



High-Sodium Foods

(foods with more than 300 mg sodium/serving)

- Bacon
- Luncheon meats
- Buttermilk
- Meal-starter kits
- Canned meats and fish
- Pasta sauces
- Canned vegetables
- Pickles and olives
- Cheese
- Quick-cooking oats
- Chips, pretzels, and salted nuts
- Salted crackers
- Flavoring packets for making noodle or rice side dishes
- Sauerkraut
- Hot dogs and sausages
- Soup
- Ketchup, BBQ sauce, tartar sauce, and mustard
- Soy sauce, taco sauce, teriyaki sauce, and Worcestershire sauce
- Tomato and vegetable juices

Reference: USDA Agriculture Research Service Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed April 8, 2008.



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Instructions: Cut on dotted lines. If you use a paper cutter, align using guidelines along paper's edge.



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