

Information about Sodium

Sodium is a mineral found in salt. All salts are high in sodium.

Sodium is needed by the body to control blood pressure. It also helps with muscle and nerve function.

Eating too much sodium can lead to health problems. These include high blood pressure, heart disease, stroke and kidney disease.

How Much Dietary Sodium Should I Aim For?

Aim to have a daily sodium intake of less than 1500 milligrams (mg). This is equal to the amount of sodium that you would find in 2/3 teaspoon of table salt. The average Canadian takes in over double the recommended amount of sodium.

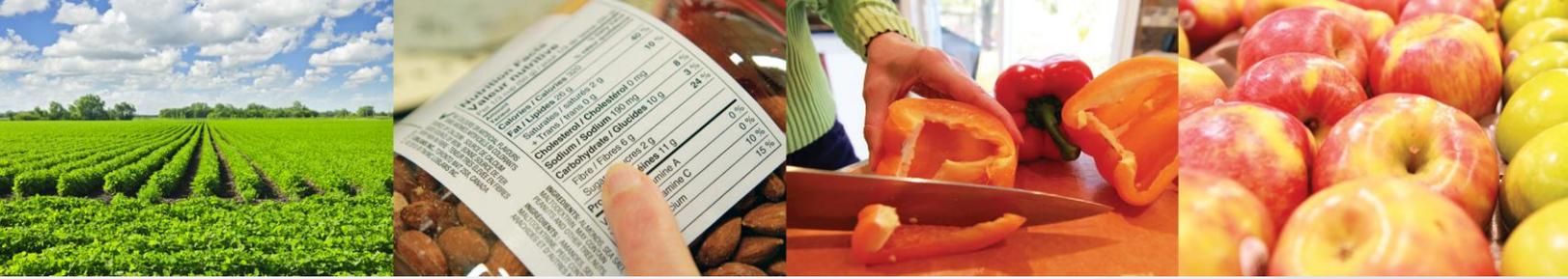
Sodium Content of Some Common Foods

A small amount of sodium is found naturally in foods. Most of the sodium we eat is hidden in foods. Sodium is added during cooking, at the table and added to foods during processing to preserve food and add flavour. Packaged and processed foods contain large amounts of sodium. These foods should be limited. The sodium content of foods can vary from product to product. It is important to read food labels to choose low sodium foods or those naturally low in sodium.

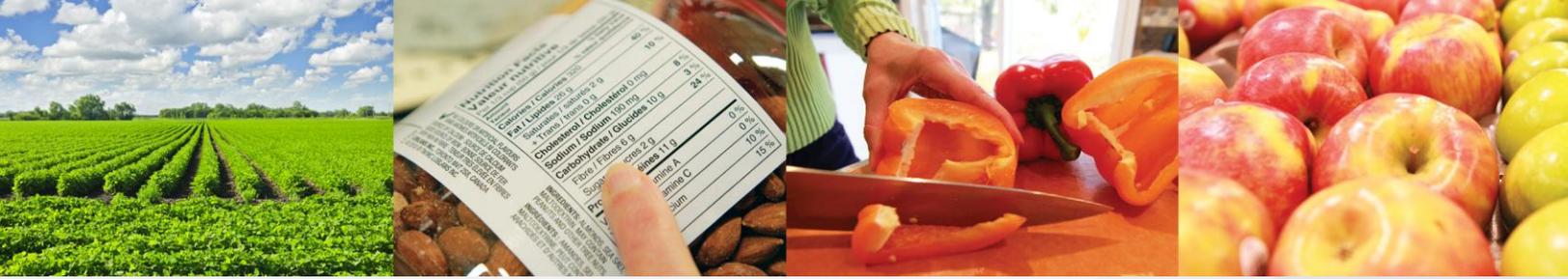
Foods that are high in sodium include: processed meats, some canned foods, cheeses, breads, cereals, sauces, pickled foods, commercial rice or pasta mixes and condiments. Food served in restaurants, fast foods and pre-packaged foods are usually very high in sodium. The following chart lists how much sodium can be found in some foods and can help you to choose foods that are lower in sodium.



