

Center for Science in the Public Interest

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## Sodium Levels in Processed Foods

Salt—sodium chloride-is perhaps the deadliest ingredient in the food supply. While a small amount of sodium is necessary for health, the amount in the typical American diet is a major cause of high blood pressure, or hypertension. Currently, upwards of 70 million Americans suffer from that condition, which increases the risk of heart disease and stroke. Together those diseases kill about 700,000 people annually. Sodium's contribution is major. In 2004, the director of the National Heart, Lung, and Blood Institute and two other experts estimated that reducing sodium levels in processed and restaurant foods by 50 percent would save 150,000 lives a year. ${ }^{1}$ (For a more thorough discussion of dietary sodium and its effects on health, please see "Salt: The Forgotten Killer," published by the Center for Science in the Public Interest (CSPI) in February 2005). ${ }^{2}$

A recent study estimated the benefits that would result from reducing sodium consumption, both immediately and gradually. Immediately reducing average sodium consumption levels to between $2,200 \mathrm{mg}$ to $1,500 \mathrm{mg}$ per day would save about 700,000 to 1.2 million lives over 10

[^0]years. A more-achievable, gradual 40 percent reduction in consumption over 10 years would save 280,000 to 500,000 lives. ${ }^{3}$ Another study estimated that a reduction of $1,200 \mathrm{mg}$ of sodium per day would save 44,000 to 92,000 lives and $\$ 10$ billion to $\$ 24$ billion in healthcare costs annually. ${ }^{4}$

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. ${ }^{5,6}$ That figure is probably even higher today. 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 2010 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 lowering sodium levels in foods. It states:

[^1]Americans should reduce their sodium intake to less than $2,300 \mathrm{mg}$ or $1,500 \mathrm{mg}$ per day depending on age and other individual characteristics....An immediate, deliberate reduction in the sodium content of foods in the marketplace is necessary to allow consumers to reduce sodium intake to less than $2,300 \mathrm{mg}$ or $1,500 \mathrm{mg}$ per day now. ${ }^{7}$

Though excessive sodium consumption has long been of great concern to health professionals, over the years food processors have done little to reduce sodium levels. In one small study, since 1983, CSPI monitored the sodium content of 100 popular foods. Of the 69 products still marketed in 2004, the average sodium content decreased by just 5 percent (from 592 mg to 564 mg ), or 0.3 percent per year. ${ }^{8}$ And between 1994 and 2004, the average sodium content actually increased by 6 percent. As discussed below, CSPI monitored a larger sample between 2005 and 2011, with similar results.

## Brand Variations

Though the food industry has paid little heed to calls for reducing sodium, it is clear that the sodium content of many foods can be reduced substantially. 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 generally did not include special low-sodium foods that were marketed as niche products. This report compares the amount of sodium (in

[^2]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 in 2011.

Most categories showed wide variations in sodium content among brands. It was not uncommon for some brands to have 50 percent, 100 percent, or even more sodium than a competing brand. For instance, a medium order of fries had almost twice the sodium at Burger King as at McDonald's ( 453 vs. $231 \mathrm{mg} / 100 \mathrm{~g}$ ). Hunt's Tomato Paste had over five times as much sodium as Contadina Roma Style Tomato Paste ( 318 vs. $61 \mathrm{mg} / 100 \mathrm{~g}$ ). Great Value (Wal-Mart) solid white albacore tuna had 80 percent more sodium than Crown Prince's product (339 vs. $188 \mathrm{mg} / 100 \mathrm{~g}$ ).

In some cases, though, different brands had identical or almost identical levels of sodium. For instance, among sliced American cheese, there was only a 10 percent difference between the brands that contained the least and most sodium. Of course, that doesn't mean that all of those companies couldn't reduce sodium levels at least marginally.

There seemed to be little pattern as to which products were lowest or highest in sodium. In some cases, the brands offered at conventional supermarkets had much more sodium than specialty brands at natural-foods stores. For instance, Ken's Steakhouse Caesar Salad Dressing had nearly 80 percent more sodium than Annie's Natural Caesar Salad Dressing

Dietary Guidelines for Americans, 2010.
${ }^{8}$ Jacobson M. Am J Clin Nutr. 2005;81:941-2.
( 1,433 vs. $800 \mathrm{mg} / 100 \mathrm{~g}$ ), and Ore-Ida Tater Tots had more sodium than Whole Foods 365 Tater Puffs (488 vs. $393 \mathrm{mg} / 100 \mathrm{~g}$ ). But some natural-foods brands have much more sodium: Amy's Organic Family Marinara Pasta Sauce had more sodium than Classico Traditional Favorites Tomato \& Basil (472 vs. $304 \mathrm{mg} / 100 \mathrm{~g}$ ).

Likewise, some supermarket-brand products were lowest in sodium; other times they were highest. Safeway Premium Select BBQ Sauce had less than half as much sodium as Original Open Pit BBQ Sauce ( 639 vs. $1,500 \mathrm{mg} / 100 \mathrm{~g}$ ). But Giant Hamburger Buns had 40 percent more sodium than Pepperidge Farm buns ( 488 vs. $349 \mathrm{mg} / 100 \mathrm{~g}$ ).

The one time when higher levels of sodium might be tolerable 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. Bar S Jumbo Hot Dogs contained 42 percent more sodium than Oscar Mayer XXL Deli Style Jumbo Hot Dogs ( 1,143 vs. $803 \mathrm{mg} / 100 \mathrm{~g}$ ). And Bob Evans Savory Sage Pork Sausage had 50 percent more sodium than Whole Foods' 365 Brown \& Serve Sage Links ( 1,018 vs. $679 \mathrm{mg} / 100 \mathrm{~g}$ ).

The fact that sodium levels vary so widely among brands in a given category shows that many companies could lower the sodium contents of their products sharply without seriously sacrificing flavor. If companies gradually lowered sodium levels, consumers gradually would become accustomed to less salty foods. In

[^3]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. ${ }^{9}$ And many people who go on low-sodium diets to lower their blood pressure say that they get used to unsalted foods rather quickly and enjoy the taste of the food, as opposed to the salt.

## Changes from 2005 to 2011

0nce again in 2010, as it has since the first edition in 1980, the Dietary Guidelines for Americans recommended lower-sodium diets. The media in North America and Europe have run an unprecedented number of news items about the risks of high-sodium diets. Some companies have issued press releases highlighting reformulations that lowered the sodium content of their products. In 2007 the Grocery Manufacturers Association and CSPI, in 2008 the National Restaurant Association, and in 2013 both trade groups along with CSPI sponsored conferences to encourage their members to lower the sodium content of their offerings.

So what has industry done? To answer that question, CSPI compared the sodium content identified in 2011 of the 480 products included in this report with the original 2005 content. The results were disappointing. Of the 480 products monitored, sodium decreased in 205 (42.7\%), increased in 158 (32.9\%) and did not change in 117(24.4\%). Almost as many products (119) increased by at least

Lancet. 1999;353:1332.
five percent as decreased (154) by that percentage. And 34 products increased by 30 percent or more, while 26 products decreased by that percentage. ${ }^{10}$

Still, it was nice to see that some companies cut sodium levels dramatically since 2005. Ragu Old World Style Traditional Spaghetti Sauce lost almost 40 percent of its sodium. The Banquet Meal Macaroni and Cheese frozen dinner dropped half of its sodium, both by a 24 percent reduction in milligrams per 100-g serving, as well as a reduction in serving size. And the sodium content of Giant Yellow Deluxe American Cheese slices declined by 31 percent.

On the other hand, in 2011 Hardee's French fries (medium) contained three times as much sodium as they did in 2005. The sodium content of Jimmy Dean's Premium Regular Pork Sausage increased by 61 percent. Reggio's Chicago Style Premium Pepperoni Pizza had 75 percent more sodium. And Original Open Pit Barbecue Sauce had one-third more sodium. Clearly, some companies have not heard that highsodium diets cause heart attacks.

While our sample of 480 foods is broadly representative of the food supply, it is still a tiny percentage of the tens of thousands of foods in grocery stores and restaurants. Also, while our survey found little overall change in the 480 foods, in the past several years most of the largest companies have begun lowering sodium levels, relying in part on the research that salt suppliers have been doing. The

[^4]National Salt Reduction Initiative, spearheaded by the New York City Department of Health and Mental Hygiene, stimulated some of those changes, because the city set targets (following an example set by the British government) for companies to meet.

In recent years, for instance, McDonald's says it has lowered sodium by an average of 11 percent, while Taco Bell claims an average 20 percent reduction. Kraft says it has cut sodium by an average of 10 percent in its products, and Pepperidge Farm says it has lowered sodium by 25 percent in its breads. Two other large companies, General Mills and ConAgra, plan to lower sodium by 20 percent by 2015. And the nation's biggest grocery chain, Walmart, is aiming for a 25 percent average reduction in the sodium content of its house brands by 2015 and, importantly, is asking all of its suppliers to do the same. We hope that hundreds of other companies will be making similar reductions.

Notwithstanding such laudable recent progress, we estimate that companies would have to add about 50 percent less sodium to their products in order for Americans to reach the $2,300-\mathrm{mg}$ level recommended for healthy, young, white adults and about 70 percent less for people to achieve the $1,500-\mathrm{mg}$ level recommended for others. We are skeptical that those necessary reductions will be achieved without government intervention, such as that recommended by a landmark 2010 report from the Institute of Medicine (a unit of the National Academies). ${ }^{11}$ The IOM report concluded that voluntary sodium reductions had achieved little over the previous
${ }^{11}$ IOM (Institute of Medicine). 2010. Strategies to Reduce Sodium Intake in the United States. Washington, DC: The National Academies Press.

40 years and that it was essential that the U.S. Food and Drug Administration (FDA) and USDA set limits on the sodium content of packaged foods. Those limits, which would vary according to food group, could gradually decline over several years so that consumers would become accustomed to less-salty foods. The FDA is developing a sodium-reduction program, but it is a year or two overdue and will probably suggest targets rather than mandate specific limits.

## 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 productsespecially 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 to avoid unflattering publicity. And governments-federal, state, and localneed 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 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 sodium limits for categories of processed foods that are the biggest sources of sodium. The limits could be based on the levels in the lowest-sodium brands, 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 would have greater challenges. Once companies were in compliance, the limits would be reduced to the new median or other lower value.
- Congress should insist that the FDA promptly propose a sodium-reduction regulation, press industry to use less salt, and monitor sodium levels in the food supply and in diets.
- The FDA and USDA should require attention-getting symbols on the fronts of packages of high-sodium foods. Those agencies also should improve Nutrition Facts labels by requiring the statement "High in Salt" on such foods. Trigger levels for such labeling could be gradually reduced over the years. (Foods high in saturated fat, added sugars, or cholesterol or low in dietary fiber should be dealt with similarly.)
- If the FDA and USDA do not limit sodium in foods, officials should use their bully pulpits to prod manufacturers to voluntarily use less salt. U.S. officials should copy their British counterparts' aggressive strategy and set targets for various food categories, mount well-funded education campaigns, and publicly criticize unresponsive companies. Congress should provide major funding for the Department of Health and Human Services to educate the public about sodium and press food
manufacturers and restaurants to lower sodium levels.
- Though relatively little of our salt comes from canisters bought at the supermarket, it still would be useful for canister labels to include a health notice, such as "SALT PROMOTES HEART disease. Use less. Try using less salt THAN RECIPES CALL FOR."
- Since 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 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 between 2005 (2007 for Wal-Mart products) and 2011. 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 and published in JAMA Internal Medicine (May 2013). 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' web sites. 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 jdeporter@cspinet.org.

