

Guide To Sodium – Potassium – Calories

Breads, Rolls	Amount	Mg Sod.	Mg Pot.	Calories
White	1 slice	142	29	78
Rye	1 slice	139	35	51
Whole Wheat	1 slice	132	65	51
Biscuit	1 (2" diameter)	185	18	104
Cornbread	2 ½" square	263	81	178
Frankfurter roll	Both halves	202	38	119
Hamburger roll	Both halves	202	38	119
Pancakes	1 (8" diameter)	412	112	164
Waffle	1 (7" diameter)	515	148	206
Graham Crackers	2 (2 ½" square)	95	55	55
Brown Rice	1 cup (w/salt)	550	137	232
White Rice	1 cup (w/ salt)	767	57	223
Bran Flakes	1 cup	207	137	106
Corn Flakes	1 cup	251	30	97
Oatmeal	1 cup (cooked)	523	148	132
Puffed Rice	1 cup	148	33	140
Wheat Flakes	1 cup	310	81	105
Flour, wheat	1 cup (all purpose)	130	0	430
Egg noodles	1 cup	3	70	200
Macaroni	1 cup	1	03	192
Spaghetti	1 cup	1	03	192

Fruit	Amount	Mg Sod.	Mg Pot.	Calories
Apple	1 (2 ½")	1	118	61
Apricots, fresh	3 medium	1	301	58
Apricots, dried	5 large halves	5	235	82
Banana	1 medium	1	440	101
Blackberries	1 cup	1	245	84
Cantaloupe	½ (5")	33	582	82
Cherries, sweet	10	1	129	47
Dates	10	1	518	219
Fig	1 large	1	128	52
Grapefruit	½ small	1	132	40
Grapes	1 cup	3	160	70
Honeydew	½ (6 1/2")	90	1881	247
Orange	1 medium	1	290	68
Peach	1 (2 ¾")	2	308	58
Pear	1 (2 ½")	3	213	100
Pineapple	1 cup	2	228	81
Plum	1 (1" diameter)	Trace	30	7
Prunes (dried)	10 medium	5	448	164
Raisins	1 tablespoon	2	59	28
Raspberries, black	1 cup	1	257	98
Strawberries	1 cup	1	244	55
Tangerine	1 (2 3/8")	2	108	39
Watermelon	1 cup	2	180	42

Dairy Products	Amount	Mg Sod.	Mg Pot.	Calories
American Cheese	1 slice	322	23	105
Blue Cheese	1 tablespoon	184	6	75
Dressing				
Cheddar Cheese	1 slice	147	17	84
Cottage Cheese, low-fat	1 cup	580	144	172
Cream Cheese	1 cup	580	172	363
Parmesan Cheese	1 oz	208	42	111
Swiss Cheese	1 oz	201	29	105
Butter (salted)	1 stick	1119	28	812
Butter (unsalted)	1 stick	<1	<1	812
Buttermilk	1 cup	319	343	88
Skim milk	1 cup	127	355	88
Whole milk	1 cup	122	351	159
Evaporated milk	1 cup	297	764	345
Heavy Cream	1 tablespoon	5	13	53
Ice cream (no salt)	1 cup	84	241	257
Hot chocolate		120	370	238

Meat/Poultry/Beef	Amount	Mg Sod.	Mg Pot.	Calories
Corned Beef Hash	1 cup, canned	1188	440	398
Frankfurter	1 med.	527	125	178
Heart	1 oz.	29	56	53
Hamburger	2.9 oz	49	221	235
Kidney	1 cup	354	454	353
Liver, Beef	3 oz	158	323	195
Rib roast	10 ¾ oz	149	580	1342
Flank Steak	3 oz	45	207	167
Porterhouse Steak	10.5 oz	145	564	1400
Sirloin Steak	10.9	173	793	1192
T-Bone	10.4 oz	141	544	1395
Lamb				
Chop	1 med.	51	234	341
Roast	3 oz	60	273	158
Pork				
Bacon	1 slice	123	29	72
Chops, shoulder cut	3 oz	47	214	300
Ham, baked	3 oz.	770	241	159
Roast	3 oz.	698	218	281
Spare Ribs	6.3 oz	65	299	792
Veal				
Cutlets	3 oz	58	258	184
Calves liver	3 oz	100	335	222
Loin Cut	9.5 oz	174	795	829
Roast	3 oz.	57	259	229
Sweetbreads	3 oz.	57	259	143
Chicken				
A La King	1 cup	780	404	468
Broiled	7.1 oz	133	551	273
Liver, chopped	1 cup	85	211	231
Light meat	1 piece	16	103	42
Dark meat	1 piece	9	32	18
Turkey				
White meat	2 pieces	70	349	150
Dark Meat	2 pieces	42	159	87

Fresh Vegetables	Amount	Mg Sod.	Mg Pot.	Calories
Asparagus	1 cup	3	375	36
Beans, lima	1 cup	3	1008	191
Beets	1 cup	81	452	58
Broccoli	1 lb	68	1733	145
Carrot	1 med.	34	245	30
Celery	1 stalk	50	136	7
Corn, sweet	1 ear	Trace	151	70
Cucumber	1 large	18	481	45
Eggplant	1 cup	2	300	38
Lettuce (iceberg)	1 head	48	943	70
Onion	1 cup chopped	17	257	65
Peas	1 cup	3	458	122
Potato, baked	1 medium	6	782	145
Potato, boiled	1 medium	4	558	104
Radishes	10 large	15	251	14
Spinach	1 cup	39	259	14
Sweet Potato	1 med.	15	367	172
Tomato	1 med.	4	300	27
Watercress	1 cup	18	99	7

