their foods, for the sake of their customers' health. And governments—federal, state, and local—need to develop programs and adopt regulations that would decrease the sodium content of the food supply, for the sake of the public's health. The federal (or state/local) government should also consider the following measures:

- The most effective way to reduce sodium would be for the FDA and USDA (which regulates foods that contain meat or poultry) to set mandatory sodium limits for categories of processed foods and restaurant

foods. The limits could be based on the levels in the lowest-sodium foods, or on the median sodium content, in each category. Companies would be given several years to comply. Judging from the wide variation in sodium levels in competing brands of the same products, many companies could reduce levels significantly and easily, while other companies might already be using the least amount of sodium possible. Once companies were in compliance, the limits would be reduced further until Americans were consuming safe levels of sodium.

- The FDA and USDA should require attention-getting symbols on the fronts of packages of high-sodium foods. Ecuador has required, and Chile shortly will require, bold labeling (see Figure 2).



Figure 2. A food label in Ecuador.

- Local governments and cities could require warning labels on the saltiest menu items, similar to the policy in New York City.
- Because sodium is only one of many dietary factors that cause cardiovascular and other diseases, the federal government should sponsor major campaigns to promote diets rich in vegetables, beans, fruit, whole

674d27823dcf7083e6fbc6/2015-global-responsibility-report.pdf

²¹ *Ibid.* Institute of Medicine, 2010.

grains, nuts, and seafood, along with lean meat and poultry and fat-free or low-fat dairy products.

Notes about the Table

The Table on the following pages compares (a) the sodium content of various brands of the same type of food and (b) the change in sodium content (in terms of milligrams per 100 grams) between 2005 (2007 for Walmart products) and 2015. Most products listed were identified in 2005 as a convenience sample; the sample is not statistically representative of all foods in grocery stores or restaurants. Further details about the study are described in a paper by M.F. Jacobson, S. Havas, and R. McCarter in *JAMA Internal Medicine* May 2013, 173(14):1285–91. Some numbers and averages shown in this report and that paper might differ slightly because of corrections and the different statistical methods that were used.

The data were gathered primarily from food labels; when products could not be found in stores, CSPI called the manufacturers. Information about restaurant foods was obtained from companies' websites. In a few cases, manufacturers informed CSPI that the names, but not the products themselves, were changed since 2005. The sodium content of several Giant Foods (a large mid-Atlantic supermarket chain owned by Ahold) products varies depending on package size because of rounding and other factors. In categories where some brands listed the weight (grams) and others listed the volume (milliliters), we assumed that one milliliter weighed one gram.

In some cases, the apparent changes between 2005 and 2011 might not be real because companies might have reanalyzed their products or corrected errors. Finally, CSPI regrets any errors it might have made in compiling these data and invites companies to send any corrections to hpp@cspinet.org.