## Brand-name Comparisons of Sodium Levels (2011)

| Item | Serving Size | Sodium (mg) | Sodium mg/100g of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Packaged Foods |  |  |  |  |  |
| Baked Goods |  |  |  |  |  |
| Biscuits - Refrigerated |  |  |  |  |  |
| Great Value (Wal-Mart) Jumbos Butter Flavored Flaky | 1 biscuit (57g) | 410 | 719 | - | -11\% |
| Safeway Jumbos Flaky | 1 biscuit ( 57 g ) | 440 | 772 | 7\% | -6\% |
| Safeway Jumbos Butter Flavored | $\begin{gathered} 1 \text { biscuit } \\ (57 \mathrm{~g}) \end{gathered}$ | 450 | 789 | 10\% | -10\% |
| Pillsbury Original Grands Flaky Layers | 1 biscuit <br> ( 58 g ) | 540 | 931 | 29\% | -2\% |
| Great Value Jumbo Flaky | 1 biscuit ( 57 g ) | 550 | 965 | 34\% | -14\% |
| Pillsbury Grands Homestyle Original | $\begin{gathered} 1 \text { biscuit } \\ (58 \mathrm{~g}) \end{gathered}$ | 580 | 1,000 | 39\% | -2\% |
| Pillsbury Golden Layers Butter Tastin' | 1 biscuit (34g) | 360 | 1,059 | 47\% | 0\% |
|  |  |  |  |  |  |
| Breads, Italian |  |  |  |  |  |
| Pepperidge Farm Italian Bread with Sesame Seeds | 1 sl. (32g) | 130 | 406 | - | -28\% |
| Giant sliced | 1 sl. (26g) | 125 | 481 | 18\% | -22\% |
| Schmidt | 1 sl. (31g) | 150 | 484 | 19\% | -24\% |
| Maier's | 1 sl. (32g) | 190 | 594 | 46\% | -23\% |
| Wonder Seeded | 1 sl . 28 g ) | 170 | 607 | 49\% | -6\% |
|  |  |  |  |  |  |
| Breads, 100\% Whole Wheat |  |  |  |  |  |
| Pepperidge Farm Farmhouse <br> Bread Soft | 1 sl. (43g) | 150 | 349 | - | 0\% |
| Giant 100\% Stone Ground Whole Wheat | 1 sl. (30g) | 130 | 433 | 24\% | 0\% |
| Schmidt Old Tyme | 1 sl. (28g) | 140 | 500 | 43\% | 0\% |
| Arnold Stone Ground | 2 sl. (50g) | 260 | 520 | 49\% | 8\% |
| Stroehmann Dutch Country | 1 sl . (38g) | 200 | 526 | 51\% | 11\% |
| Great Value (Wal-Mart) 100\% Whole Wheat Bread | 47g | 250 | 532 | 52\% | 6\% |
| Wonder Stoneground | 2 sl. (68g) | 400 | 588 | 69\% | -1\% |

[^5]| Item | Serving Size | $\begin{aligned} & \text { Sodium } \\ & (\mathrm{mg}) \end{aligned}$ | $\begin{gathered} \text { Sodium } \\ \text { mg/100g } \\ \text { of Product } \end{gathered}$ | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Breads, White |  |  |  |  |  |
| Vermont Bread Company Soft All Natural | $1 \mathrm{sl} .(34 \mathrm{~g})$ | 115 | 338 | - | 0\% |
| OvenJoy Enriched | $2 \mathrm{sl} .(47 \mathrm{~g})$ | 220 | 468 | 38\% | 1\% |
| Great Value (Wal-Mart) White Bread | $1 \mathrm{sl} .(45 \mathrm{~g})$ | 220 | 489 | 45\% | -2\% |
| Pepperidge Farm Family Size | 2 sl ( 53 g ) | 270 | 509 | 51\% | -13\% |
| Pepperidge Farm Farmhouse Bread Hearty | 1 sl . (43g) | 220 | 512 | 51\% | -21\% |
| Safeway Split Top | 2 sl. (47g) | 250 | 532 | 57\% | 2\% |
| Arnold Brick Oven Premium | $1 \mathrm{sl} .(33 \mathrm{~g})$ | 190 | 576 | 70\% | 6\% |
| Sunbeam Sandwich | $1 \mathrm{sl} .(26 \mathrm{~g})$ | 150 | 577 | 71\% | 11\% |
|  |  |  |  |  |  |
| Buns, Hamburger |  |  |  |  |  |
| Pepperidge Farm | 1 roll (43g) | 150 | 349 | - | -32\% |
| Whole Foods Organic | 1 bun (64g) | 270 | 422 | 21\% | 37\% |
| Wonder | 1 bun (43g) | 210 | 488 | 40\% | -5\% |
| Great Value (Wal-Mart) Enriched | 1 bun (43g) | 210 | 488 | 40\% | -9\% |
| Giant Enriched | 1 bun (43g) | 210 | 488 | 40\% | -25\% |
|  |  |  |  |  |  |
| Buns, Hot Dog |  |  |  |  |  |
| Pepperidge Farm | 1 bun (50g) | 180 | 360 | - | -33\% |
| Wonder | 1 bun (43g) | 210 | 488 | 36\% | -5\% |
| Great Value (Wal-Mart) Enriched | 1 bun (43g) | 250 | 581 | 61\% | 9\% |
|  |  |  |  |  |  |
| Potato Bread |  |  |  |  |  |
| Martin's famous Dutch taste Sandwich Potato Bread | $1 \mathrm{sl} .(32 \mathrm{~g})$ | 120 | 375 | - | 0\% |
| Stroehmann Dutch Country Potato Bread | $1 \mathrm{sl} .(35 \mathrm{~g})$ | 170 | 486 | 30\% | 6\% |
|  |  |  |  |  |  |
| Potato Rolls |  |  |  |  |  |
| Martins Potato Party Rolls | 1 roll (53g) | 190 | 358 | - | 0\% |
| Martins Famous Dutch Taste Potato Sandwich Rolls | 1 roll (53g) | 200 | 377 | 5\% | 0\% |
| Stroehmann Dutch Country Hot Dog Potato Rolls | 1 roll (53g) | 270 | 509 | 42\% | 0\% |
| Schmidt's Potato Rolls | 1 roll (53g) | 330 | 623 | 74\% | 74\% |


| Item | Serving Size | $\begin{aligned} & \text { Sodium } \\ & \text { (mg) } \end{aligned}$ | $\begin{aligned} & \text { Sodium } \\ & \text { mg/100g } \\ & \text { of Product } \end{aligned}$ | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Crackers, Cheez-It type |  |  |  |  |  |
| Sunshine Cheez-Its Baked Snack | $\begin{gathered} 27 \text { crackers } \\ (30 \mathrm{~g}) \end{gathered}$ | 230 | 767 | - | -8\% |
| Great Value (Wal-Mart) Cheddar Cheese Baked Snack Crackers | $\begin{gathered} 28 \text { crackers } \\ (30 \mathrm{~g}) \end{gathered}$ | 250 | 833 | 9\% | -32\% |
| Safeway Cheese Crackers | $\begin{gathered} 27 \text { crackers } \\ (30 \mathrm{~g}) \end{gathered}$ | 270 | 900 | 17\% | 8\% |
| 365 Organic Cheese Cracker | $\begin{gathered} 30 \text { crackers } \\ (30 \mathrm{~g}) \end{gathered}$ | 270 | 900 | 17\% | -7\% |
| Late July Cheddar Cheese Bite-Size | $\begin{gathered} 30 \text { crackers } \\ (28 \mathrm{~g}) \\ \hline \end{gathered}$ | 310 | 1,107 | 44\% | 1\% |
| Crackers, Ritz type |  |  |  |  |  |
| Ritz | 5 crackers (16g) | 125 | 781 | - | -7\% |
| Great Value (Wal-Mart) Snack Crackers | $\begin{gathered} 5 \text { crackers } \\ (16 \mathrm{~g}) \end{gathered}$ | 150 | 938 | 20\% | 22\% |
| Reduced Fat Ritz | $\begin{gathered} 5 \text { crackers } \\ (15 \mathrm{~g}) \end{gathered}$ | 150 | 1,000 | 28\% | 0\% |
| Crackers, Woven-wheat |  |  |  |  |  |
| Triscuit Reduced Fat | $\begin{gathered} 7 \text { crackers } \\ (30 \mathrm{~g}) \end{gathered}$ | 160 | 533 | - | -3\% |
| 365 Baked Woven Wheats Whole Wheat | 8 crackers (30g) | 170 | 567 | 6\% | 0\% |
| Safeway Woven Wheats Baked Snack | 8 crackers (32g) | 200 | 625 | 17\% | 14\% |
| Triscuit Original | 6 crackers (28g) | 180 | 643 | 21\% | 0\% |
| Great Value (Wal-Mart) Double Cross | 28g | 180 | 643 | 21\% | 0\% |
| Safeway Reduced Fat Woven Wheats Baked Snack | $\begin{gathered} 7 \text { crackers } \\ (31 \mathrm{~g}) \end{gathered}$ | 200 | 645 | 21\% | 15\% |
| Crackers, Wheat thin type |  |  |  |  |  |
| 365 Organic Wheat Squares Snack Crackers | $\begin{gathered} 16 \text { crackers } \\ (30 \mathrm{~g}) \end{gathered}$ | 150 | 500 | - | -21\% |
| Barbara's Wheatines Original | $\begin{gathered} 4 \text { crackers } \\ (14 \mathrm{~g}) \end{gathered}$ | 80 | 571 | 14\% | 0\% |
| Nabisco Wheat Thins Original | $\begin{gathered} 16 \text { crackers } \\ (31 \mathrm{~g}) \end{gathered}$ | 230 | 742 | 48\% | -15\% |
| Nabisco Wheat Thins Reduced Fat | $\begin{gathered} 16 \text { crackers } \\ (29 \mathrm{~g}) \end{gathered}$ | 230 | 793 | 59\% | -12\% |
| Great Value (Wal-Mart) Wheat Crackers | $\begin{gathered} 16 \text { crackers } \\ (31 \mathrm{~g}) \end{gathered}$ | 260 | 839 | 68\% | -7\% |
| Reduced Fat Safeway Thin Wheats | $\begin{gathered} 16 \text { crackers } \\ (31 \mathrm{~g}) \end{gathered}$ | 280 | 903 | 81\% | -6\% |
| Safeway Thin Wheats Baked Snack | $\begin{gathered} 16 \text { crackers } \\ (31 \mathrm{~g}) \end{gathered}$ | 290 | 935 | 87\% | 0\% |


