



Carolina Ear, Nose & Throat Head and Neck Surgery Center

Finding Low-Salt Foods

You may think you already eat a low-salt diet. However, even if you never pick-up a saltshaker, you're probably eating more salt than ever imagined. Many processed foods contained large amounts of salt to help preserve them and make them taste better. Read labels carefully before buying packaged foods. To get a better idea of the relative sodium content of some common foods, check the chart below. Use this information when you shop and eat. A low Salt diet should contain **Less than 2000mg per day.**

Sodium Content of Common Foods (in mg)

Meat Poultry and Fish	mg	Dairy Products	mg
Chicken leg, fried, meat and skin (1 3/4 oz)	44	Sour Cream (1 tbsp)	6
Top sirloin steak, broiled (3 oz)	54	Parmesan cheese, grated (1tbsp)	93
Chicken breast, skinless, roasted (3 oz)	64	Butter, salted (1 tbsp)	117
Ground beef patty, lean broiled (3 oz)	65	Margarine, regular, salted (1 tbsp)	133
Salmon, half fillet, baked (5.5 oz)	102	Cheddar cheese, 1 slice (1 oz)	176
Ham, canned 1 slice (3/4 oz)	287	Milk, reduced fat (1 cup)	122
Tuna, white, canned in water (3 oz)	320	Buttermilk, lowfat (1 cup)	257
Hotdog, beef, plain, 1 frank (1 1/2 oz)	462	Cottage cheese, lowfat (1 cup)	918
Salami, beef and pork, cooked, 2 slices (2 oz)	604	Snakes, Drinks, Condiments, Desserts	
Salmon, smoked (3 oz)	667	Popcorn air popped, no salt added (1 cup)	0
Fast-food hamburger, 2 patties,condiments (7 1/2 oz)	742	Orange juice (1 cup)	2
Corn beef, brisket (3 oz)	964	Peanuts, dry roasted, unsalted (1oz)	2
Soup, Vegetables, and Fruits		Diet Cola, 1 can, with aspartame(12 fl oz)	21
Apple, raw with or without skin	0	Mustard (1 tbsp or 1 packet)	56
Banana, raw, medium (4 oz)	1	Club soda, 1 can (12 fl oz)	75
Mixed vegetables, frozen, cooked without salt (1 cup)	64	Chocolate syrup, fudge type (2 tbsp)	131
Mixed vegetables, canned, drained (1 cup)	243	Chocolate pudding, Ready to eat (4oz)	146
Chicken noodle soup, canned water added (1 cup)	1106	Potato chips, plain, salted (1 oz)	168
Tomato sauce, canned (1 cup)	1482	Ketchup (1 tbsp)	178
Sauerkraut, canned (1 cup)	1560	Peanuts, dry roasted, salted (1 oz)	230
Bread and Grains		Apple pie, purchased, 1 piece (4 oz)	311
Oatmeal, cooked without salt (1 cup)	2	Chocolate shake, fast food (16 fl oz)	323
Italian bread, 1 slice (3/4 oz)	117	Vegetable juice cocktail, canned (1 cup)	653
Whole-wheat bread, 1 slice (1 oz)	148	Dill pickle, 1 medium (2 1/2 oz)	833
Corn muffin, purchased (2 oz)	297	Pretzels, salted, 10 twists (2 oz)	1029
Bagel, egg, 3 1/2 " (2 1/2 oz)	359		