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Packaged Foods					
Baked Goods					
Biscuits - Refrigerated					
Safeway Jumbos Butter Flavored	1 biscuit (57g)	410	719	—	-18%
Pillsbury Original Grands Flaky Layers	1 biscuit (57g)	460	793	10%	-16%
Pillsbury Grands Homestyle Original	1 biscuit (58g)	470	810	13%	-20%
Pillsbury Golden Layers Butter Tastin'	1 biscuit (34g)	300	882	23%	-17%
Safeway Jumbos Flaky	1 biscuit (57g)	550	965	34%	17%
Great Value (Walmart) Jumbos Butter Flavored Flaky	1 biscuit (57g)	550	965	34%	20%
Breads, Italian					
Pepperidge Farm Italian Bread with Sesame Seeds	1 slice (32g)	130	406	—	-28%
Giant sliced	1 slice (31g)	150	484	19%	-21%
Schmidt	1 slice (31g)	200	645	59%	2%
Maier's	1 slice (32g)	230	719	77%	-7%
Wonder Seeded	1 slice (25g)	180	720	77%	12%
Breads, 100% Whole Wheat					
Pepperidge Farm Farmhouse Bread Soft	1 slice (43g)	150	349	—	0%
Wonder Stoneground	1 slice (25g)	105	420	20%	-29%
Stroehmann Dutch Country	1 slice (38g)	170	447	28%	-6%
Arnold Stone Ground	2 slices (50g)	260	520	49%	8%
Giant 100% Stone Ground Whole Wheat	2 slices (50g)	280	560	61%	29%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Great Value (Walmart) 100% Whole Wheat Bread	1 slice (25g)	140	560	61%	12%
Schmidt Old Tyme	1 slice (25g)	150	600	72%	20%
Breads, White					
Vermont Bread Company Soft All Natural	1 slice (34g)	115	338	—	0%
OvenJoy Enriched	2 slices (47g)	220	468	38%	1%
Sunbeam Sandwich	1 slice (26g)	125	481	42%	-7%
Pepperidge Farm Family Size	2 slices (53g)	270	509	51%	-13%
Great Value (Walmart) White Bread	1 slice (29g)	160	552	63%	10%
Pepperidge Farm Farmhouse Bread Hearty	1 slice (43g)	240	558	65%	-14%
Arnold Brick Oven Premium	1 slice (33g)	190	576	70%	6%
Buns, Hamburger					
Whole Foods Organic	1 bun (64g)	250	391	—	27%
Pepperidge Farm	1 bun (51g)	210	412	5%	-20%
Pepperidge Farm Sandwich Buns with Sesame Seeds	1 bun (53g)	220	415	6%	-13%
Great Value (Walmart) Enriched	1 bun (43g)	210	488	25%	-9%
Wonder	1 bun (43g)	220	512	31%	0%
Giant Enriched	1 bun (43g)	220	512	31%	-21%
Buns, Hot Dog					
Pepperidge Farm	1 bun (50g)	210	420	—	-22%
Wonder	1 bun (43g)	220	512	22%	0%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Great Value (Walmart) Enriched	1 bun (43g)	230	535	27%	0%
Potato Breads					
Martin's Famous Dutch Taste Sandwich	1 slice (32g)	115	359	—	-4%
Stroehmann Dutch Country Potato Bread	1 slice (35g)	160	457	27%	0%
Potato Rolls					
Martins Famous Dutch Taste Potato Sandwich Rolls	1 roll (53g)	180	340	—	-10%
Martins Potato Party Rolls	3 rolls (53g)	190	358	6%	0%
Stroehmann Dutch Country Hot Dog Potato Rolls	1 roll (53g)	260	491	44%	-4%
Schmidt's Potato Rolls	1 roll (53g)	280	528	56%	47%
Crackers, Cheez-It type					
Sunshine Cheez-Its Baked Snack	27 crackers (30g)	230	767	—	-8%
Great Value (Walmart) Cheddar Cheese Baked Snack Crackers	28 crackers (30g)	230	767	0%	-38%
365 Organic Cheese Cracker	27 crackers (30g)	270	900	17%	-7%
Late July Cheddar Cheese Bite-Size	30 crackers (28g)	310	1107	44%	1%
Safeway Cheese Crackers	27 crackers (30g)	380	1267	65%	52%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Crackers, Ritz type					
Ritz	5 crackers (16g)	105	656	—	-22%
Reduced Fat Ritz	5 crackers (15g)	130	867	32%	-13%
Great Value (Walmart) Snack Crackers	5 crackers (16g)	150	938	43%	22%
Crackers, Woven-wheat					
Triscuit Reduced Fat	6 crackers (28g)	150	536	—	-3%
Safeway Reduced Fat Woven Wheats Baked Snack	7 crackers (31g)	170	548	2%	-3%
Safeway Woven Wheats Baked Snack	6 crackers (28g)	160	571	7%	4%
Triscuit Original	6 crackers (28g)	160	571	7%	-11%
Great Value (Walmart) Double Cross	6 crackers (28g)	160	571	7%	-11%
365 Baked Woven Wheats Whole Wheat	8 crackers (30g)	190	633	18%	12%
Crackers, Wheat Thin type					
365 Organic Wheat Squares Snack Crackers	16 crackers (30g)	150	500	—	-21%
Great Value (Walmart) Wheat Crackers	16 crackers (31g)	230	742	48%	-18%
Nabisco Wheat Thins Original	11 pieces (31g)	240	774	55%	-11%
Nabisco Wheat Thins Reduced Fat	16 pieces (29g)	230	793	59%	-12%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Safeway Thin Wheats Baked Snack	13 crackers (30g)	290	967	93%	3%
Reduced Fat Safeway Thin Wheats	13 crackers (28g)	320	1143	129%	18%
Crescent Rolls, Refrigerated					
Pillsbury	1 roll (28g)	210	750	—	-5%
Great Value (Walmart)	1 roll (28g)	220	786	5%	0%
Giant	1 roll (28g)	220	786	5%	47%
Dairy Products					
Butters, Stick, Salted					
365 Organic Sweet Cream Salted	1 Tbsp (14g)	75	536	—	-35%
Nature's Promise Organic	1 Tbsp (14g)	90	643	20%	20%
Breakstone's All Natural	1 Tbsp (14g)	90	643	20%	0%
Land O'Lakes	1 Tbsp (14g)	90	643	20%	-5%
Lucerne Sweet Cream	1 Tbsp (14g)	90	643	20%	0%
Great Value (Walmart)	1 Tbsp (14g)	95	679	27%	6%
365 Sweet Cream	1 Tbsp (14g)	95	679	27%	0%
Kerrygold Pure Irish	1 Tbsp (14g)	100	714	33%	-5%
Cheeses, American, Block					
Lucerne Smooth Melting American Cheese Loaf	1 oz (28g)	400	1429	—	38%
