

*Module 1, Lesson 3 Tool:*

**Sources of Sodium in the Diet**

Aside from being the main component in salt, sodium is found in many of the foods you eat everyday and you may not even be aware of it. For people 14 years and older, it's recommended to limit sodium intake to less than 2,300mg per day. One of the best ways to limit sodium intake is to reduce consumption of frozen, processed and packaged foods and focus on eating wholesome fresh foods as much as possible. Below are some examples of the sodium content in specific foods.

<b>Food</b>	<b>Serving Size</b>	<b>Sodium Content mg</b>
French onion soup	1 cup	1,030
Italian wedding soup	1 cup	937
Chicken noodle soup	1 cup	889
Broccoli cheddar soup	1 cup	844
Chicken with rice & vegetables, frozen	1 meal	810
Breakfast sandwich, frozen	1 sandwich	754
Brown & wild rice	1 cup	636
Vegetable soup	1 cup	629
Pasta with vegetables & sauce, frozen	1 meal	608
Veggie burger, frozen	1 burger	560
Tomato soup	1 cup	471
Black beans, canned	½ cup	370
Caesar dressing	2 tablespoons	356
Flour tortilla	1 medium tortilla	331

Chicken patty, frozen	1 patty	319
Italian dressing	2 tablespoons	292
Tomato sauce, canned	¼ cup	280
Tuna, canned in water	4 ounces	280
Ranch dressing	2 tablespoons	270
Green goddess dressing	2 tablespoons	260
White hamburger bun	1 bun	257
Kalamata olives	4 olives	240
White bread	1 slice	240
Salsa	2 tablespoons	234
Whole wheat hamburger bun	1 bun	222
100% whole wheat bread	1 slice	190
Whole grain pasta	1 ounce (½ cup cooked)	188
Pasta	1 ounce (½ cup cooked)	186
Mozzarella cheese	¼ cup	170
Thousand island dressing	2 tablespoons	150
Potato chips	1 ounce, single serving bag	148
Cheddar cheese	1 slice	140
Peanut butter	2 tablespoons	136
Black olives	4 olives	125
Green olives	5 olives	115
Almonds, salted	1 ounce, 23 pieces	110
Tortilla chips	10 chips	99

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Corn tortilla	1 medium tortilla	45
Mixed vegetables, frozen	1 cup	42
Swiss cheese	1 slice	40
Black beans, canned, no-salt added	½ cup	10