| Item | Serving Size | Sodium (mg) | Sodium $\mathrm{mg} / 100 \mathrm{~g}$ of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Crescent Rolls, Refrigerated dough |  |  |  |  |  |
| Great Value (Wal-Mart) | 1 roll (28g) | 220 | 786 | - | 0\% |
| Pillsbury | 1 roll (28g) | 220 | 786 | 0\% | 0\% |
| Giant | 1 roll (28g) | 220 | 786 | 0\% | 47\% |
| Dinner Rolls, Ready-to-eat |  |  |  |  |  |
| Giant Enriched | 1 roll (32g) | 130 | 406 | - | -33\% |
| Pepperidge Farm Sandwich Buns with Sesame Seeds | 1 roll (53g) | 230 | 434 | 7\% | -9\% |
| Dairy Products |  |  |  |  |  |
| Butter, Stick, Salted |  |  |  |  |  |
| 365 Organic Sweet Cream Salted | 1 tbsp. $(14 \mathrm{~g})$ | 75 | 536 | - | -35\% |
| Nature's Promise Organic | 1 tbsp. $(14 \mathrm{~g})$ | 90 | 643 | 20\% | 20\% |
| Breakstone's All Natural | 1 tbsp. $(14 \mathrm{~g})$ | 90 | 643 | 20\% | 0\% |
| Great Value (Wal-Mart) | 1 tbsp. $(14 \mathrm{~g})$ | 95 | 679 | 27\% | 6\% |
| Land O'Lakes | 1 tbsp. $(14 \mathrm{~g})$ | 95 | 679 | 27\% | 0\% |
| Lucerne Sweet Cream | 1 tbsp. $(14 \mathrm{~g})$ | 95 | 679 | 27\% | 6\% |
| 365 Sweet Cream | 1 tbsp. $(14 \mathrm{~g})$ | 95 | 679 | 27\% | 0\% |
| Kerrygold Pure Irish | 1 tbsp. $(14 \mathrm{~g})$ | 100 | 714 | 33\% | -5\% |
| Cheese, American, Blocks |  |  |  |  |  |
| Velveeta Pasteurized Prepared Product | $1 \mathrm{oz} .(28 \mathrm{~g})$ | 370 | 1,321 | - | -10\% |
| Lucerne Smooth Melting American Cheese Loaf | 28g | 400 | 1,429 | 8\% | 38\% |
| Cheese, American, Sliced |  |  |  |  |  |
| Lucerne 2\% Milk Reduced Fat Milk Slices | $1 \mathrm{sl} .(19 \mathrm{~g})$ | 230 | 1,211 | - | -9\% |
| Lucerne American Processed Cheese Food | 1 sl ( (21g) | 260 | 1,238 | 2\% | -2\% |
| Lucerne Deluxe American Pasteurized Process | $1 \mathrm{sl} .(19 \mathrm{~g})$ | 240 | 1,263 | 4\% | -2\% |
| Giant Yellow Singles | $1 \mathrm{sl} .(19 \mathrm{~g})$ | 240 | 1,263 | 4\% | -9\% |
| Giant Yellow Deluxe | $1 \mathrm{sl} .(21 \mathrm{~g})$ | 270 | 1,286 | 6\% | -31\% |



| Item | Serving Size | Sodium (mg) | $\begin{gathered} \text { Sodium } \\ \text { mg/100g } \\ \text { of Product } \end{gathered}$ | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Cheese, Cream, Brick |  |  |  |  |  |
| Organic Valley | 2 tbsp. $(30 \mathrm{~g})$ | 100 | 333 | - | -23\% |
| Lucerne | 2 tbsp. $(30 \mathrm{~g})$ | 105 | 350 | 5\% | 5\% |
| Great Value (Wal-Mart) | $1 \mathrm{oz}$. (28g) | 100 | 357 | 7\% | 0\% |
| Kraft Philadelphia Original | $1 \mathrm{oz}$. (28g) | 105 | 375 | 13\% | 0\% |
|  |  |  |  |  |  |
| Cheese, Cream, Fat Free, Brick |  |  |  |  |  |
| Great Value (Wal-Mart) | 1oz. (28g) | 170 | 607 | - | -15\% |
| Lucerne | 2 tbsp. $(30 \mathrm{~g})$ | 200 | 667 | 10\% | 48\% |
| Kraft Philadelphia | $1 \mathrm{oz}.(28 \mathrm{~g})$ | 190 | 679 | 12\% | -5\% |
|  |  |  |  |  |  |
| Cream Cheese, Light |  |  |  |  |  |
| Kraft Philadelphia | 2 tbsp. $(31 \mathrm{~g})$ | 140 | 452 | - | -4\% |
| Giant | 2 tbsp. $(30 \mathrm{~g})$ | 140 | 467 | 3\% | 4\% |
| Great Value | 2 tbsp. $(30 \mathrm{~g})$ | 170 | 567 | 25\% | 44\% |
|  |  |  |  |  |  |
| Cheese, Cream, Whipped |  |  |  |  |  |
| Great Value (Wal-Mart) | 2 tbsp. $(20 \mathrm{~g})$ | 65 | 325 | - | 0\% |
| Giant | 2 tbsp. $(20 \mathrm{~g})$ | 65 | 325 | 0\% | 0\% |
| Kraft Philadelphia | 2 tbsp. $(21 \mathrm{~g})$ | 90 | 429 | 32\% | 0\% |
|  |  |  |  |  |  |
| Cheese, Monterey Jack |  |  |  |  |  |
| Giant (Block cheese) | $1 \mathrm{oz}$. (28g) | 170 | 607 | - | 0\% |
| Lucerne Natural (Block cheese) | $1 \mathrm{oz}$. (28g) | 170 | 607 | 0\% | 0\% |
| Great Value (Wal-Mart) | 1 oz. (28g) | 180 | 643 | 6\% | 0\% |
| Land O'Lakes | $1 \mathrm{oz}$. (28g) | 190 | 679 | 12\% | 0\% |
|  |  |  |  |  |  |
| Cheese, Mozzarella, Part-skim |  |  |  |  |  |
| Giant, low moisture (block) | $1 \mathrm{sl} .(30 \mathrm{~g})$ | 190 | 633 | - | 6\% |
| Sorrento Low Moisture | $1 \mathrm{oz}.(30 \mathrm{~g})$ | 200 | 667 | 5\% | 4\% |
| Organic Valley Organic Low Moisture | $1 \mathrm{oz}$. (28g) | 190 | 679 | 7\% | 81\% |
| Lucerne Low Moisture | $1 \mathrm{oz}$. (28g) | 210 | 750 | 18\% | 24\% |
| Frigo Low Moisture | $1 \mathrm{oz}$. (28g) | 210 | 750 | 18\% | 0\% |


| Item | Serving Size | Sodium (mg) | Sodium $\mathrm{mg} / 100 \mathrm{~g}$ of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Cheese, Swiss, Block |  |  |  |  |  |
| 365 Swiss Cheese | 1 oz. (28g) | 60 | 214 | - | 0\% |
| Giant | 1 oz ( 28 g ) | 60 | 214 | 0\% | -54\% |
| Great Value (Wal-Mart) | 1 oz ( 28 g ) | 130 | 464 | 117\% | 0\% |
| Cheese, Swiss, Sliced |  |  |  |  |  |
| Lucerne Sliced Natural | $1 \mathrm{sl} .(21 \mathrm{~g})$ | 50 | 238 | - | 0\% |
| Great Value (Wal-Mart) | $\begin{gathered} 1-1.5 \mathrm{sl} . \\ (28 \mathrm{~g}) \end{gathered}$ | 130 | 464 | 95\% | 0\% |
| Frozen Foods |  |  |  |  |  |
| Chicken, Fried, Dinners |  |  |  |  |  |
| Hungry-Man Boneless (with Mashed Potatoes, Corn and a Brownie) | 1 pkg. $(454 \mathrm{~g})$ | 1,350 | 297 | - | -38\% |
| Banquet Select Recipes (with Mashed Potatoes and Corn) | $\begin{aligned} & 1 \mathrm{meal} \\ & (228 \mathrm{~g}) \end{aligned}$ | 1,140 | 500 | 68\% | 42\% |
| Macaroni and Cheese, Frozen dinners |  |  |  |  |  |
| Stouffer's Lean Cuisine | $\begin{gathered} 1 \mathrm{pkg} . \\ (283 \mathrm{~g}) \end{gathered}$ | 570 | 201 | - | -12\% |
| Weight Watchers Smart Ones | $\begin{aligned} & 1 \text { meal } \\ & (283 \mathrm{~g}) \end{aligned}$ | 790 | 279 | 39\% | -1\% |
| Banquet Meal | $\begin{aligned} & 1 \text { meal } \\ & (227 \mathrm{~g}) \end{aligned}$ | 760 | 335 | 66\% | -24\% |
| Chicken, Nuggets |  |  |  |  |  |
| Banquet Chicken Breast | 6 pcs. (85g) | 400 | 471 | - | -15\% |
| Great Value (Wal-Mart) | 5 pcs. (84g) | 500 | 595 | 26\% | -23\% |
| Chicken, Tenders |  |  |  |  |  |
| Banquet Chicken Breast Strips | $\begin{gathered} 2 \text { strips } \\ (85 \mathrm{~g}) \end{gathered}$ | 400 | 471 | - | -17\% |
| Great Value (Wal-Mart) | 84g | 730 | 869 | 85\% | 54\% |
| Pizza, Cheese |  |  |  |  |  |
| Elio's | 2 sl. (115g) | 490 | 426 | - | 18\% |