Velveeta Pasteurized Prepared Product	1 oz (28g)	410	1464	3%	0%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Cheeses, American, Sliced					
Kraft Singles American Pasteurized Prepared Product	1 slice (21g)	230	1211	—	-19%
Horizon Organic American Singles	1 slice (19g)	260	1238	16%	10%
Lucerne American Processed Cheese Food	1 slice (21g)	240	1263	18%	-2%
Lucerne Deluxe American Pasteurized Process	1 slice (19g)	240	1263	21%	-2%
Giant Yellow Singles	1 slice (19g)	270	1286	21%	-9%
Giant Yellow Deluxe	1 slice (21g)	250	1316	23%	-31%
Great Value (Walmart) Pasteurized Process Cheese Product	1 slice (19g)	280	1333	26%	0%
Lucerne 2% Milk Reduced Fat Milk Slices	1 slice (21g)	320	1524	27%	0%
Velveeta Slices Pasteurized Prepared Product	1 slice (21g)	230	1211	45%	28%
Cheeses, Cheddar, Block					
Tillamook Medium	1 oz (28g)	170	607	—	-6%
Lucerne Extra Sharp	1 oz (28g)	180	643	6%	0%
Great Value (Walmart) Sharp	1 oz (28g)	180	643	6%	0%
Land O' Lakes Sharp	1 oz (28g)	190	679	12%	0%
Land O' Lakes Mild	1 oz (28g)	190	679	12%	0%
Cheeses, Cheddar, Sliced					
Kraft Cracker Barrel Natural Sharp Slices	1 slice (18g)	110	611	—	-6%
Organic Valley (mild)	1 slice (21g)	130	619	1%	2%
Great Value (Walmart) Mild	1 slice (19g)	120	632	3%	-11%
Lucerne Sliced Medium Natural	1 slice (21g)	140	667	9%	4%
Lucerne Slices Sharp	1 slice (21g)	140	667	9%	-46%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Cheeses, Ricotta					
Maggio Premium Whole Milk	1/4 cup (62g)	50	81	—	-67%
Sorrento Authentic Italian Taste Whole Milk Deli Style	1/4 cup (62g)	75	121	0%	50%
Great Value (Walmart) Whole Milk	1/4 cup (62g)	55	89	10%	0%
Frigo Whole Milk	62 g	85	137	70%	0%
Cheeses, Cottage					
Great Value (Walmart) 1% Lowfat Small Curd	1/2 cup (113g)	320	283	—	-18%
Breakstone's 2% milkfat Small Curd	1/2 cup (117g)	340	291	3%	-10%
Lucerne Lowfat 2% Milkfat Calcium Fortified	1/2 cup (113g)	420	372	31%	2%
Cheeses, Cream, Brick					
Organic Valley	2 Tbsp (30g)	100	333	—	-23%
Lucerne	1 oz (28g)	95	339	2%	2%
Great Value (Walmart)	1 oz (28g)	100	357	7%	0%
Kraft Philadelphia Original	1 oz (28g)	105	375	13%	0%
Cheeses, Cream, Fat-free, Brick					
Kraft Philadelphia	2 Tbsp (33g)	200	606	—	-15%
Great Value (Walmart)	1 oz (28g)	170	607	0%	-15%
Cheeses, Cream, Light					
Kraft Philadelphia	1 oz (28g)	120	429	—	-9%
Giant	2 Tbsp (30g)	140	467	9%	4%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Great Value	2 Tbsp (30g)	170	567	32%	44%
Cheeses, Cream, Whipped					
Giant	2 Tbsp (20g)	65	325	—	0%
Great Value (Walmart)	2 Tbsp (22g)	75	341	5%	5%
Kraft Philadelphia	2 Tbsp (22g)	90	409	26%	-5%
Cheeses, Monterey Jack					
Giant (Block cheese)	1 oz (28g)	170	607	—	0%
Lucerne Natural (Block cheese)	1 oz (28g)	170	607	0%	0%
Great Value (Walmart)	1 oz (28g)	170	607	0%	-6%
Land O'Lakes	1 oz (28g)	180	643	6%	-5%
Cheeses, Mozzarella					
Lucerne Low Moisture	1 oz (28g)	170	607	—	0%
Giant, low moisture (block)	1 oz (30g)	200	667	10%	11%
Sorrento Low Moisture	1 oz (30 g)	200	667	10%	4%
Organic Valley Organic Low Moisture	1 oz (28g)	190	679	12%	81%
Frigo Low Moisture	1 oz (28g)	210	750	24%	0%
Cheeses, Swiss, Block					
365 Swiss Cheese	1 oz (28g)	60	214	—	0%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Giant	1 oz (28g)	60	214	0%	-54%
Great Value (Walmart)	1 oz (28g)	60	214	0%	-54%
Cheeses, Swiss, Sliced					
Great Value (Walmart)	1 slice (18g)	40	222	—	-52%
Lucerne Sliced Natural	1 slice (21g)	50	238	7%	0%
Frozen Foods					
Chicken, Fried, Dinners					
Banquet Select Recipes (with mashed Potatoes and Corn)	1 meal (286g)	950	332	—	-6%
Hungry Man Boneless (with Mashed Potatoes, Corn & a Brownie)	1 package (406g)	1830	451	36%	-5%
Macaroni and Cheese					
Stouffer's Lean Cuisine	1 meal (283g)	560	198	—	-14%
Weight Watchers Smart Ones	1 package (255g)	750	294	49%	4%
Banquet Meal	1 meal (227g)	760	335	69%	-24%
Chicken, Nuggets					
Banquet Chicken Breast	6 nuggets (85g)	440	518	—	-6%
Great Value (Walmart)	5 nuggets (84g)	500	595	15%	-23%
Chicken, Tenders					
Banquet Chicken Breast Strips	2 strips (85g)	450	529	—	-6%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Great Value (Walmart)	3 oz (84g)	490	583	10%	3%
Pizzas, Cheese					
Totinos Crisp Crust Party Original 3-Cheese	1/2 pizza (138g)	550	399	—	-21%
Elio's	2 slices (115g)	500	435	9%	21%
Amy's	1/3 pizza (123g)	590	480	20%	0%
Great Value (Walmart) Rising Crust 4 Cheese	1/6 pizza (133g)	690	519	30%	-16%
Celeste Pizza for One Original Cheese	1 pizza (144g)	750	521	31%	-24%
365 Four Cheese	1/3 pizza (118g)	700	593	49%	31%
Pizzas, French Bread, Pepperoni					
Stouffer's	1 piece (159g)	860	541	—	83%
Red Baron Pepperoni	1 portion (153g)	1180	771	43%	10%
Pizzas, Pepperoni					
Totinos Crisp Crust	1/2 pizza (145g)	690	476	—	-21%
Reggio's Chicago Style Premium	1/4 pizza (140g)	700	500	5%	75%
Red Baron Classic	1/4 pizza (146g)	830	568	19%	-12%
Great Value (Walmart) Rising Crust	1/6 pizza (133g)	770	579	22%	-18%
Pizza for One	1 pizza (142g)	830	585	23%	-8%
Tombstone Brick Oven Style	1/4 pizza (121g)	730	603	27%	4%
Pot Pies, Chicken					