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Fresh Fish and Seafood	Amount	Sodium (Mg.)	Potassium	Calories
Bass, striped	3 oz.	Unknown	Unknown	188
Clams, cherrystone	4 clams	144	218	58
Cod	3 oz	93	348	144
Crab	1 cup	Unknown	Unknown	144
Flounder	3 oz	201	496	171
Haddock	3 oz	150	297	141
Halibut	3 oz	114	447	144
Lobster	1 cup	305	281	138
Mackerel	3 oz	Unknown	Unknown	201
Oysters	3 small	21	34	19
Salmon	3 oz	99	378	158
Shrimp	3 oz.	159	195	192
Canned Vegetables				
Asparagus	14 ½ oz can	970	682	74
Beans, green	8 oz can	538	218	41
Beans, lima	8 ½ oz can	1070	1007	322
Beets	8 oz can	536	379	77
Carrots	8 oz can	536	272	64
Corn, Creamed	8 ¾ oz can	535	241	203
Peas	8 ½ oz can	599	231	159
Spinach	7 ¾ oz can	519	550	42
Tomatoes	16 oz can	580	584	95
Sweets				
Angel Food Cake	1/12 cake	170	53	181
Brownies	1 ¾ x 1 ¾ x ½	50	38	97
Chocolate, bittersweet	1 oz	1	174	135
Chocolate cupcake	1 (2 ½" dia.)	74	35	92
Chocolate chip cookies	10 (2 ½" dia.)	421	141	495
Chocolate syrup	1 oz.	20	105	92
Gelatin, sweet	3 oz.	270		315
Honey	1 tablespoon	1	11	64
Jelly	1 tablespoon	3	14	49
Sherbet, Orange	1 cup	19	42	250
Sponge Cake	1/12 cake	110	57	198
Sugar, brown	1 cup	44	499	541
Sugar, granulated	1 cup	2	8	770
Sugar, powdered	1 cup	1	4	462
Beverages				
Coffee, Instant	1 teaspoon	1	29	1
Coffee, Regular	1 cup	2	65	2
Beer	8 oz.	17	60	101
Gin, Rye, Rum	1 oz 80 proof	Trace	1	55
Scotch, Vodka	1 oz 85 proof	Trace	1	70
	1 oz 90 proof	Trace	1	74
	1 oz 94 proof	Trace	1	77
	1 oz 100 proof	Trace	1	83
Sherry	2 oz	2	44	81

Liquid Measures	Weights
3 teaspoons = 1 tablespoon	1,000 mg = 1 gram
16 tablespoons = 1 cup	5 grams = 1 teaspoon
2 cups = 1 pint	15 grams = 3 teaspoons
2 pints = 1 quart	30 grams = 1 oz
4 quarts = 1 gallon	240 grams = 8 oz. or 1 cup
	960 grams = 1 quart or 2.2 lbs.

Herbs and Spices

The following herbs and spices contain minimal amounts of sodium.

Allspice	Cumin	Mace	Pepper, black
Anise seed	Curry	Marjoram	Poultry season
Basil	Fennel	Mint	Rosemary
Bay leaf	Garlic Bud	Mushrooms, powdered	Saffron
Caraway Seed	Garlic Chips	Mustard, dry	Sage
Cardamom	Garlic Powder	Nutmeg	Savory
Chives	Ginger	Onion, Instant	Sesame Seeds
Cinnamon	Horseradish	Orange Peel	Tarragon
Cloves	Juniper	Oregano	Thyme
Coriander	Lemon peel	Paprika	Tumeric

High Sodium Foods

Bouillon Cubes	Horseradish with salt	Pickles
Candies	Mayonnaise	Pudding mixes
Catsup	Meat extracts	Relish
Celery Salt	Meat sauces	Rennet tablets
Celery Flakes	Meat tenderizers	Salt
Chili Sauce	Molasses	Salted nuts
French dressing	Mustard	Salt or sugar substitute
Garlic Salt	Olives	Soy Sauce
Gelatin, flavored	Onion Salt	Worcestershire

Beverages

All canned soups	Chocolate Milk	Milk Shakes
Cocoa Instant Mixes	Malted milk	Salted buttermilk

Meats

All canned meats, soups, and stews	Corned Beef	Salami
Bacon	Frankfurters	Salted meat
Bologna	Ham	Salt Pork
Brains	Kidneys	Sausage
Chipped Beef	Liverwurst	Smoked meat
	Pickled Meat	Spiced meat

Miscellaneous

All canned fish	Caviar
All canned vegetables	Salted popcorn, potato chips
All salted fish	Salted Cheeses
All shellfish	Salted Ice cream and sherbet
All smoked fish	Salted Butter
Anchovies	Salted Buttermilk

Food Additives High in Sodium

Baking powder	Monosodium glutamate	Sodium benzoate
Brine	Sodium (Na)	Sodium bicarbonate
Di-sodium phosphate	Sodium alginate	Sodium chloride

** Source: Nutritive Value of American Foods in Common Units. Agricultural Handbook No. 456. Agricultural Research Service, 1975.

Note: Salt is approximately 40% sodium, 60% chloride. One level teaspoon equals 1,965 mg of sodium.

All figures on this chart are approximate and may vary depending on name, manufacturer, food processor, or actual size of item.