| Item | Serving Size | $\begin{aligned} & \text { Sodium } \\ & \text { (mg) } \end{aligned}$ | Sodium $\mathrm{mg} / 100 \mathrm{~g}$ of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Totinos Crisp Crust Party Original 3-Cheese | $\begin{gathered} 1 / 2 \text { pizza } \\ (139 \mathrm{~g}) \end{gathered}$ | 610 | 439 | 3\% | -13\% |
| Amy's | $\begin{gathered} 1 / 3 \text { pizza } \\ (123 \mathrm{~g}) \end{gathered}$ | 590 | 480 | 13\% | 0\% |
| Tony's Original | $\begin{gathered} \text { 1/3 pizza } \\ (120 \mathrm{~g}) \end{gathered}$ | 580 | 483 | 13\% | -12\% |
| Great Value (Wal-Mart) Rising Crust 4 Cheese | $\begin{gathered} \text { 1/6 pizza } \\ (133 \mathrm{~g}) \end{gathered}$ | 690 | 519 | 22\% | -16\% |
| 365 Four Cheese | $\begin{gathered} \text { 1/3 pizza } \\ (118 \mathrm{~g}) \end{gathered}$ | 700 | 593 | 39\% | 31\% |
| Celeste Pizza for One Original Cheese | 1 pizza <br> (144g) | 1,020 | 708 | 66\% | 4\% |
| Pizzas, French Bread, Pepperoni |  |  |  |  |  |
| Stouffer's | $\begin{aligned} & 1 \text { pizza. } \\ & (159 \mathrm{~g}) \end{aligned}$ | 700 | 440 | - | 49\% |
| Red Baron Pepperoni | $\begin{aligned} & 1 \text { pizza } \\ & (153 \mathrm{~g}) \end{aligned}$ | 1,090 | 712 | 62\% | 2\% |
| Pizzas, Pepperoni |  |  |  |  |  |
| Reggio's Chicago Style Premium | $\begin{gathered} \text { 1/4 pizza } \\ (140 \mathrm{~g}) \end{gathered}$ | 700 | 500 | - | 75\% |
| Tony's Original Crust | $\begin{gathered} 1 / 3 \text { pizza } \\ (119 \mathrm{~g}) \end{gathered}$ | 620 | 521 | 4\% | -27\% |
| Red Baron Classic | $\begin{gathered} \text { 1/4 pizza } \\ (142 \mathrm{~g}) \end{gathered}$ | 740 | 521 | 4\% | -20\% |
| Safeway | $\begin{gathered} \text { 1/6 pizza } \\ (140 \mathrm{~g}) \end{gathered}$ | 740 | 529 | 6\% | -4\% |
| Totinos Crisp Crust | $\begin{gathered} \text { 1/2 pizza } \\ (145 \mathrm{~g}) \end{gathered}$ | 780 | 538 | 8\% | -10\% |
| Great Value (Wal-Mart) Rising Crust | $\begin{gathered} \text { 1/6 pizza } \\ (133 \mathrm{~g}) \end{gathered}$ | 770 | 579 | 16\% | -18\% |
| Tombstone Brick Oven Style | $1 \mathrm{sl} .(124 \mathrm{~g})$ | 720 | 581 | 16\% | 0\% |
| Pizza for One | $\begin{aligned} & 1 \text { pizza } \\ & (142 \mathrm{~g}) \end{aligned}$ | 1,010 | 711 | 42\% | 12\% |
| Pot Pies, Chicken |  |  |  |  |  |
| Marie Callender's | $\begin{gathered} 1 \text { cup } \\ (234 \mathrm{~g}) \end{gathered}$ | 800 | 342 | - | -6\% |
| Stouffer's | 1 package $(235 \mathrm{~g})$ | 930 | 396 | 16\% | -5\% |
| Banquet | $\begin{gathered} 1 \mathrm{pie} \\ (198 \mathrm{~g}) \end{gathered}$ | 1,040 | 525 | 54\% | 9\% |


| Item | Serving Size | Sodium (mg) | Sodium mg/100g of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Potatoes, Puffed |  |  |  |  |  |
| 365 Tater Puffs | 10 pcs. $(84 \mathrm{~g})$ | 330 | 393 | - | 39\% |
| Ore-Ida Tater Tots | 9 pcs. (86g) | 420 | 488 | 24\% | 0\% |
| Taquitos, Chicken |  |  |  |  |  |
| Delimex Chicken | $\begin{gathered} 5 \mathrm{pcs} . \\ (140 \mathrm{~g}) \\ \hline \end{gathered}$ | 480 | 343 | - | 0\% |
| Meats |  |  |  |  |  |
| Bacon |  |  |  |  |  |
| Gwaltney Thick Sliced Virginia Cured | 19g | 320 | 1,684 | - | 12\% |
| Oscar Mayer Center Cut | $3 \mathrm{sl} .(15 \mathrm{~g})$ | 270 | 1,800 | 7\% | -20\% |
| Oscar Mayer Hearty Thick Cut | $1 \mathrm{sl} .(12 \mathrm{~g})$ | 250 | 2,083 | 24\% | 0\% |
| Hormel Original | 2 sl. (15g) | 330 | 2,200 | 31\% | 0\% |
| Bacon, Smoked |  |  |  |  |  |
| Safeway Select Naturally Smoked Thick Sliced | 2 sl. (13g) | 200 | 1,538 | - | 8\% |
| Gwaltney Hardwood Smoked Premium Sliced | 2 sl. (14g) | 230 | 1,643 | 7\% | 6\% |
| Jimmy Dean Hickory Fully Cooked | 3 sl. (12g) | 200 | 1,667 | 8\% | 0\% |
| Smithfield Naturally Hickory Smoked | 2 sl. (17g) | 290 | 1,706 | 11\% | -8\% |
| Jamestown Brand Hardwood Sliced | 15 g | 270 | 1,800 | 17\% | -24\% |
| Smithfield Naturally Hickory Smoked Center Cut | 3 sl. (15g) | 280 | 1,867 | 21\% | 3\% |
| Oscar Mayer Naturally Hardwood | 2 sl. (14g) | 290 | 2,071 | 35\% | 0\% |
| Great Value (Wal-Mart) Smoked | $2 \mathrm{sl} .(15 \mathrm{~g})$ | 320 | 2,133 | 39\% | 0\% |
| Bacon, Turkey |  |  |  |  |  |
| Butterball Thin \& Crispy | 2 sl. (18g) | 180 | 1,000 | - | -25\% |
| Oscar Mayer Smoked Cured | $1 \mathrm{sl} .(15 \mathrm{~g})$ | 180 | 1,200 | 20\% | -7\% |
| Chicken, Fresh or Frozen |  |  |  |  |  |
| Super G Boneless Skinless Thighs | $\begin{gathered} 4 \mathrm{oz} . \\ \text { (uncooked) } \end{gathered}$ | 40 | 36 | - | -60\% |


| Item | Serving Size | Sodium (mg) | $\begin{gathered} \text { Sodium } \\ \text { mg/100g } \\ \text { of Product } \end{gathered}$ | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Perdue Chicken Split Breasts | 4 oz. (uncooked) | 70 | 63 | 75\% | 20\% |
| Perdue Boneless Skinless Breast with Rib Meat | $4 \mathrm{oz} .$ <br> (uncooked) | 75 | 67 | 88\% | 0\% |
| Perdue Oven Stuffer Fresh Whole Roaster Breast with Ribs and Back | $3 \mathrm{oz} .$ <br> (cooked) | 75 | 89 | 150\% | 86\% |
| Perdue Whole Chicken | $3 \mathrm{oz} .$ <br> (cooked) | 80 | 95 | 167\% | -6\% |
| Perdue Drumsticks | $\begin{gathered} 3 \mathrm{oz} . \\ \text { (cooked) } \end{gathered}$ | 95 | 113 | 217\% | 6\% |
| Hams |  |  |  |  |  |
| Carl Buddig Honey Ham | $6 \mathrm{sl} .(56 \mathrm{~g})$ | 460 | 821 | - | -23\% |
| Smithfield 97\% Fat Free Cooked | 1 sl ( 28 g ) | 310 | 1,107 | 35\% | 0\% |
| Oscar Mayer Baked Cooked | $3 \mathrm{sl} .(64 \mathrm{~g})$ | 840 | 1,313 | 60\% | 9\% |
| Oscar Mayer Shaved Smoked | 6 sl. (51g) | 680 | 1,333 | 62\% | 3\% |
| Safeway 95\% Fat Free | 1 sl. (28g) | 380 | 1,357 | 65\% | 0\% |
|  |  |  |  |  |  |
| Hot Dogs |  |  |  |  |  |
| Oscar Mayer XXL Deli Style Beef | 1 link (76g) | 610 | 803 | - | -18\% |
| Nathan's Bigger-than-the-Bun 8 Skinless Beef | 1 link (57g) | 470 | 825 | 3\% | 0\% |
| Ball Park Lite, Beef | 1 frank $(50 \mathrm{~g})$ | 420 | 840 | 5\% | -9\% |
| Ball Park Fat Free Beef | 1 link (50g) | 430 | 860 | 7\% | 2\% |
| Gwaltney Big 8's Jumbo Beef | 1 frank (56g) | 510 | 911 | 13\% | -12\% |
| Safeway Jumbo Beef | $\begin{gathered} 1 \text { frank } \\ (57 \mathrm{~g}) \end{gathered}$ | 580 | 1,018 | 27\% | 4\% |
| Armour Jumbo Beef | 1 frank (57g) | 580 | 1,018 | 27\% | -6\% |
| Bar S Jumbo | 1 link (56g) | 640 | 1,143 | 42\% | -6\% |
|  |  |  |  |  |  |
| Pork, Fresh or Frozen |  |  |  |  |  |
| Smithfield Pork Loin Back Ribs | 112g | 140 | 125 | - | 64\% |
| Tyson Fresh Tenderloin | 4 oz. (112g) | 190 | 170 | 36\% | -37\% |
| Tyson Fresh Loin Country Style Ribs | 4 oz. (112g) | 210 | 188 | 50\% | -36\% |
| Hormel Always Tender Fresh Pork Loin Back Ribs | 154 g | 295 | 192 | 53\% | -35\% |
| Tyson Fresh Spareribs | 4 oz. (112g) | 220 | 196 | 57\% | -33\% |


| Item | Serving Size | Sodium (mg) | $\begin{gathered} \text { Sodium } \\ \text { mg/100g } \\ \text { of Product } \end{gathered}$ | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Tyson Fresh Boneless Loin Roast | 4 oz. (112g) | 240 | 214 | 71\% | -17\% |
| Hormel Always Tender Fresh Pork Spareribs | 154g | 330 | 214 | 71\% | -27\% |
| Sausage, Breakfast Links |  |  |  |  |  |
| 365 Sizzle \& Serve Links Pork | $\begin{gathered} 2 \text { links } \\ (56 \mathrm{~g}) \end{gathered}$ | 380 | 679 | - | 0\% |
| Jimmy Dean Pork Original | 3 links (53g) | 380 | 717 | 6\% | 25\% |
| Johnsonville Original | 3 links $(55 \mathrm{~g})$ | 490 | 891 | 31\% | -20\% |
| Pork Sausage, Maple or Brown Sugar |  |  |  |  |  |
| Bob Evans Maple | 3 links $(51 \mathrm{~g})$ | 310 | 608 | - | -28\% |
| 365 Brown \& Serve Link Made with Pork Maple | 2 links (56g) | 350 | 625 | 3\% | 0\% |
| Johnsonville Brown Sugar \& Honey | $\begin{aligned} & 3 \text { links } \\ & (55 \mathrm{~g}) \end{aligned}$ | 440 | 800 | 32\% | -4\% |
| Johnsonville Maple Syrup | $\begin{gathered} 3 \text { links } \\ (55 \mathrm{~g}) \end{gathered}$ | 470 | 855 | 41\% | -22\% |
| Sausage, Pork |  |  |  |  |  |
| Jimmy Dean Premium Regular | 2 oz. (56g) | 450 | 804 | - | 61\% |
| Bob Evans Original Recipe | $2 \mathrm{oz}$. (56g) | 460 | 821 | 2\% | -1\% |
| Safeway Select Country | 2 oz. (57g) | 520 | 912 | 14\% | -7\% |
| Jamestown Brand Mild | 1.5 oz.(42g) | 400 | 952 | 19\% | -5\% |
| Pork Sausage, Hot |  |  |  |  |  |
| Jimmy Dean Premium Hot | 2 oz. (56g) | 490 | 875 | - | 40\% |
| Safeway Select Hot Country | 2 oz. (56g) | 510 | 911 | 4\% | -7\% |
| Jamestown Brand Hot | $\begin{aligned} & 1.5 \mathrm{oz} . \\ & (42 \mathrm{~g}) \end{aligned}$ | 400 | 952 | 9\% | -18\% |
| Pork Sausage, Sage |  |  |  |  |  |
| 365 Brown \& Serve Links | $\begin{gathered} 2 \text { links } \\ (56 \mathrm{~g}) \end{gathered}$ | 380 | 679 | - | 0\% |
| Jimmy Dean Premium | 2 oz. (56g) | 390 | 696 | 3\% | 22\% |


