

Food Sources of Sodium

Table salt	Baking soda	Seasoning mix (salt added)	Salted mackerel	Baking powder (except low sodium)	Salted jellyfish
Rennet tablets (salt added)	Salted tofu	Fish sauce (salt added)	Salted cod	Soy sauce (salt added)	Shrimp (salt added)
Salted egg	Sunflower seed kernels (salt added)	Canned sweet peppers (salt added)	Stuffing mix (salt added)	Cured pork (salt added)	Pulled pork in barbecue sauce (salt added)
Sandwich (salt added)	Mozzarella sticks (salt added)	Chicken strips (salt added)	Pizza (salt added)	Corned beef	Soup (salt added)
Salami (salt added)	Breaded chicken (salt added)	Chicken parmigiana (salt added)	Broth or bouillon (salt added)	Teriyaki sauce (salt added)	Miso
Canned anchovy (salt added)	Lox salmon	Cheese enchilada (salt added)	Pasta in sauce (salt added)	Chili con carne (salt added)	Chili (salt added)
Cheese sauce (salt added)	Breakfast cereal (salt added)	Fried mozzarella (salt added)	Rice and vermicelli (salt added)	Wasabi (salt added)	Lasagna (salt added)
Chicken nuggets (salt added)	Chicken and dumplings (salt added)	Rice (salt added)	Hotcakes and sausage (salt added)	Seasoned turkey (salt added)	Crab (salt added)
Onion rings (salt added)	Canned clam and tomato juice (salt added)	Papad (salt added)	Sriracha sauce (salt added)	Macaroni and cheese (salt added)	Chili powder (salt added)
Canned grape leaves (salt added)	Dried steelhead trout (salt added)	Breaded fish (salt added)	Smoked turkey (salt added)	Cured beef (salt added)	Oyster sauce (salt added)
Summer sausage (salt added)	Pork skins (salt added)	Hot sauce (salt added)	Meatballs and mozzarella (salt added)	Fish broth (salt added)	Luncheon meat (salt added)
Turkey and gravy (salt added)	Orange chicken (salt added)	Chicken pot pie (salt added)	Pumpkin and squash seeds (salt added)	Beef stew (salt added)	Bologna sausage (salt added)
Refried beans (salt added)	Ravioli (salt added)	Potato salad (salt added)	Spaghetti sauce (salt added)	Barbecue loaf (salt added)	Chicken and rice (salt added)
Salisbury steak with gravy (salt added)	Berliner sausage (salt added)	Turkey sticks (salt added)	Glazed chicken wings (salt added)	Canned capers (salt added)	Cheese tamales (salt added)
Ham (salt added)	Pancakes (salt added)	Tomato juice (salt added)	Mortadella (salt added)	Beef breakfast strips (salt added)	