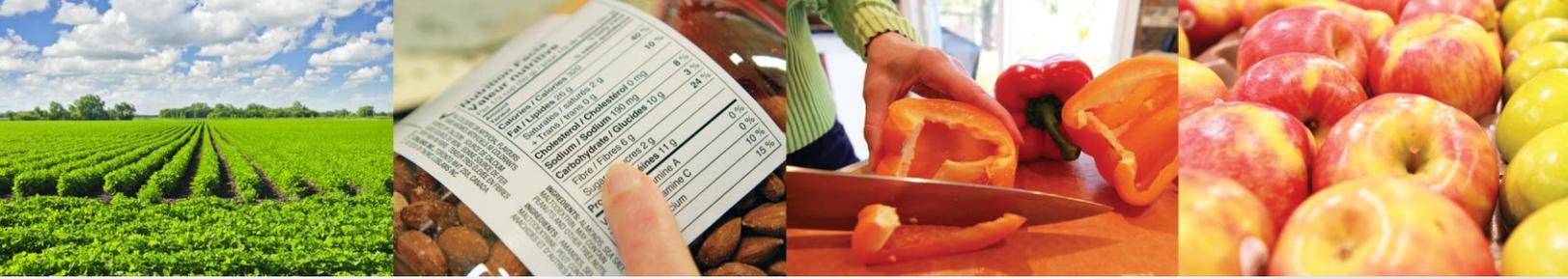
Food	Serving Size	Sodium mg
Vegetables and Fruit	Fresh and most frozen vegetables contain very little sodium.	
Peppers (jalapeno, hot chilli), canned/bottled	30 mL (2 Tbsp)	843-1201
Tomato sauce (plain or with vegetables), canned/bottled	125 mL (1/2 cup)	585-721
Sauerkraut, canned/bottled	125 mL (1/2 cup)	496
Pickles (sour, dill)	1 small	299-447
Vegetables, all varieties, canned	125 mL (1/2 cup)	245-439
Tomato juice and vegetable cocktail	125 mL (1/2 cup)	226-325
Stewed tomatoes, canned	125 mL (1/2 cup)	298
Olives, canned	4 olives	463
Pizza sauce	125 mL (1/2 cup)	246
Grain Products	Grains such as rice, barley, quinoa, oats and wheat are low in sodium.	
<i>Cereal</i>		
Cream of wheat, all types, cooked	175 mL (3/4 cup)	370
Breakfast cereal, dry, all varieties	30 g	92-231
Oatmeal, instant, cooked	175 mL (3/4 cup)	216-240
<i>Other Grain Products</i>		
Crackers, all varieties, salted	30 g	192-282
Bread roll (rye, french)	1 roll (35 g)	234-258
Bread, all types	1 slice (35 g)	182-211
Muffin (carrot, blueberry, chocolate chip)	1 small (66 g)	203-232
Bagel, all varieties	½ bagel (45 g)	222-310