| Item | Serving Size | Sodium (mg) | Sodium $\mathrm{mg} / 100 \mathrm{~g}$ of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Bob Evans Savory | 2 oz. (56g) | 570 | 1,018 | 50\% | 0\% |
| Turkey, 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 | $3 \mathrm{oz}$. (84g) | 50 | 60 | 3\% | 10\% |
| Shady Brook Farms Turkey Breast Cutlets | 4 oz. (112g) | 240 | 214 | 269\% | 0\% |
| Turkey Breast, Sliced, Deli |  |  |  |  |  |
| Healthy Ones Oven Roasted and White | 6 sl. (56g) | 320 | 571 | - | -33\% |
| Butterball Smoked Thick Sliced 98\% Fat Free | 1 sl. (28g) | 200 | 714 | 25\% | -20\% |
| Carl Buddig Oven Roasted Thin Sliced Lean | 6 sl. (56g) | 460 | 821 | 44\% | -23\% |
| Smithfield 96\% Fat Free Honey Roasted and White | 1 sl. (28g) | 250 | 893 | 56\% | -24\% |
| Smithfield 98\% Fat Free Oven Roasted | 1 sl. (28g) | 250 | 893 | 56\% | -29\% |
| Oscar Mayer Turkey Breast Oven Roasted 98\% Fat Free - Premium | 1 sl (28g) | 250 | 893 | 56\% | -26\% |
| Oscar Mayer Oven Roasted | $6 \mathrm{sl} .(51 \mathrm{~g})$ | 460 | 902 | 58\% | -25\% |
| Carl Buddig Honey Turkey | $2 \mathrm{oz}(56 \mathrm{~g})$ | 620 | 1,107 | 94\% | -18\% |
| Hillshire Farms Deli Select Thin Sliced Oven Roasted | 2 oz. (56g) | 620 | 1,107 | 94\% | 2\% |
| Prepared Foods, Boxed |  |  |  |  |  |
| Macaroni and Cheese |  |  |  |  |  |
| Nature's Promise Macaroni and Cheese Organic | 1 c. (71g) | 570 | 803 | - | 0\% |
| Kraft Dinner The Cheesiest | 1 c. (70g) | 580 | 829 | 3\% | -3\% |
| Great Value (Wal-Mart) Premium Macaroni and Cheese | 1 c. (98g) | 820 | 837 | 4\% | -5\% |
| Giant Dinner | 1 c. (70g) | 600 | 857 | 7\% | 13\% |
| Breakfast Cereals |  |  |  |  |  |
| Barbara's Honey Nut O's | 30 g | 80 | 267 | - | 7\% |
| General Mills Frosted Cheerios | $3 / 4$ c. (28g) | 170 | 607 | 128\% | -11\% |


| Item | Serving Size | $\begin{aligned} & \text { Sodium } \\ & \text { (mg) } \end{aligned}$ | Sodium mg/100g of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Salad Dressings |  |  |  |  |  |
| Salad Dressings, Blue Cheese |  |  |  |  |  |
| Wishbone Light | 2 tbsp. $(30 \mathrm{~g})$ | 310 | 1,033 | - | 0\% |
| Ken's Steakhouse Lite Chunky Blue Cheese Dressing | 2 tbsp. (31g) | 390 | 1,258 | 22\% | 11\% |
| Kraft Roka Brand Blue Cheese Salad Dressing | 2 tbsp. <br> (29g) | 380 | 1,310 | 27\% | 31\% |
| Salad Dressings, Caesar |  |  |  |  |  |
| Annie's Natural | 2 tbsp. $(30 \mathrm{~g})$ | 240 | 800 | - | 41\% |
| Cardini's The Original | 2 tbsp. $(29 \mathrm{~g})$ | 240 | 828 | 3\% | 0\% |
| Safeway Select Fresh Garlic | 2 tbsp. $(30 \mathrm{~g})$ | 260 | 867 | 8\% | 8\% |
| 365 Organic | 2 tbsp. $(30 \mathrm{~g})$ | 280 | 933 | 17\% | 8\% |
| Wishbone Creamy | 2 tbsp. ( 30 ml ) | 290 | 967 | 21\% | -3\% |
| Newman's Own Creamy | 2 tbsp. $(30 \mathrm{~g})$ | 340 | 1,133 | 42\% | -27\% |
| Safeway Select Fresh Garlic Light | 2 tbsp. <br> (15g) | 170 | 1,133 | 42\% | -23\% |
| Girard's Light | 2 tbsp. $(31 \mathrm{~g})$ | 370 | 1,194 | 49\% | 3\% |
| Great Value (Wal-Mart) | 2 tbsp. $(30 \mathrm{~g})$ | 380 | 1,267 | 58\% | 81\% |
| Kraft's Classic | 2 tbsp. $(29 \mathrm{~g})$ | 380 | 1,310 | 64\% | 23\% |
| Ken's Steakhouse | 2 tbsp. $(30 \mathrm{~g})$ | 430 | 1,433 | 79\% | 0\% |
| Salad Dressings, Caesar, Refrigerated |  |  |  |  |  |
| Marie's Caesar | 2 tbsp. $(28 \mathrm{~g})$ | 150 | 536 | - | 7\% |
| T. Marzetti's Creamy Caesar | 2 tbsp. $(28 \mathrm{~g})$ | 370 | 1,321 | 147\% | 60\% |
| Salad Dressings, Peppercorn Ranch |  |  |  |  |  |
| Giant | 2 tbsp $(28 \mathrm{~g})$ | 370 | 1,321 | - | 67\% |


| Item | Serving Size | $\begin{gathered} \text { Sodium } \\ (\mathrm{mg}) \end{gathered}$ | Sodium $\mathrm{mg} / 100 \mathrm{~g}$ of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Salad Dressings, Ranch |  |  |  |  |  |
| Wishbone | 2 tbsp. <br> ( 30 ml ) | 230 | 767 | - | 15\% |
| Hidden Valley The Original | 2 tbsp. <br> ( 30 g ) | 260 | 867 | 13\% | 0\% |
| Ken's Steakhouse Buttermilk | 2 tbsp. $(30 \mathrm{~g})$ | 280 | 933 | 22\% | -10\% |
| Hidden Valley Light Topping \& Dressing | 2 tbsp. <br> (31g) | 290 | 935 | 22\% | 0\% |
| Great Value (Wal-Mart) Buttermilk | 2 tbsp. <br> ( 30 g ) | 290 | 967 | 26\% | -24\% |
| Giant | 2 tbsp. $(29 \mathrm{~g})$ | 300 | 1,034 | 35\% | 43\% |
| Kraft | $\begin{aligned} & 2 \text { tbsp. } \\ & (30 \mathrm{~g}) \end{aligned}$ | 370 | 1,233 | 61\% | 19\% |
|  |  |  |  |  |  |
| Salad Dressings, ThousandIsland |  |  |  |  |  |
| Kraft Fat Free | $\begin{aligned} & 2 \text { tbsp. } \\ & (33 \mathrm{~g}) \end{aligned}$ | 260 | 788 | - | 0\% |
| Ken's Steakhouse | 2 tbsp. <br> ( 30 g ) | 300 | 1,000 | 27\% | 0\% |
| Great Value (Wal-Mart) | 2 tbsp. $(30 \mathrm{~g})$ | 300 | 1,000 | 27\% | -6\% |
| Giant | 2 tbsp. $(29 \mathrm{~g})$ | 330 | 1,138 | 44\% | 37\% |
| Giant Fat Free | $\begin{aligned} & 2 \text { tbsp. } \\ & (29 \mathrm{~g}) \end{aligned}$ | 330 | 1,138 | 44\% | 8\% |
|  |  |  |  |  |  |
| Sauces |  |  |  |  |  |
| BBQ Sauce, Original |  |  |  |  |  |
| Safeway Premium Select | 2 tbsp. <br> (36g) | 230 | 639 | - | 0\% |
| KC Masterpiece Premium | 2 tbsp. <br> (36g) | 240 | 667 | 4\% | 0\% |
| Squeezable Sweet Baby Ray's Award Winning | 2 tbsp. <br> (37g) | 290 | 784 | 23\% | -3\% |
| Kraft | 2 tbsp. <br> (36g) | 370 | 1,028 | 61\% | -17\% |
| Bull's-Eye | 2 tbsp. (36g) | 370 | 1,028 | 61\% | 12\% |
| Giant | 2 tbsp. <br> (34g) | 370 | 1,088 | 70\% | 0\% |
| Great Value (Wal-Mart) | 2 Tbsp. <br> (36g) | 440 | 1,222 | 91\% | 12\% |
| Original Open Pit | 2 tbsp. <br> (34g) | 510 | 1,500 | 135\% | 33\% |


| Item | Serving Size | $\begin{aligned} & \text { Sodium } \\ & \text { (mg) } \end{aligned}$ | Sodium $\mathrm{mg} / 100 \mathrm{~g}$ of Product | Increase in Sodium over First Item | $\begin{gathered} \text { Change in } \\ \text { Sodium } \\ \text { from } \\ 2005 \text { to } \\ 2011^{*} \\ \hline \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
| BBQ Sauce, Honey |  |  |  |  |  |
| Squeezable Sweet Baby Ray's Award Winning | 2 tbsp. <br> (37g) | 300 | 811 | - | 0\% |
| Giant | 2 tbsp. $(36 \mathrm{~g})$ | 320 | 889 | 10\% | 0\% |
| Great Value (Wal-Mart) | 2 tbsp. $(36 \mathrm{~g})$ | 360 | 1,000 | 23\% | 13\% |
| Kraft | 2 tbsp. $(37 \mathrm{~g})$ | 450 | 1,216 | 50\% | 22\% |
| Ketchup |  |  |  |  |  |
| 365 | 1 tbsp. $(17 \mathrm{~g})$ | 160 | 941 | - | 0\% |
| Heinz | 1 tbsp. $(17 \mathrm{~g})$ | 160 | 941 | 0\% | -16\% |
| Annie's Organic | 1 tbsp. $(17 \mathrm{~g})$ | 170 | 1,000 | 6\% | 13\% |
| Heinz Organic | 1 tbsp. $(17 \mathrm{~g})$ | 190 | 1,118 | 19\% | 0\% |
| Great Value (Wal-Mart) | 1 tbsp. $(17 \mathrm{~g})$ | 190 | 1,118 | 19\% | 0\% |
| Salsa, Medium |  |  |  |  |  |
| Drew's All Natural | 2 tbsp. $(28 g)$ | 100 | 357 | - | 0\% |
| Muir Glen Organic | 2 tbsp. $(31 \mathrm{~g})$ | 130 | 419 | 17\% | -4\% |
| Chi Chi's Fiesta Thick \& Chunky | 2 tbsp. $(30 \mathrm{~g})$ | 150 | 500 | 40\% | 0\% |
| Safeway Southwest | 2 tbsp. $(28 \mathrm{~g})$ | 150 | 536 | 50\% | 0\% |
| Whole Foods | 2 tbsp. $(31 \mathrm{~g})$ | 210 | 677 | 90\% | 8\% |
| Tostitos | 2 tbsp. $(33 \mathrm{~g})$ | 250 | 758 | 112\% | -4\% |
| Old El Paso Thick N' Chunky | 2 tbsp. $(30 \mathrm{~g})$ | 230 | 767 | 115\% | 0\% |
| Herdez Salsa Casera | 2 tbsp. $(31 \mathrm{~g})$ | 270 | 871 | 144\% | 0\% |
| Salsa, Mild |  |  |  |  |  |
| Muir Glen Organic | 2 tbsp. (31g) | 125 | 403 | - | -7\% |
| Chi Chi's Fiesta Thick \& Chunky | 2 tbsp. $(30 \mathrm{~g})$ | 150 | 500 | 24\% | 0\% |