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Stouffer's	1 cup (235g)	810	345	—	-17%
Marie Callender's	1 pie (283g)	990	350	1%	-4%
Banquet	1 pie (198g)	780	394	14%	-18%
Potatoes, Puffed					
356 Tater Puffs	3 oz (84g)	330	393	—	39%
Ore-Ida Tater Tots	9 pieces (86g)	440	512	30%	5%
Taquitos, Chicken					
Delimex Chicken	3 taquitos (85g)	340	400	—	17%
Meats					
Bacons					
Oscar Mayer Center Cut	2 slices, cooked (13g)	210	1615	—	-28%
Oscar Mayer Hearty Thick Cut	2 slices, cooked (14g)	260	1857	15%	-11%
Gwaltney Thick Sliced Virginia Cured	1 slice, fried (12g)	250	2083	29%	39%
Hormel Original	2 slices, pan fried (18g)	400	2222	38%	1%
Bacons, Smoked					

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Safeway Select Naturally Smoked Thick Sliced	2 slices, cooked (18g)	190	1056	—	-26%
Jamestown Brand Hardwood Sliced	15 g	270	1800	71%	-24%
Jimmy Dean Hickory Fully Cooked	4 slices (17g)	310	1824	73%	9%
Great Value (Walmart) Smoked	2 slices, fried (17g)	310	1824	73%	-15%
Oscar Mayer Naturally Hardwood	2 slices, cooked (19g)	350	1842	75%	-11%
Gwaltney Hardwood Smoked Premium Sliced	2 slices, fried (14g)	260	1857	76%	20%
Smithfield Naturally Hickory Smoked Center Cut	3 slices, cooked (15g)	280	1867	77%	3%
Smithfield Naturally Hickory Smoked	2 slices, cooked (19g)	360	1895	80%	2%
Bacon, Turkey					
Oscar Mayer Smoked Cured	1 slice (15g)	140	933	—	-27%
Butterball Thin & Crispy	2 slices (18g)	180	1000	7%	-25%
Chickens, Fresh or Frozen					
Perdue Chicken Split Breasts	4 oz raw (112g)	70	63	—	20%
Perdue Oven Stuffer Fresh Whole Roaster Breast with Ribs and Back	4 oz raw (112g)	75	67	7%	40%
Perdue Whole Chicken	4 oz raw (112g)	80	71	14%	-29%
Perdue Drumsticks	4 oz raw (112g)	95	85	36%	-21%
Super G Boneless Skinless Thighs	4 oz raw (112g)	120	107	71%	20%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Perdue Boneless Skinless Breast with Rib Meat	4 oz raw (112g)	260	232	271%	246%
Hams					
Oscar Mayer Shaved Smoked	2 oz (56g)	500	893	—	-31%
Oscar Mayer Baked Cooked	3 slices (64g)	590	922	3%	-24%
Carl Buddig Honey Ham	1 package (56g)	590	1054	18%	-2%
Smithfield 97% Fat Free Cooked	1 slice (28g)	310	1107	24%	0%
Hot Dogs					
Bar S Jumbo	1 link (56g)	520	929	—	-24%
Gwaltney Big 8's Jumbo Beef	1 frank (56g)	550	982	6%	-5%
Safeway Jumbo Beef	1 frank (114g)	1140	1000	8%	2%
Armour Jumbo Beef	1 frank (43g)	450	1047	13%	-4%
Porks, Fresh or Frozen					
Tyson Fresh Boneless Loin Roast	4 oz (112g)	55	49	—	-81%
Tyson Fresh Tenderloin	4 oz (112g)	60	54	9%	-80%
Tyson Fresh Loin Country Style Ribs	4 oz (112g)	70	63	27%	-79%
Tyson Fresh Spareribs	4 oz (112g)	90	80	64%	-73%
Smithfield Pork Loin Back Ribs	4 oz (112g)	95	85	73%	12%
Hormel Always Tender Fresh Pork Loin Back Ribs	4 oz (112g)	470	420	755%	42%
Hormel Always Tender Fresh Pork Spareribs	4 oz (112g)	470	420	755%	42%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Sausages, Breakfast Links					
365 Sizzle & Serve Links Pork	2 links (56g)	380	679	—	0%
Jimmy Dean Pork Original	3 links (68g)	510	750	11%	31%
Johnsonville Original	3 links, cooked (55g)	490	891	31%	-20%
Pork Sausages, Maple or Brown Sugar					
365 Brown & Serve Link Made with Pork Maple	2 links (56g)	350	625	—	0%
Bob Evans Maple	3 links, cooked (51g)	370	725	16%	-14%
Johnsonville Brown Sugar & Honey	3 links, cooked (55g)	440	800	28%	-4%
Johnsonville Maple Syrup	3 links, cooked (55g)	470	855	37%	-22%
Sausages, Pork					
Jimmy Dean Premium Regular	2 oz, cooked (56g)	340	607	—	21%
Bob Evans Original Recipe	2 oz, cooked (56g)	380	679	12%	-18%
Safeway Select Country	2 oz, cooked (56g)	520	929	53%	-5%
Jamestown Brand Mild	1.5 oz fried (42g)	400	952	57%	-5%
Pork Sausages, Hot					