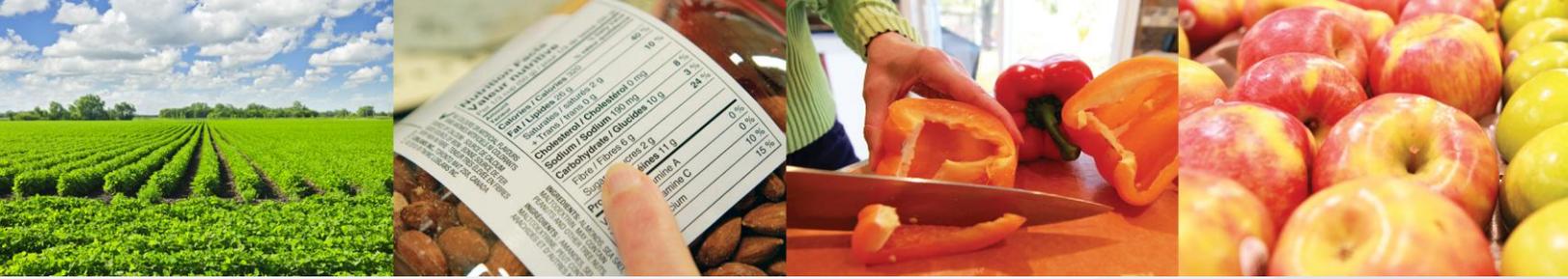
Milk and Alternatives		
Buttermilk	250 mL (1 cup)	272-492
Cheese		
Cottage cheese (1%, 2%)	250 mL (1 cup)	736-970
Blue	50 g (1 ½ oz)	573-904
Processed cheese slices (cheddar, Swiss)	50 g (1 ½ oz)	711-960
Feta	50 g (1 ½ oz)	458
Cheese spread	30 mL (2 Tbsp)	633
Cheddar, colby, edam, gouda, mozzarella, provolone, camembert	50 g (1 ½ oz)	302-438
Cottage cheese, fat free	250 mL (1 cup)	570
Meat and Alternatives	Fresh and unprocessed frozen meat, poultry and fish contain very little sodium. Bagged dried peas, beans and lentils contain little sodium	
<i>Meat</i>		
Bacon, cooked	75 g (2 ½ oz)	1247-1920
Bacon (back bacon/peameal, English style bacon), cooked	75 g (2 ½ oz)	1152
Ham, cured, cooked	75 g (2 ½ oz)	621-1125
Beef jerky	75 g (2 ½ oz)	976
Corned beef, canned	75 g (2 ½ oz)	668
Ham, reduced sodium, cooked	75 g (2 ½ oz)	727
<i>Poultry</i>		
Turkey bacon	75 g (2 ½ oz)	1714
Turkey, smoked	75 g (2 ½ oz)	747
Chicken/turkey, rotisserie/ready to	75 g (2 ½ oz)	253-628



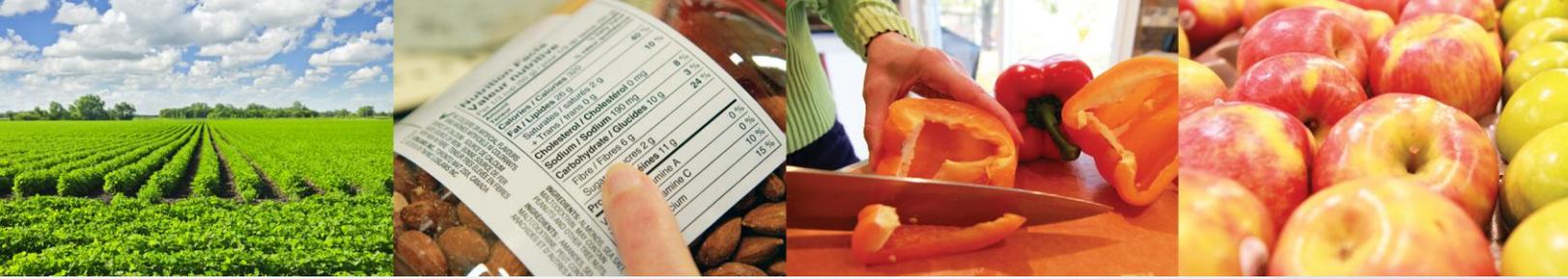
serve, barbequed		
Chicken/turkey, canned	75 g (2 ½ oz)	350-540
Chicken nuggets or burger, cooked	75 g (2 ½ oz)	334-418
<i>Meat Products</i>		
Salami or pepperoni, all varieties	75 g (2 ½ oz)	702-1418
Ham or chicken, canned	75 g (2 ½ oz)	774-1064
Luncheon/deli meat, all varieties	75 g (2 ½ oz)/ 3 slices	937-939
Wiener, frankfurter, all varieties, cooked	75 g (2 ½ oz)	528-971
Chorizo (beef, pork)	75 g (2 ½ oz)	542
Sausage, all varieties, cooked	75 g (2 ½ oz)	643-733
Luncheon/deli meat (pork, chicken), reduced sodium	75 g (2 ½ oz)	781
Salami or bologna, all varieties, reduced sodium	75 g (2 ½ oz)	446-702
Ham, honey, cooked	75 g (2 ½ oz)	675
Liverwurst	75 g (2 ½ oz)	525-645
Pate, canned	75 g (2 ½ oz)	290-605
Blood sausage/blood pudding, cooked	75 g (2 ½ oz)	510
Sausage, all varieties, reduced sodium, cooked	75 g (2 ½ oz)	441
Wiener, frankfurter, all varieties, reduced sodium, cooked	75 g (2 ½ oz)	233
<i>Fish and Seafood</i>		
Mackerel or cod, salted	75 g (2 ½ oz)	1353-5292