| Item | $\begin{gathered} \text { Serving } \\ \text { Size } \end{gathered}$ | $\begin{aligned} & \text { Sodium } \\ & (\mathrm{mg}) \end{aligned}$ | Sodium $\mathrm{mg} / 100 \mathrm{~g}$ of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Safeway Southwest Salsa Mild | $\begin{gathered} 2 \text { tbsp. } \\ (28 \mathrm{~g}) \end{gathered}$ | 150 | 536 | 33\% | 0\% |
| Whole Foods | 2 tbsp. <br> (31g) | 200 | 645 | 60\% | 3\% |
| Tostitos | 2 tbsp. (33g) | 250 | 758 | 88\% | -4\% |
| Old El Paso Thick N' Chunky | $\begin{aligned} & 2 \text { tbsp. } \\ & (30 \mathrm{~g}) \end{aligned}$ | 230 | 767 | 90\% | 0\% |
| Pace Chunky | 2 tbsp. <br> ( 30 ml ) | 230 | 767 | 90\% | -4\% |
| Great Value Thick \& Chunky | $\begin{aligned} & 2 \text { tbsp. } \\ & (30 \mathrm{~g}) \end{aligned}$ | 240 | 800 | 98\% | 3\% |
| Sauce, Spaghetti |  |  |  |  |  |
| Walnut Acres Organic Marinara \& Herbs | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (125 \mathrm{~g}) \end{gathered}$ | 330 | 264 | - | 0\% |
| Classico Traditional Favorites <br> Tomato \& Basil | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (125 \mathrm{~g}) \end{gathered}$ | 380 | 304 | 15\% | 23\% |
| 365 Marinara | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (118 \mathrm{~g}) \end{gathered}$ | 400 | 339 | 28\% | -20\% |
| Barilla Marinara Tomato \& Basil | $\begin{gathered} 1 / 2 \mathrm{c} \\ (125 \mathrm{~g}) \end{gathered}$ | 460 | 368 | 39\% | -8\% |
| Ragu Old World Style Traditional | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (125 \mathrm{~g}) \end{gathered}$ | 480 | 384 | 45\% | -38\% |
| Great Value (Wal-Mart) <br> Traditional | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (125 \mathrm{~g}) \end{gathered}$ | 490 | 392 | 48\% | 0\% |
| Bertolli Marinara with Burgundy Wine | $\begin{gathered} 1 / 2 \mathrm{c} \\ (126 \mathrm{~g}) \end{gathered}$ | 500 | 397 | 50\% | -6\% |
| Newman's Own Marinara | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (125 \mathrm{~g}) \end{gathered}$ | 510 | 408 | 55\% | 0\% |
| 365 Organic | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (113 \mathrm{~g}) \end{gathered}$ | 470 | 416 | 58\% | 93\% |
| Amy's Organic Family Marinara Pasta Sauce | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (125 \mathrm{~g}) \end{gathered}$ | 590 | 472 | 79\% | 0\% |
| Safeway Select Premium Quality Verdi Marinara Pasta Sauce | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (125 \mathrm{~g}) \end{gathered}$ | 630 | 504 | 91\% | 0\% |
| Francesco Rinaldi Original Traditional | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (125 \mathrm{~g}) \end{gathered}$ | 650 | 520 | 97\% | 0\% |
| Giant Traditional | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (125 \mathrm{~g}) \end{gathered}$ | 660 | 528 | 100\% | -10\% |
|  |  |  |  |  |  |
| Sauce, Steak |  |  |  |  |  |
| Great Value (Wal-Mart) | $1 \text { tbsp. }$ $(17 \mathrm{~g})$ | 280 | 1,647 | - | 37\% |
| A1 | 1 tbsp. $(17 \mathrm{~g})$ | 280 | 1,647 | 0\% | 0\% |
| Giant | 1 tbsp. <br> (17g) | 300 | 1,765 | 7\% | 20\% |


| Item | Serving Size | Sodium (mg) | Sodium mg/100g of Product | Increase in Sodium over First Item | $\begin{aligned} & \text { Change in } \\ & \text { Sodium } \\ & \text { from } \\ & \text { 2005 to } \\ & 2011^{*} \\ & \hline \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Sauce, Tomato |  |  |  |  |  |
| Great Value (Wal-Mart) | 1/4 c. (61g) | 260 | 426 | - | 0\% |
| Giant | 1/4 c. (61g) | 280 | 459 | 8\% | 2\% |
| Contadina | 1/4 c. (61g) | 280 | 459 | 8\% | 0\% |
| Hunt's | $1 / 4 \mathrm{c} .(62 \mathrm{~g})$ | 410 | 661 | 55\% | 8\% |
| Sauce, Soy |  |  |  |  |  |
| Safeway Select Gourmet Club Naturally Brewed | 1 tbsp. <br> (15ml) | 920 | 6,133 | - | 0\% |
| Kikkoman Naturally Brewed | 1 tbsp. <br> (15ml) | 920 | 6,133 | 0\% | 0\% |
| La Choy | 1 tbsp. (15ml) | 1,160 | 7,733 | 26\% | -8\% |
| Snack Foods |  |  |  |  |  |
| Cheese Curls |  |  |  |  |  |
| 365 | 1 oz. (28g) | 125 | 446 | - | -40\% |
| Barbara's Bakery Cheese Puffed Bakes | 1 oz. (28g) | 200 | 714 | 60\% | 5\% |
| Utz | $\begin{gathered} 1 \mathrm{oz} . / 14 \\ \text { curls }(28 \mathrm{~g}) \end{gathered}$ | 260 | 929 | 108\% | 0\% |
| Michael Season's Ultimate White Cheddar Cheese Puffs | $\begin{gathered} 11 / 2 \mathrm{c} . \\ (28 \mathrm{~g}) \end{gathered}$ | 270 | 964 | 116\% | 0\% |
| Crunchitos Extra Cheddar Baked | 1 c. (30g) | 290 | 967 | 117\% | 0\% |
| Cheetos Crunchy | $\begin{gathered} 1 \mathrm{oz} . / 21 \\ \text { pcs. }(28 \mathrm{~g}) \end{gathered}$ | 290 | 1,036 | 132\% | 0\% |
| Great Value (Wal-Mart) Cheddar Cheese Crunch | 21 pcs. $(28 \mathrm{~g})$ | 290 | 1,036 | 132\% | -3\% |
| Bachman | 23 pcs. $(28 \mathrm{~g})$ | 300 | 1,071 | 104\% | -15\% |
| Potato Chips, Lightly Salted |  |  |  |  |  |
| Kettle Chips Natural Gourmet with Sea Salt | 1 oz. (28g) | 105 | 375 | - | -5\% |
| Potato Chips and Crisps |  |  |  |  |  |
| Utz Kettle Classics Regular | $\begin{gathered} 1 \mathrm{oz} . / 20 \\ \text { chips }(28 \mathrm{~g}) \end{gathered}$ | 120 | 429 | - | 26\% |
| Grandma Utz's Handcooked | $1 \mathrm{oz}$. (28g) | 120 | 429 | 0\% | 1\% |
| Kettle Chips, Baked with Sea Salt | $1 \mathrm{oz}$. (28g) | 135 | 482 | 13\% | -16\% |


| Item | Serving Size | Sodium (mg) | Sodium $\mathrm{mg} / \mathbf{1 0 0 g}$ of Product | Increase in Sodium over First Item | $\begin{aligned} & \text { Change in } \\ & \text { Sodium } \\ & \text { from } \\ & 2005 \text { to } \\ & 2011^{*} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Pringles Original (crisps) | 1 oz. (28g) | 150 | 536 | 25\% | -12\% |
| Ruffles Original | $\begin{gathered} 1 \mathrm{oz} . / 12 \mathrm{oz} . \\ (28 \mathrm{~g}) \end{gathered}$ | 160 | 571 | 33\% | 0\% |
| Great Value (Wal-Mart) Original | $1 \mathrm{oz} .(28 \mathrm{~g})$ | 180 | 643 | 50\% | 13\% |
| Lay's Classic | $\begin{gathered} 1 \mathrm{oz} . / 15 \\ \text { chips }(28 \mathrm{~g}) \\ \hline \end{gathered}$ | 180 | 643 | 50\% | 0\% |
| Lay's Wavy Original | $\begin{gathered} 1 \mathrm{oz} . / 11 \\ \text { chips }(28 \mathrm{~g}) \end{gathered}$ | 180 | 643 | 50\% | 0\% |
| Rice Snacks, caramel corn |  |  |  |  |  |
| Quaker | $\begin{gathered} 13 \text { mini } \\ \text { cakes }(30 \mathrm{~g}) \end{gathered}$ | 310 | 1,033 | - | 3\% |
| Tortilla Chips, Yellow |  |  |  |  |  |
| Garden of Eatin Yellow All Natural | 28g | 55 | 196 | - | -21\% |
| Little Bear All Natural | 15 chips $(28 \mathrm{~g})$ | 65 | 232 | 18\% | 0\% |
| Green Mountain Gringo Tortilla Strips | 12 chips $(28 \mathrm{~g})$ | 80 | 286 | 45\% | -38\% |
| Tostitos Natural | 1 oz ( 28 g ) | 100 | 357 | 82\% | 25\% |
| Guiltless Gourmet Baked | $\begin{gathered} 1 \mathrm{oz} . / 18 \\ \text { chips }(28 \mathrm{~g}) \end{gathered}$ | 180 | 643 | 227\% | 13\% |
| Tortilla Chips, White |  |  |  |  |  |
| 365 Organic | 28g | 45 | 161 | - | -4\% |
| Tostitos Bite Size | 1 oz ( 28 g ) | 110 | 393 | 144\% | 0\% |
| Tostitos Scoops | $\begin{gathered} 1 \mathrm{oz} . / 12 \\ \text { chips }(28 \mathrm{~g}) \end{gathered}$ | 120 | 429 | 167\% | 0\% |
| Utz Restaurant Style | $\begin{gathered} 1 \mathrm{oz} . / 6 \\ \text { chips }(28 \mathrm{~g}) \\ \hline \end{gathered}$ | 120 | 429 | 167\% | 0\% |
| Tostitos Hint of Lime | $\begin{gathered} 1 \text { oz./6 } \\ \text { chips }(28 \mathrm{~g}) \\ \hline \end{gathered}$ | 125 | 446 | 178\% | -22\% |
| Soups |  |  |  |  |  |
| Broth, Beef |  |  |  |  |  |
| Swanson 99\% Fat Free | 1 c. ( 240 ml ) | 890 | 371 | - | 13\% |
| Safeway | 1 c. (240ml) | 910 | 379 | 2\% | 1\% |
| Great Value (Wal-Mart) | $1 \mathrm{c}(245 \mathrm{~g})$ | 940 | 384 | 3\% | -2\% |