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Jimmy Dean Premium Hot	2 oz, cooked (56g)	390	696	—	11%
Jamestown Brand Hot	1.5 oz fried (42g)	400	952	37%	-18%
Pork Sausages, Sage					
Bob Evans Savory	2 oz, cooked (56g)	310	554	—	-46%
Jimmy Dean Premium	2 oz cooked (56g)	320	571	3%	0%
365 Brown & Serve Links	2 links (56g)	380	679	23%	0%
Turkeys, Fresh or Frozen					
Shady Brook Farms Fresh Natural Hotel Style Young Turkey Breast with Ribs, Portions of Back and Wing Meat	4 oz (112g)	65	58	—	7%
Perdue Frozen Whole Hen Turkey	4 oz (112g)	75	67	15%	24%
Shady Brook Farms Turkey Breast Cutlets	4 oz (112g)	240	214	269%	0%
Turkey Breast, Sliced, Deli					
Healthy Ones Oven Roasted and White	Turkey Breast, Sliced, Deli	390	722	—	-16%
Hillshire Farms Deli Select Thin Sliced Oven Roasted	Turkey Breast, Sliced, Deli	490	875	21%	-20%
Smithfield 98% Fat Free Oven Roasted	Turkey Breast, Sliced, Deli	250	893	24%	-29%
Oscar Mayer Turkey Breast Oven Roasted 98% Fat Free - Premium	Turkey Breast, Sliced, Deli	540	964	34%	-21%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Oscar Mayer Oven Roasted	Turkey Breast, Sliced, Deli	540	964	34%	-20%
Butterball Smoked Thick Sliced 98% Fat Free	Turkey Breast, Sliced, Deli	550	982	36%	10%
Carl Buddig Oven Roasted Thin Sliced Lean	Turkey Breast, Sliced, Deli	600	1071	48%	0%
Carl Buddig Honey Turkey	Turkey Breast, Sliced, Deli	600	1071	48%	-21%
Prepared Foods					
Macaroni and Cheese					
Giant Dinner	1/3 box, 2.5 oz (70g)	440	629	—	-17%
Nature's Promise Macaroni and Cheese Organic	2.5 oz, 1 cup (71g)	540	761	21%	-5%
Kraft Dinner The Cheesiest	1/6 box, 1 cup (70g)	570	814	30%	-5%
Great Value (Walmart) Premium Macaroni and Cheese	3.5 oz, 1/4 box (99g)	850	859	37%	-2%
Breakfast Cereals					
Barbara's Honey Nut O's	3/4 cup (30g)	80	267	—	7%
General Mills Frosted Cheerios	3/4 cup (27g)	150	556	108%	-18%
Salad Dressings					
Salad Dressings, Blue Cheese					
Kraft Roka Brand Blue Cheese Salad Dressing	2 Tbsp (30g)	250	833	—	-17%
Wishbone Light	2 Tbsp (30g)	280	933	12%	-10%
Ken's Steakhouse Lite Chunky Blue Cheese Dressing	2 Tbsp (31g)	370	1194	43%	5%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Salad Dressings, Caesar					
Annie's Natural	2 Tbsp (30g)	240	800	—	41%
Cardini's The Original	2 Tbsp (29g)	240	828	3%	0%
Ken's Steakhouse	2 Tbsp (30g)	260	867	8%	-40%
365 Organic	2 Tbsp (30g)	280	933	17%	8%
Wishbone Creamy	2 Tbsp (30g)	290	967	21%	-3%
Kraft's Classic	2 Tbsp (29g)	310	1069	34%	0%
Newman's Own Creamy	2 Tbsp (30g)	340	1133	42%	-27%
Girard's Light	2 Tbsp (31g)	370	1194	49%	3%
Great Value (Walmart)	2 Tbsp (30mL)	380	1267	58%	81%
Salad Dressings, Caesar, Refrigerated					
Marie's Caesar	2 Tbsp (28g)	160	571	—	14%
T. Marzetti's Creamy Caesar	2 Tbsp (29g)	260	897	57%	8%
Salad Dressings, Peppercorn Ranch					
Giant	2 tbsp. (29g)	260	897	—	13%
Salad Dressings, Ranch					
Wishbone	2 Tbsp (30g)	230	767	—	15%
Hidden Valley The Original	2 Tbsp (30g)	260	867	13%	0%
Ken's Steakhouse Buttermilk	2 Tbsp (30g)	260	867	13%	-16%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Hidden Valley Light Topping & Dressing	2 Tbsp (30g)	260	867	13%	-7%
Kraft	2 Tbsp (29g)	260	897	17%	-13%
Great Value (Walmart) Buttermilk	2 Tbsp (30mL)	290	967	26%	-24%
Giant	2 Tbsp (29g)	300	1034	35%	43%
Salad Dressings, Thousand-Island					
Kraft Fat Free	2 Tbsp (37g)	260	703	—	-11%
Giant	2 Tbsp (31g)	300	968	38%	16%
Ken's Steakhouse	2 Tbsp (30g)	300	1000	42%	0%
Great Value (Walmart)	2 Tbsp (30mL)	300	1000	42%	-6%
Sauces					
BBQ Sauces, Original					
KC Masterpiece Premium	2 Tbsp (36g)	240	667	—	0%
Kraft	2 Tbsp (35g)	270	771	16%	-38%
Bull's-Eye	2 Tbsp (36g)	280	778	17%	-15%
Squeezable Sweet Baby Ray's Award Winning	2 Tbsp (37g)	290	784	18%	-3%
Giant	2 Tbsp (37g)	300	811	22%	-25%
Great Value (Walmart)	2 Tbsp (36g)	440	1222	83%	12%
Original Open Pit	2 Tbsp (34g)	510	1500	125%	33%
BBQ Sauces, Honey					

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Squeezable Sweet Baby Ray's Award Winning	2 Tbsp (37g)	300	811	—	0%
Giant	2 Tbsp (37g)	300	811	0%	-9%
Kraft	2 Tbsp (37g)	350	946	17%	-5%
Great Value (Walmart)	2 Tbsp (36g)	360	1000	23%	13%
Ketchups					
Annie's Organic	1 Tbsp (17g)	130	765	—	-13%
365	1 Tbsp (17g)	160	941	23%	0%
Heinz	1 Tbsp (17g)	160	941	23%	-16%
Great Value (Walmart)	1 Tbsp (17g)	160	941	23%	-16%
Heinz Organic	1 Tbsp (17g)	190	1118	46%	0%
Salsas, Medium					
Drew's All Natural	2 Tbsp (28g)	90	321	—	-10%
Muir Glen Organic	2 Tbsp (31g)	100	323	0%	-26%
Chi Chi's Fiesta Thick & Chunky	2 Tbsp (30g)	150	500	56%	0%
Whole Foods	2 Tbsp (30g)	150	500	56%	-20%
Safeway Southwest	2 Tbsp (28g)	150	536	67%	0%
Old El Paso Thick N' Chunky	2 Tbsp (30g)	200	667	107%	-13%
Tostitos	2 Tbsp (33g)	250	758	136%	-4%
Herdez Salsa Casera	2 Tbsp (31g)	240	774	141%	-11%
Salsas, Mild					