Anchovies, canned	75 g (2 ½ oz)	2756
Fish, all varieties, smoked	75 g (2 ½ oz)	502-771
Herring, pickled or kippered	75 g (2 ½ oz)	652-688
Shellfish (crab, shrimp, calamari, oyster, lobster, mussels), canned or cooked	75 g (2 ½ oz)	124-652
Caviar (red, black)	15 ml (1 c. à thé)	243
Fish sticks, cooked	75 g (2 ½ oz)	299
Fish (sardines, salmon, tuna, mackerel), canned	75 g (2 ½ oz)	185-312
<i>Meat Alternatives</i>		
Meatless (bacon, bacon bits), cooked	75 g (2 ½ oz)	1099-1337
Baked beans, all varieties, canned	175 mL (3/4 cup)	644-935
Refried beans, canned	175 mL (3/4 cup)	690-770
Meatless (sausage, chicken, meatballs, fish sticks, wiener, luncheon slices), cooked	75 g (2 ½ oz)	353-666
Legumes (dried beans, pea, lentil), canned all varieties	175 mL (3/4 cup)	489-638
Vegetarian meatloaf or patty, cooked	75 g (2 ½ oz)	413
Pumpkin or squash seeds, salted, without shell	60 mL (1/4 cup)	412
Nuts (peanuts, almonds, cashews), salted, without shell	60 mL (1/4 cup)	152-282
Egg substitute	125 mL (1/2 cup)	264
Other		



Salt (table, Kosher, pickling, sea)	5 mL (1 tsp)	1720-2373
Salt, seasoned	5 mL (1 tsp)	1550
Yeast extract spread	2 Tbsp (30 g)	1088
Soy sauce	15 mL (1 Tbsp)	899-1244
Salt substitute, Cardia	5 mL (1 tsp)	1080
Salt substitute, Half salt	5 mL (1 tsp)	800
Sauce, teriyaki	15 mL (1 Tbsp)	700
Soy sauce, reduced sodium	15 mL (1 Tbsp)	656
Sauce (cheese, nacho cheese)	60 mL (1/4 cup)	499-900
Oyster sauce	15 mL (1 Tbsp)	499
Salsa, all varieties	60 mL (1/4 cup)	365
Sauce (steak, barbecue)	30 mL (2 Tbsp)	326-348
Ketchup, yellow mustard or relish	30 mL (2 Tbsp)	276-348
Sauce, teriyaki, reduced sodium	15 mL (1 Tbsp)	325
Capers, canned	15 mL (1 Tbsp)	205
Snacks		
Pretzels (soft, hard)	1 small or 50 g	388-620
Cheese puffs	50 g	430-470
Popcorn, flavoured or plain microwave packaged?	50 g	288-433
Popcorn, flavoured, reduced sodium	50 g	245
Corn nuts, all varieties	50 g	282-300



Chips (tortilla, vegetable, potato, soy), all varieties	50 g	233-499
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Source:

Canadian Nutrient File 2015

<http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>

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