| Item | Serving Size | Sodium (mg) | $\begin{gathered} \text { Sodium } \\ \text { mg/100g } \\ \text { of Product } \end{gathered}$ | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Broth, Chicken |  |  |  |  |  |
| Health Valley 40\% Less Sodium | 1 c. (240g) | 390 | 163 | - | 3\% |
| Swanson Certified Organic Free Range | 1 c. $(240 \mathrm{ml})$ | 550 | 229 | 41\% | -4\% |
| Pacific Free-Range | 1 c. (240ml) | 570 | 238 | 46\% | 0\% |
| 365 Organic | 1 c. $(237 \mathrm{~g})$ | 660 | 278 | 71\% | 15\% |
| Swanson 99\% Fat Free | $1 \mathrm{c} .(240 \mathrm{ml})$ | 860 | 358 | 121\% | -10\% |
| Safeway | 1 c. $(245 \mathrm{~g})$ | 930 | 380 | 134\% | -4\% |
| Great Value (Wal-Mart) | 1 c. $(245 \mathrm{~g})$ | 970 | 396 | 144\% | 0\% |
|  |  |  |  |  |  |
| Soup, Cream of Tomato |  |  |  |  |  |
| Amy's Organic Lowfat | 1 c. ( 245 ml ) | 340 | 139 | - | -2\% |
| Pacific Organic Creamy Tomato | 1 c. (240ml) | 750 | 313 | 125\% | 0\% |
|  |  |  |  |  |  |
| Soup, Tomato |  |  |  |  |  |
| Great Value (Wal-Mart) Condensed Soup (Prepared) | 1 c. (246g) | 680 | 276 | - | 8\% |
| Progresso Classics Hearty Tomato | 1 c. (245g) | 690 | 282 | 2\% | -27\% |
| Safeway Condensed Soup (Prepared) | 1 c. (246g) | 710 | 289 | 4\% | -4\% |
| Campbell's, condensed Classics (Prepared) | 1 c. $(240 \mathrm{ml})$ | 710 | 296 | 7\% | 0\% |
| Soup, Vegetable |  |  |  |  |  |
| Campbell's, condensed Classics Vegetarian Vegetable (Prepared) | 1 c. (240ml) | 480 | 200 | - | -39\% |
| Health Valley Organic, 40\% Less Sodium | 1 c. (240g) | 480 | 200 | 0\% | -17\% |
| Campbell's, condensed Classics Vegetable, with Beef Stock (Prepared) | 1 c. (240g) | 650 | 271 | 35\% | -28\% |
| Great Value (Wal-Mart) Vegetable Condensed Soup with Vegetable Stock | 246 g | 740 | 301 | 50\% | 4\% |
| Canned Vegetables |  |  |  |  |  |
| Baked Beans |  |  |  |  |  |
| B\&M Original | $\begin{aligned} & 1 / 2 \mathrm{c} . \\ & (131 \mathrm{~g}) \end{aligned}$ | 390 | 298 | - | 3\% |
| Great Value (Wal-Mart) | $\begin{aligned} & 1 / 2 \mathrm{c} . \\ & (130 \mathrm{~g}) \end{aligned}$ | 470 | 362 | 21\% | -4\% |


| Item | Serving Size | $\begin{gathered} \text { Sodium } \\ (\mathrm{mg}) \end{gathered}$ | Sodium mg/100g of Product | Increase in Sodium over First Item | Change in <br> Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Bush's Best Original | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (130 \mathrm{~g}) \end{gathered}$ | 550 | 423 | 42\% | 0\% |
| Baked Beans, Vegetarian |  |  |  |  |  |
| B\&M | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (130 \mathrm{~g}) \end{gathered}$ | 380 | 292 | - | 12\% |
| Bush's Best Vegetarian | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (130 \mathrm{~g}) \end{gathered}$ | 550 | 423 | 45\% | 0\% |
| Tomatoes, Diced |  |  |  |  |  |
| Furmanos | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (116 \mathrm{~g}) \end{gathered}$ | 125 | 108 | - | -49\% |
| Del Monte | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (126 \mathrm{~g}) \end{gathered}$ | 160 | 127 | 18\% | -36\% |
| Contadina Roma Style | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (122 \mathrm{~g}) \end{gathered}$ | 200 | 164 | 52\% | 0\% |
| Great Value (Wal-Mart) | $\begin{gathered} 1 / 2 \mathrm{c} \\ (121 \mathrm{~g}) \\ \hline \end{gathered}$ | 220 | 182 | 69\% | 0\% |
| Hunts Petite Diced | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (121 \mathrm{~g}) \end{gathered}$ | 280 | 231 | 115\% | -15\% |
| Hunts Diced, Original | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (121 \mathrm{~g}) \end{gathered}$ | 280 | 231 | 115\% | -26\% |
| Tomatoes, Crushed |  |  |  |  |  |
| Great Value (Wal-Mart) | 1/4 c. (61g) | 140 | 230 | - | 47\% |
| Hunts | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (121 \mathrm{~g}) \end{gathered}$ | 280 | 231 | 1\% | -20\% |
| Contadina Roma Style | 1/4 c. (61g) | 150 | 246 | 7\% | 0\% |
| Tomatoes, Paste |  |  |  |  |  |
| Great Value (Wal-Mart) | $2 \text { tbsp. }$ $(33 \mathrm{~g})$ | 20 | 61 | - | 0\% |
| Contadina Roma Style | $\begin{gathered} 2 \text { tbsp. } \\ (33 \mathrm{~g}) \end{gathered}$ | 20 | 61 | 0\% | -93\% |
| Hunts | $2 \text { tbsp. }$ | 105 | 318 | 425\% | 17\% |
| Tomatoes, Whole \& Peeled |  |  |  |  |  |
| Giant | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (121 \mathrm{~g}) \end{gathered}$ | 180 | 149 | - | -28\% |
| Hunts | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (121 \mathrm{~g}) \\ \hline \end{gathered}$ | 190 | 157 | 6\% | 0\% |


| Item | Serving Size | Sodium (mg) | Sodium mg/100g of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Delallo | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (125 \mathrm{~g}) \end{gathered}$ | 220 | 176 | 18\% | -3\% |
| Great Value (Wal-Mart) Whole in Juice | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (121 \mathrm{~g}) \end{gathered}$ | 220 | 182 | 22\% | 0\% |
| Muir Glen Organic | $\begin{gathered} 1 / 2 \mathrm{c} . \\ (122 \mathrm{~g}) \end{gathered}$ | 260 | 213 | 43\% | 0\% |
| Other Canned Foods |  |  |  |  |  |
| Tuna fish, White Albacore, Canned, Packed in Water |  |  |  |  |  |
| Crown Prince Natural Solid | 1/4 c. (56g) | 105 | 188 | - | 0\% |
| Bumble Bee Solid | 1/4 c. (56g) | 140 | 250 | 33\% | -44\% |
| 365 Solid | 1/4 c. (56g) | 150 | 268 | 43\% | 0\% |
| Great Value (Wal-Mart) | 1/4 c. (56g) | 190 | 339 | 81\% | -24\% |
| Spaghetti-0's |  |  |  |  |  |
| Great Value (Wal-Mart) Spaghetti Rings | 1 c. (252g) | 590 | 234 | - | -38\% |
| Campbell's SpaghettiOs | $1 \mathrm{c} .(252 \mathrm{~g})$ | 600 | 238 | 2\% | -29\% |
| Giant Spaghetti Rings | $1 \mathrm{c} .(252 \mathrm{~g})$ | 990 | 393 | 68\% | -7\% |
| Safeway Spaghetti Rings in Tomato Sauce | $1 \mathrm{c} .(252 \mathrm{~g})$ | 990 | 393 | 68\% | -7\% |


| Item | Serving Size | $\begin{aligned} & \text { Sodium } \\ & \text { (mg) } \end{aligned}$ | Sodium $\mathrm{mg} / 100 \mathrm{~g}$ of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Restaurant Foods |  |  |  |  |  |
| Breakfast Foods |  |  |  |  |  |
| Egg Bacon and Cheese Biscuit |  |  |  |  |  |
| Hardee's | 1 sandwich (175g) | 1,390 | 794 | - | 2\% |
| McDonald's | 1 sandwich (140g) | 1,160 | 829 | 4\% | -4\% |
| Egg and Cheese on a Bagel |  |  |  |  |  |
| Au Bon Pain | $\begin{gathered} 1 \text { sandwich } \\ (218 \mathrm{~g}) \end{gathered}$ | 710 | 326 | - | -1\% |
| Einstein Brothers Plain, Egg with Cheese | $\begin{aligned} & 1 \text { sandwich } \\ & (234 \mathrm{~g}) \end{aligned}$ | 770 | 329 | 1\% | -16\% |
| Egg and Cheese on a Croissant |  |  |  |  |  |
| Burger King Croissanwich with Egg \& Cheese | $\begin{gathered} 1 \text { sandwich } \\ (115 \mathrm{~g}) \end{gathered}$ | 680 | 591 | - | -9\% |
| Sausage, Breakfast |  |  |  |  |  |
| McDonald's Patty | $\begin{aligned} & 1 \text { patty } \\ & \text { (41g) } \end{aligned}$ | 340 | 829 | - | 23\% |
| Sausage Biscuits, Breakfast |  |  |  |  |  |
| Chick-fil-A | 1 sandwich (149g) | 1,250 | 839 | - | 52\% |
| Hardee's | 1 sandwich (142g) | 1,240 | 873 | 4\% | 0\% |
| Arby's | 1 sandwich (135g) | 1,230 | 911 | 9\% | -18\% |
| McDonald's | $\begin{aligned} & 1 \text { sandwich } \\ & (117 \mathrm{~g}) \end{aligned}$ | 1,080 | 923 | 10\% | 11\% |
| Sausage and Egg Biscuits, Breakfast |  |  |  |  |  |
| Hardee's | $\begin{gathered} 1 \text { sandwich } \\ (185 \mathrm{~g}) \end{gathered}$ | 1,290 | 697 | - | 0\% |
| McDonald's | $\begin{aligned} & 1 \text { sandwich } \\ & (163 \mathrm{~g}) \end{aligned}$ | 1,170 | 718 | 3\% | 15\% |