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Muir Glen Organic	2 Tbsp (31g)	100	323	—	-26%
Chi Chi's Fiesta Thick & Chunky	2 Tbsp (30g)	150	500	55%	0%
Whole Foods	2 Tbsp (30g)	150	500	55%	-20%
Safeway Southwest Salsa Mild	2 Tbsp (28g)	150	536	66%	0%
Old El Paso Thick N' Chunky	2 Tbsp (30g)	200	667	107%	-13%
Tostitos	2 Tbsp (33g)	250	758	135%	-4%
Pace Chunky	2 Tbsp (30g)	230	767	138%	-4%
Great Value Thick & Chunky	2 Tbsp (31g)	240	774	140%	0%
Sauces, Spaghetti					
Walnut Acres Organic Marinara & Herbs	1/2 cup (125g)	330	264	—	0%
Bertolli Marinara with Burgundy Wine	1/2 cup (126g)	400	317	20%	-25%
Barilla Marinara Tomato & Basil	1/2 cup (125g)	410	328	24%	-18%
365 Marinara	1/2 cup (118g)	400	339	28%	-20%
Classico Traditional Favorites Tomato & Basil	1/2 cup (125g)	430	344	30%	39%
Giant Traditional	1/2 cup (124g)	440	355	34%	-39%
Francesco Rinaldi Original Traditional	1/2 cup (124g)	450	363	37%	-30%
Newman's Own Marinara	1/2 cup (125g)	460	368	39%	-10%
Great Value (Walmart) Traditional	1/2 cup (125g)	470	376	42%	-4%
365 Organic	1/2 cup (118g)	450	381	44%	77%
Ragu Old World Style Traditional	1/2 cup (125g)	480	384	45%	-38%
Amy's Organic Family Marinara Pasta Sauce	1/2 cup (125g)	590	472	79%	0%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Safeway Select Premium Quality Verdi Marinara Pasta Sauce	1/2 cup (125g)	590	472	79%	-6%
Sauces, Steak					
Great Value (Walmart)	1 Tbsp (17g)	280	1647	—	37%
A1	1 Tbsp (17g)	280	1647	0%	0%
Giant	1 Tbsp (17g)	320	1882	14%	28%
Sauces, Tomato					
Great Value (Walmart)	1/4 cup (61g)	260	426	—	0%
Giant	1/4 cup (61g)	280	459	8%	2%
Contadina	1/4 cup (61g)	280	459	8%	0%
Hunt's	1/4 cup (62g)	410	661	55%	8%
Sauces, Soy					
Safeway Select Gourmet Club Naturally Brewed	1 Tbsp (15g)	920	6133	—	0%
Kikkoman Naturally Brewed	1 Tbsp (15g)	920	6133	0%	0%
La Choy	1 Tbsp (15g)	1250	8333	36%	-1%
Snack Foods					
Cheese Curls					
365	1 oz (28g)	190	679	—	-10%
Great Value (Walmart) Cheddar Cheese Crunch	1 oz (28g)	190	679	0%	-37%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Barbara's Bakery Cheese Puffed Bakes	1/2 cup (28g)	200	714	5%	5%
Crunchitos Extra Cheddar Baked	1 oz (28g)	200	714	5%	-26%
Cheetos Crunchy	21 pieces (28g)	250	893	32%	-14%
Utz	14 curls, 1 oz (28g)	260	929	37%	0%
Bachman	20 curls (28g)	260	929	37%	-27%
Michael Season's Ultimate White Cheddar Cheese Puffs	1 1/2 cup (28g)	270	964	42%	0%
Potato Chips and Crisps					
Utz Kettle Classics Regular	1 oz, 20 chips (28g)	120	429	—	26%
Grandma Utz's Handcooked	20 chips, 1 oz (28 g)	120	429	0%	1%
Kettle Chips, Baked with Sea Salt	20 chips, 1 oz (28g)	125	446	4%	-22%
Great Value (Walmart) Original	1 oz, 24 chips (28g)	135	482	13%	-16%
Lay's Wavy Original	11 chips, 1 oz (28g)	140	500	17%	-22%
Pringles Original (crisps)	16 crisps, 1 oz (28g)	150	536	25%	-12%
Ruffles Original	12 chips, 1 oz (28g)	160	571	33%	0%
Lay's Classic	15 chips, 1 oz (28g)	170	607	42%	-6%
Potato Chips, Lightly Salted					
Kettle Chips Natural Gourmet with Sea Salt	13 chips (28g)	115	411	—	5%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Rice Snacks, Caramel Corn					
Quaker	13 mini cakes (30g)	210	700	—	-30%
Tortilla Chips, Yellow					
Garden of Eatin' Yellow All Natural	10 chips (28g)	55	196	—	-21%
Little Bear All Natural	15 chips (28g)	55	196	0%	-15%
Green Mountain Gringo Tortilla Strips	12 strips (28g)	80	286	45%	-38%
Tostitos Natural	7 chips (28g)	115	411	109%	44%
Guiltless Gourmet Baked	18 chips (28g)	180	643	227%	13%
Tortilla Chips, White					
365 Organic	9 chips (28g)	45	161	—	-4%
Utz Restaurant Style	1 oz, 8 chips (28g)	100	357	122%	-17%
Tostitos Bite Size	24 chips (28g)	110	393	144%	0%
Tostitos Scoops	13 chips (28g)	120	429	167%	0%
Tostitos Hint of Lime	6 chips (28g)	125	446	178%	-22%
Soups					
Broths, Beef					

