

# Foods highest in

# Sodium

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a **2300 mg** nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Beef broth,from cube	696%	-584	117.6	3333	Cream of potato soup	31%	80	5.9	167
Capers, canned	560%	-147	15.3	435	Potatoes, au gratin, mix	29%	48	1.1	32
Chicken Broth 1% fat	445%	17	88.2	2500	Horseradish	28%	148	7.3	208
Ramen Oodles of Noodles	283%	-201	70.5	2000	Chicken vegetable soup	28%	125	5.1	145
Gravy, au jus, dry	161%	-89	1.1	32	Frankfurter, turkey	27%	71	1.6	44
Sauerkraut, canned	151%	269	18.6	526	Swamp cabbage	26%	1506	18.6	526
Lipton onion soup mix	144%	-115	1.3	38	Cottage cheese, 1% fat	25%	227	4.9	139
Tofu	108%	98	3.0	86	Pork and beans, canned	24%	120	2.7	78
Chicken broth, condensed	88%	74	11.4	323	Seaweed, kelp	24%	429	8.2	233
Seaweed, wakame	84%	562	7.8	222	Beef jerky	23%	37	0.9	24
Miso	81%	54	1.8	50	Frankfurter, chicken	23%	55	1.4	39
Yellow mustard	74%	298	5.3	149	Celery	22%	422	22.0	625
Spinach, canned	73%	1280	18.6	526	Chinese cabbage (bok choy)	22%	1749	27.1	769
Hot dogs, fat free	58%	8	4.8	137	Cheese Spread, Velveeta	22%	-12	1.2	33
Chicken noodle soup	58%	126	6.7	189	Roquefort cheese	21%	71	1.0	27
Dehydrated brown gravy	57%	-10	1.0	27	Bread crumbs, seasoned	20%	99	0.9	26
Catsup	50%	27	3.6	103	Ramen noodle	20%	53	0.8	23
Swiss chard	49%	2849	18.6	526	Spam	19%	-9	1.1	32
New England clam chowder	46%	276	5.0	143	Feta cheese	18%	85	1.3	38
Beet greens	45%	1964	16.0	455	Soft pretzels	18%	25	1.0	30
Cured Ham	43%	-5	3.3	94	Crushed tomatoes, canned	18%	310	11.0	313
Chicken noodle soup mix	42%	57	0.9	27	Parmesan cheese	18%	124	0.9	26
Tomato paste	42%	243	4.3	122	Meatball and pasta, canned	18%	95	3.4	97
Tomato soup	40%	88	5.9	167	Bacon, cooked	17%	95	0.6	18
Tomatoes, canned	37%	296	20.7	588	Pink salmon, canned	17%	548	2.5	72
Chicken rice soup w/veg	37%	-6	9.0	256	American cheese	17%	64	0.9	27
Canadian bacon	36%	-8	2.9	82	Blue cheese	17%	78	1.0	28
Sun-dried tomatoes	35%	211	1.4	39	Link sausage, smoked	17%	82	0.9	26
Veggie Dog	35%	17	2.6	75	Seaweed, spirulina	16%	596	13.6	385
Olives, canned	33%	61	3.1	87	Bologna, beef	16%	12	1.1	32
Shake 'N' Bake	33%	-31	0.9	27	Watercress	16%	2843	32.1	909
Manhattan clam chowder	33%	201	5.8	164	Hard pretzels	16%	75	0.9	26
Cream of mushroom soup	32%	61	6.8	192	Light Dressing, Miracle Whip	15%	-20	1.5	43