| Item | Serving Size | $\begin{gathered} \text { Sodium } \\ \text { (mg) } \end{gathered}$ | Sodium mg/100g of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Bread |  |  |  |  |  |
| Breadsticks |  |  |  |  |  |
| Domino's | 1 breadstick $(30.5 \mathrm{~g})$ | 98 | 320 | - | -21\% |
| Little Caesar's Crazy Bread | 1 breadstick $(38 \mathrm{~g})$ | 150 | 395 | 23\% | 2\% |
| Papa John's | $\begin{gathered} 2 \\ \text { breadsticks } \\ (115 \mathrm{~g}) \\ \hline \end{gathered}$ | 540 | 470 | 47\% | 1\% |
| Pizza Hut | $\begin{gathered} 1 \\ \text { breadstick } \\ (44 \mathrm{~g}) \end{gathered}$ | 250 | 568 | 78\% | 12\% |
| Chicken, Fried |  |  |  |  |  |
| Chicken, Fried, Breast |  |  |  |  |  |
| KFC Original Recipe Breast | $\begin{gathered} 1 \text { breast } \\ (163 \mathrm{~g}) \end{gathered}$ | 1,080 | 663 | - | -7\% |
| Chicken, Fried, Thigh |  |  |  |  |  |
| KFC Original Recipe | $\begin{aligned} & 1 \text { thigh } \\ & (96 \mathrm{~g}) \end{aligned}$ | 730 | 760 | - | -10\% |
| Chicken Strips and Nuggets |  |  |  |  |  |
| Chicken Nuggets |  |  |  |  |  |
| Wendy's 5-pc | 5 pcs. (75g) | 460 | 613 | - | -6\% |
| McDonald's 4-pc.McNuggets | 4 pcs. (64g) | 400 | 625 | 2\% | -11\% |
| Chick-fil-A 8-pack | $\begin{gathered} 8 \mathrm{pcs} . \\ (113 \mathrm{~g}) \end{gathered}$ | 990 | 876 | 43\% | -9\% |
| Chicken Strips or Tenders |  |  |  |  |  |
| Hardee's 5 Piece | $\begin{gathered} 5 \mathrm{pcs} . \\ (213 \mathrm{~g}) \end{gathered}$ | 1,290 | 606 | - | -35\% |
| KFC Crispy Strips (3 piece) | $\begin{gathered} 3 \text { pcs. } \\ (172 \mathrm{~g}) \end{gathered}$ | 1,280 | 744 | 23\% | -10\% |
| Chick-fil-A (4) | $\begin{gathered} 4 \mathrm{pcs} . \\ (218 \mathrm{~g}) \end{gathered}$ | 1,640 | 752 | 24\% | 31\% |
| McDonald's Chicken Selects | $\begin{gathered} 5 \mathrm{pcs} \\ (219 \mathrm{~g}) \end{gathered}$ | 1,680 | 767 | 27\% | 10\% |
| Jack in the Box, Crispy Strips | $\begin{gathered} 4 \text { pcs. } \\ (195 \mathrm{~g}) \end{gathered}$ | 1,580 | 810 | 34\% | 25\% |


| Item | Serving Size | $\begin{gathered} \text { Sodium } \\ \text { (mg) } \end{gathered}$ | Sodium $\mathrm{mg} / 100 \mathrm{~g}$ of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Pizza |  |  |  |  |  |
| Pizza, Cheese, Thin Crust |  |  |  |  |  |
| Papa John's | $\begin{gathered} 1 / 8 \text { pizza } \\ (90 \mathrm{~g}) \end{gathered}$ | 380 | 422 | - | -24\% |
| Domino's Crunchy | $\begin{gathered} \text { 1/8 pizza } \\ (88 \mathrm{~g}) \end{gathered}$ | 460 | 523 | 24\% | -12\% |
| Pizza Hut | $\begin{gathered} \text { 1/8 pizza } \\ (88 \mathrm{~g}) \end{gathered}$ | 740 | 841 | 99\% | 36\% |
| Pizza, Cheese, Hand-Tossed Style |  |  |  |  |  |
| Little Caesar's | $\begin{gathered} \text { 1/8 pizza } \\ (117 \mathrm{~g}) \end{gathered}$ | 440 | 376 | - | 8\% |
| Domino's | 1/8 pizza <br> (128g) | 660 | 516 | 37\% | 6\% |
| Papa John's Original Crust | 1/8 pizza <br> (125g) | 720 | 576 | 53\% | 2\% |
| Pizza Hut | 1/8 pizza <br> (123g) | 800 | 650 | 73\% | 21\% |
| Pizza, Pepperoni, Hand-Tossed Style |  |  |  |  |  |
| Little Caesar's | 1/8 pizza <br> (124g) | 560 | 452 | - | -1\% |
| Domino's | 1/8 pizza <br> (125g) | 700 | 560 | 24\% | -8\% |
| Papa John's Original Crust | $\begin{gathered} \text { 1/8 pizza } \\ (130 \mathrm{~g}) \end{gathered}$ | 870 | 669 | 48\% | 7\% |
| Pizza Hut | $\begin{gathered} 1 / 8 \text { pizza } \\ (121 \mathrm{~g}) \\ \hline \end{gathered}$ | 910 | 752 | 67\% | 28\% |
|  |  |  |  |  |  |
| Potatoes, Fried |  |  |  |  |  |
| French Fries, Medium |  |  |  |  |  |
| McDonald's | 117 g | 270 | 231 | - | 20\% |
| Wendy's | 142 g | 460 | 324 | 40\% | 7\% |
| Burger King | 148g | 670 | 453 | 96\% | -17\% |
| Hardee's | 162g | 960 | 593 | 157\% | 207\% |
| Arby's Curly | 170 g | 1,550 | 912 | 295\% | 23\% |
|  |  |  |  |  |  |
| Salads |  |  |  |  |  |
| Caesar Salads |  |  |  |  |  |
| Panera | 135 g | 310 | 230 | - | -24\% |


| Item | Serving Size | $\begin{aligned} & \text { Sodium } \\ & \text { (mg) } \end{aligned}$ | $\begin{gathered} \text { Sodium } \\ \text { mg/100g } \\ \text { of Product } \end{gathered}$ | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Au Bon Pain Asiago | 170 g | 470 | 276 | 20\% | -10\% |
| Caesar Salad with Grilled Chicken |  |  |  |  |  |
| Au Bon Pain Grilled Chicken Caesar Asiago | 241g | 660 | 274 | - | -21\% |
| Chick-fil-A Chick-'n-Strips Salad | 390 g | 1,350 | 346 | 26\% | 33\% |
| McDonald's with 2 oz. Newman's Own Creamy Caesar Dressing | 370 g | 1,390 | 376 | 37\% | -4\% |
| KFC Roasted Chicken Caesar Salad (w/dressing and croutons) | 334g | 1,420 | 425 | 55\% | -5\% |
| Burger King Tendergrill Chicken Garden Salad with 2 oz. Ken's Creamy Caesar Dressing (no croutons) | 342g | 1,530 | 447 | 63\% | -5\% |
| Sandwiches |  |  |  |  |  |
| Cheeseburgers |  |  |  |  |  |
| Jack in the Box | 184g | 990 | 538 | - | -8\% |
| Burger King | 121 g | 710 | 587 | 9\% | 1\% |
| McDonald's | 114 g | 750 | 658 | 22\% | 6\% |
| Wendy's Jr. | 114 g | 820 | 719 | 34\% | 15\% |
| Cheeseburgers, Large |  |  |  |  |  |
| Original Burger King Whopper with Cheese Sandwich | 315 g | 1,410 | 448 | - | -2\% |
| Jack in the Box Jumbo Jack with Cheese | 260 g | 1,250 | 481 | 7\% | 13\% |
| McDonald's Quarter Pounder with Cheese | 198g | 1,190 | 601 | 34\% | 4\% |
| Grilled Chicken Sandwiches |  |  |  |  |  |
| Arby's Chicken Fillet Sandwich Grilled | 233g | 913 | 392 | - | 3\% |
| McDonald's Premium Grilled Chicken Classic Sandwich | 200 g | 820 | 410 | 5\% | -14\% |
| Wendy's Ultimate Chicken Grill Sandwich | 211g | 1,080 | 512 | 31\% | 5\% |
| Burger King Original Sandwich | 219g | 1,390 | 635 | 62\% | 2\% |
| Hamburgers |  |  |  |  |  |
| Burger King | 109g | 490 | 450 | - | -1\% |


| Item | Serving Size | $\begin{aligned} & \text { Sodium } \\ & \text { (mg) } \end{aligned}$ | Sodium mg/100g of Product | Increase in Sodium over First Item | Change in Sodium from 2005 to 2011* |
| :---: | :---: | :---: | :---: | :---: | :---: |
| McDonald's | 100 g | 520 | 520 | 16\% | 3\% |
| Wendy's Jr. | 102 g | 620 | 608 | 35\% | 19\% |
| Hamburgers, Medium |  |  |  |  |  |
| Burger King Whopper | 290 g | 980 | 338 | - | -4\% |
| McDonald's Quarter Pounder | 169 g | 720 | 426 | 26\% | 0\% |
| Hamburgers, Large |  |  |  |  |  |
| McDonald's Big 'n Tasty | 206g | 720 | 350 | - | -15\% |
| Hardee's 1/3 lbs. Thickburger | 355g | 1,630 | 459 | 31\% | 7\% |
| Roast Beef Sub Sandwiches |  |  |  |  |  |
| Subway | 446g | 1,400 | 300 | - | 0\% |
| Blimpie | 622 g | 2,010 | 323 | 8\% | -15\% |
| Soups |  |  |  |  |  |
| Beef Soup |  |  |  |  |  |
| Au Bon Pain Beef and Vegetable | 360 g | 1,070 | 297 | - | -2\% |
| Blimpie's Beef Stew | 243g | 890 | 366 | 23\% | -14\% |
| Chicken Noodle Soup |  |  |  |  |  |
| Subway Roasted | 310 g | 860 | 277 | - | -29\% |
| Au Bon Pain | 360 g | 1,120 | 311 | 12\% | 5\% |
| Panera Low Fat | 227 g | 960 | 423 | 52\% | -1\% |
| Blimpie | 241g | 1,040 | 432 | 56\% | 15\% |
| Vegetable Soup |  |  |  |  |  |
| Au Bon Pain Garden | 360 g | 1,120 | 311 | - | 15\% |
| Panera Low Fat | 227 g | 780 | 344 | 10\% | 5\% |
| Blimpie's Harvest | 244 g | 920 | 377 | 21\% | 38\% |


[^0]:    ${ }^{1}$ Havas S, Roccella EJ, Lenfant C. Am J Pub Health. 2004;94:19-22.
    ${ }^{2}$ http://www.cspinet.org/salt/saltreport.pdf.
    ${ }^{3}$ Coxson PG, Cook NR, Joffres M, et al. Hypertension. 2013;61:564-570.
    ${ }^{4}$ Bibbins-Domingo, K, et al. N Engl J Med 2010;362:590-9.

[^1]:    ${ }^{5}$ Institute of Medicine. Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate. (2004) pp.6-44. ${ }^{6}$ Mattes RD, Donnelly D. J Am Coll Nutr. 1991;10:383-93.

[^2]:    ${ }^{7}$ U.S. Department of Agriculture and U.S. Department of Health and Human Services.

[^3]:    ${ }^{9}$ Girgis S, Neal B, Prescott J, et al. Eur J Clin Nutr. 2003;57:616-20. Rodgers A, Neal B.

[^4]:    ${ }^{10}$ Caveats: Some companies might simply have corrected errors in their 2005 data, and these figures of necessity ignore any lowersodium products introduced since 2005.

[^5]:    * Adjusted for serving size.