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Great Value (Walmart)	1 cup (240mL)	800	333	—	-15%
Swanson 99% Fat Free	1 cup (240g)	830	346	4%	5%
Safeway	1 cup (240g)	910	379	14%	1%
Broths, Chicken					
Swanson Certified Organic Free Range	1 cup (240mL)	550	229	—	-4%
Pacific Free-Range	1 cup, 8 fl oz (240 mL)	570	238	4%	0%
365 Organic	1 cup, 8 fl oz (240 mL)	570	238	4%	-2%
Great Value (Walmart)	1 cup (245g)	860	351	53%	-11%
Swanson 99% Fat Free	1 cup (240mL)	860	358	56%	-10%
Safeway	1 cup (240mL)	930	388	69%	-2%
Soups, Cream of Tomato					
Amy's Organic Lowfat	1 cup (245mL)	690	282	—	99%
Pacific Organic Creamy Tomato	1 cup, 8 fl oz (240mL)	750	313	11%	0%
Soups, Tomato					
Great Value (Walmart) Condensed Soup (Prepared)	1 cup (250g)	480	192	—	-25%
Safeway Condensed Soup (Prepared)	1 cup (246g)	480	195	2%	-35%
Campbell's, condensed Classics (Prepared)	1 cup (240mL)	480	200	3%	-32%
Progresso Classics Hearty Tomato	1 cup (245g)	690	282	41%	-27%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Soups, Vegetable					
Campbell's, condensed Classics Vegetable, with Beef Stock (Prepared)	1 cup (240mL)	410	171	—	-54%
Campbell's, condensed Classics Vegetarian Vegetable (Prepared)	1 cup (240mL)	650	271	59%	35%
Great Value (Walmart) Vegetable Condensed Soup with Vegetable Stock	1 cup (246mL)	740	301	76%	0%
Canned Vegetables					
Baked Beans					
B&M Original	1/2 cup (131g)	390	298	—	3%
Great Value (Walmart)	1/2 cup (130g)	520	400	34%	6%
Bush's Best Original	1/2 cup (130g)	550	423	42%	0%
Baked Beans, Vegetarian					
B&M	1/2 cup (131g)	380	290	—	11%
Bush's Best Vegetarian	1/2 cup (130g)	550	423	46%	0%
Tomatoes, Diced					
Del Monte	1/2 cup (126g)	130	103	—	-48%
Furmanos	1/2 cup (116g)	125	108	104%	-49%
Great Value (Walmart)	1/2 cup (121g)	180	149	144%	-18%
Contadina Roma Style	1/2 cup (122g)	200	164	159%	0%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
Hunts Petite Diced	1/2 cup (121g)	200	165	160%	-39%
Hunts Diced, Original	1/2 cup (121g)	200	165	160%	-47%
Tomatoes, Crushed					
Hunts	1/2 cup (121g)	210	174	—	-40%
Great Value (Walmart)	1/4 cup (61g)	140	230	32%	47%
Contadina Roma Style	(1/4 cup (61g)	150	246	42%	0%
Tomatoes, Paste					
Great Value (Walmart)	2 Tbsp (33g)	20	61	—	0%
Contadina Roma Style	2 Tbsp (33g)	20	61	0%	-93%
Hunts	2 Tbsp (33g)	20	61	0%	-78%
Tomatoes, Whole & Peeled					
Delallo	1/2 cup (121g)	170	140	—	-23%
Giant	1/2 cup (121g)	180	149	6%	-28%
Hunts	1/2 cup (121g)	180	149	6%	-5%
Great Value (Walmart) Whole in Juice	1/2 cup (121g)	180	149	6%	-18%
Muir Glen Organic	1/2 cup (122g)	190	156	11%	-27%
Tuna fish, White Albacore, Canned, Packed in Water					
Crown Prince Natural Solid	1/4 cup (56g)	105	188	—	0%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in sodium from 2005 to 2015
365 Solid	2 oz (54g)	105	194	4%	-27%
Bumble Bee Solid	2 oz, 1/4 cup (56g)	140	250	33%	-44%
Great Value (Walmart)	2 oz, 1/4 cup (56g)	200	357	90%	-20%
Spaghetti-O's					
Great Value (Walmart) Spaghetti Rings	1 cup (252g)	600	238	—	-37%
Campbell's SpaghettiOs	1 cup (252g)	600	238	0%	-29%
Giant Spaghetti Rings	1 cup (252g)	600	238	0%	-44%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in Sodium from 2005 to 2015
Restaurant Foods					
Breakfast Foods					
Egg, Bacon, and Cheese Biscuit					
McDonald's	1 sandwich (147g)	1260	857	—	-1%
Hardee's	1 sandwich (149g)	1350	906	6%	16%
Egg and Cheese on a Bagel					
Au Bon Pain	1 sandwich (211g)	670	318	—	-4%
Einstein Brothers Plain, Egg with Cheese	1 sandwich (226g)	970	429	35%	10%
Egg and Cheese on a Croissant					
Burger King Croissanwich with Egg & Cheese	1 sandwich (121g)	610	512	—	-21%
Sausage, Breakfast					
McDonald's Patty	1 patty (44g)	300	682	—	1%
Sausage Biscuits, Breakfast					
McDonald's	1 sandwich (117g)	1000	855	—	3%
Hardee's	1 sandwich (126g)	1150	913	7%	5%
Arby's	1 sandwich (144g)	1450	1007	18%	-9%
Sausage and Egg Biscuits, Breakfast					
McDonald's	1 sandwich (164g)	1080	659	—	6%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in Sodium from 2005 to 2015
Hardee's	1 sandwich (163g)	1230	755	15%	8%
Breadsticks					
Breadsticks					
Domino's	1 order, 8 sticks (244g)	780	320	—	-21%
