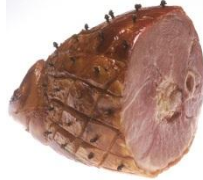


# HIGH SODIUM FOOD ALTERNATIVES

## High Sodium - AVOID



Vegetable: 1 Cup = 135-350 mg Sodium



Ham: 1 ounce = 250-450 mg Sodium



Lunch Meat: 1 Ounce = 200-300 mg Sodium



Bread: 1 Slice = 135-240 mg Sodium



Chicken Bouillon: 1 Cube = 1200 mg Sodium



Salt: 1 Teaspoon = 2325 mg Sodium



Canned Tomato Sauce: ½ Cup = 300-600 mg Sodium

## Low Sodium - BETTER OPTION



Vegetable: 1 Cup = <70 mg Sodium



Pork Loin: 1 Ounce = <50 mg Sodium



Grilled Chicken Breast: 1 Ounce = <30 mg Sodium



Corn Tortilla: 6 Inch Tortilla = 11 mg Sodium



Chicken Broth: 8 Ounces = <140 mg Sodium



Herbs & Spices: 1 Teaspoon = <5 mg Sodium



Canned Tomatoes+Herbs: ½ Cup = <140 mg Sodium