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Parmesan cheese, grated	15%	118	0.8	23	Plain frozen waffles	10%	133	1.1	32
Frankfurter beef	15%	51	1.1	31	Sprouted pinto beans, cooked	10%	299	16.0	455
Italian pork sausage	15%	79	1.0	29	Gouda cheese	10%	97	1.0	28
Spinach	15%	2601	15.3	435	Hummus	10%	113	2.1	60
Pork skins	15%	66	0.6	18	Salad dressing, sesame seed	10%	11	0.8	23
Crab	15%	590	4.1	115	Sourdough or French Bread	10%	101	1.2	35
Mussels	14%	777	4.1	116	Complete Wheat Bran	10%	1194	1.1	31
Bread stuffing dry mix	14%	86	0.9	26	Cheese lasagna	9%	137	2.7	77
Lobster	14%	417	3.9	111	Italian bread	9%	109	1.3	37
Boston brown bread, canned	14%	91	1.8	51	Kellogg's Corn Flakes	9%	308	1.0	28
Chili powder	14%	497	1.1	32	Pumpkin pie mix, canned	9%	260	3.4	96
Egg white	14%	327	6.8	192	Coffee, brewed	9%	1132	352.7	10000
Oysters	13%	2266	5.2	147	Artichokes	9%	293	7.5	213
Romano cheese	13%	108	0.9	26	Coriander (cilantro) leaves	9%	1762	15.3	435
Whey, sweet, dried	13%	122	1.0	28	Whey, sweet	9%	107	13.1	370
Frankfurter, pork	13%	99	1.3	37	Whey, acid	9%	147	14.7	417
Biscuits, plain, dry mix	13%	59	0.8	23	Complete Oat Bran Flakes	9%	1118	1.0	29
Soy protein isolate	13%	331	1.0	30	English muffins	9%	59	1.5	43
Commercial bisquits	13%	59	1.0	27	Wonton wrappers	9%	91	1.2	34
Soyburger	12%	171	1.8	52	Chicory greens	9%	1726	15.3	435
Purslane	12%	855	22.0	625	7-grain bread	8%	144	1.4	40
All-Bran Buds	12%	874	1.4	40	Chicken liver, canned	8%	261	1.8	50
Pumpernickel bread	12%	124	1.4	40	Whole-wheat bread	8%	147	1.4	40
Corned beef hash	11%	64	2.2	61	Wheaties	8%	436	1.0	27
White bread	11%	91	1.3	38	Cheerios	8%	368	1.0	27
Rye bread	11%	111	1.4	39	Kellogg's Special K	8%	529	0.9	26
Saltines (oyster, soup)	11%	53	0.8	23	Total cereal	8%	1153	1.1	30
Provolone cheese	11%	100	1.0	28	Brie cheese	8%	81	1.1	30
All-Bran with fiber	11%	1098	1.8	52	Cheese-flavor corn twists	8%	39	0.6	18
Sprouted pinto beans	11%	334	5.7	161	Chicken broth w sodium	8%	116	22.0	625
Limburger cheese	11%	91	1.1	31	Total Corn Flakes	8%	1004	0.9	27
Popovers, dry mix	11%	77	1.0	27	Green leaf lettuce	8%	1957	23.5	667
Radishes	11%	356	22.0	625	Scallops	8%	316	4.0	114
Mozzarella cheese, skim	11%	136	1.4	39	Multi-Grain Cheerios	8%	952	0.9	26
Mackerel, canned	11%	458	2.3	64	Beets	8%	205	8.2	233
CHEX snack mix	10%	177	0.8	24	Crackers with cheese filling	8%	51	0.7	20
Turnips	10%	231	12.6	357	English muffins w. calcium	8%	124	1.3	37
Egg biscuit	10%	59	1.3	36	Fiber One	8%	519	1.8	50

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Bagels, plain	8%	122	1.4	39					
Croutons	7%	84	0.9	25					
Muenster cheese	7%	84	1.0	27					
Grape-Nuts Cereal	7%	142	1.0	28					
Dandelion greens	7%	849	7.8	222					
Carrots	7%	1011	8.6	244					
Fennel bulbs	7%	254	11.4	323					
Parsley, dried	7%	903	1.3	36					
Crackers, saltines, fat-free	7%	83	0.9	25					
Gingersnaps	7%	58	0.8	24					
Cake, white, dry mix	7%	17	0.8	24					
Red leaf lettuce	7%	1603	22.0	625					
Parsley	7%	2925	9.8	278					
Ling	7%	361	4.1	115					
Raisin Bran Cereal	7%	325	1.1	32					
Cheddar cheese	7%	80	0.9	25					
Colby cheese	7%	79	0.9	25					
Potato chips, barbecue	7%	61	0.7	20					
Smart Start Cereal	7%	593	1.0	27					
Broccoli raab	7%	1267	16.0	455					
English Muffins, Thomas	6%	5	1.5	43					
Non-fat dry milk w vit A	6%	218	1.0	28					
Oat bran muffins	6%	138	1.3	37					
POST 100% BRAN	6%	320	1.2	35					
Fortified skim milk	6%	263	8.6	244					
Monterey cheese	6%	87	0.9	27					
Graham crackers	6%	38	0.8	24					
Dill weed	6%	1166	8.2	233					
Total Raisin Bran	6%	648	1.1	32					
Shrimp	6%	382	3.3	94					
Yogurt, fat free	6%	213	6.3	179					
Margarine, hydrogenated	6%	37	0.5	14					
Endive	6%	1482	20.7	588					
Smart Start Soy Protein	6%	541	1.0	27					
Cocoa mix, powder	6%	13	0.9	25					
Turnip greens	5%	1791	11.0	313					
Spearmint, dried	5%	762	1.2	35					
Cauliflower	5%	566	14.1	400					