Little Caesar's Crazy Bread	1 breadstick (38g)	150	395	23%	2%
Papa John's	2 sticks (115g)	550	478	50%	3%
Pizza Hut	1 stick (43g)	260	605	89%	19%
Chicken, Fried					
Chicken, Fried, Breast					
KFC Original Recipe Breast	1 breast (178g)	1140	640	—	-10%
Chicken, Fried, Nuggets					
KFC Original Recipe, Thigh	1 thigh (110g)	850	773	—	-8%
Chicken Strips and Nuggets					
Chicken Nuggets					
McDonald's 4-pc. McNuggets	4 nuggets (65g)	360	554	—	-21%
Chick-fil-A 8-pack	8 nuggets (113g)	1060	938	69%	-3%
Chicken Strips or Tenders					
McDonald's Chicken Selects	3 pieces (124g)	680	548	—	-22%
KFC Crispy Strips (3 piece)	51.5 g	310	602	10%	-27%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in Sodium from 2005 to 2015
Hardee's 5 Piece	5 tenders (213g)	1290	606	10%	-35%
Chick-fil-A (4 strips)	4 strips (217g)	1320	608	11%	6%
Jack in the Box, Crispy Strips	4 strips (195g)	1581	811	48%	25%
French Fries					
French Fries, Medium					
McDonald's	111 g	190	171	—	-11%
Wendy's	142 g	420	296	73%	-2%
Burger King	153 g	570	373	118%	-32%
Hardee's	168 g	970	577	237%	200%
Arby's Curly	170 g	1250	735	330%	-1%
Pizza					
Pizza, Cheese, Thin Crust					
Domino's Crunchy	1 medium pizza (510g)	2620	514	—	-14%
Papa John's	1 slice (90g)	490	544	6%	-2%
Pizza Hut	1 slice (66g)	580	879	71%	42%
Pizza, Cheese, Hand-Tossed Style					
Little Caesar's	1/8 pizza (117g)	440	376	—	8%
Domino's	1 medium pizza (744g)	3690	496	32%	2%
Pizza Hut	1 slice (81g)	460	568	51%	6%
Papa John's Original Crust	1 slice (91g)	520	571	52%	1%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in Sodium from 2005 to 2015
Pizza, Pepperoni, Hand-Tossed Style					
Little Caesar's	1/8 pizza (124g)	560	452	—	-1%
Domino's	1 medium pizza (726g)	4090	563	25%	-7%
Papa John's Original Crust	1 slice (91g)	570	626	39%	0%
Pizza Hut	1 slice (79g)	540	684	51%	16%
Salads					
Caesar Salad					
Au Bon Pain Asiago	1 salad (238g)	470	197	—	-36%
Panera	1 salad (249g)	530	213	8%	-30%
Caesar Salad with Grilled Chicken					
Au Bon Pain Grilled Chicken Caesar Asiago	1 salad (352g)	920	261	—	-25%
Burger King Tendergrill Chicken Garden Salad with 2 oz. Ken's Creamy Caesar Dressing	1 salad (348g)	1150	330	26%	-30%
Sandwiches					
Cheeseburger					
Burger King	1 burger (111g)	540	486	—	-16%
McDonald's	1 burger (113g)	680	602	24%	-3%
Jack in the Box	1 burger (181g)	1174	649	33%	10%
Wendy's Jr.	1 burger (107g)	770	720	48%	15%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in Sodium from 2005 to 2015
Cheeseburger, Large					
Original Burger King Whopper with Cheese Sandwich	1 burger (312g)	1260	404	—	-12%
McDonald's Quarter Pounder with Cheese	1 burger (206g)	1110	539	33%	-7%
Jack in the Box Jumbo Jack with Cheese	1 burger (241g)	1317	546	35%	28%
Grilled Chicken Sandwich					
McDonald's Premium Grilled Chicken Classic Sandwich	1 sandwich (200g)	820	410	—	-14%
Wendy's Ultimate Chicken Grill Sandwich	1 sandwich (223g)	980	439	7%	-10%
Burger King Original Sandwich	1 sandwich (218g)	1170	537	31%	-14%
Hamburger					
Burger King	1 burger (100g)	460	460	—	1%
McDonald's	1 burger (99g)	490	495	8%	-2%
Wendy's Jr.	1 burger (96g)	580	604	31%	18%
Hamburger, Medium					
Burger King Whopper	1 burger (290g)	910	314	—	-10%
McDonald's Quarter Pounder	1 burger (177g)	710	401	28%	-6%
Hamburger, Large					
McDonald's Big 'n Tasty	1 burger (217g)	790	364	—	-12%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Level of sodium compared to item with least sodium mg/100g in subcategory	Change in Sodium from 2005 to 2015
Hardee's 1/3 lbs. Thickburger	1 burger (358g)	1660	464	27%	8%
Roast Beef Sub Sandwich					
Subway	6" sandwich (230g)	660	287	—	-30%
Blimpie	1 sandwich (292g)	870	298	4%	-22%
Soup					
Beef Soup					
Au Bon Pain Beef and Vegetable	360 mL	1100	306	—	1%
Blimpie Beef Stew	8.6 oz (244g)	890	365	19%	-14%
Chicken Noodle Soup					
Subway Roasted	1 bowl (255g)	720	282	—	-28%
Au Bon Pain	360 mL	1030	286	1%	-3%
Panera Low Fat	1 cup (254g)	890	350	24%	-18%
Blimpie	8.6 oz (244g)	1040	426	51%	14%
Vegetable Soup					
Panera Low Fat	1 cup (255g)	560	220	—	-33%
Au Bon Pain Garden	360 mL	1140	317	44%	17%
Blimpie Harvest	8.6 oz (244g)	920	377	72%	38%