

# Salt Assault



*Brand-name*

*Comparisons of*

*Processed Foods*

Center for Science in the Public Interest

2nd edition

# Table of Contents

- Sodium Levels in Processed Foods.....1
  
- Packaged Foods .....6
  - Baked Goods .....6
  - Dairy Products .....9
  - Frozen Foods .....12
  - Meats .....15
  - Prepared Foods, Boxed .....19
  - Salad Dressings .....19
  - Sauces .....20
  - Snack Foods .....23
  - Soups .....24
  - Canned Vegetables .....25
  - Other Canned Foods .....26
  
- Restaurant Foods .....27
  - Breakfast Foods .....27
  - Breads .....27
  - Chicken, Fried .....28
  - Chicken Strips and Nuggets .....28
  - Pizza .....28
  - Potatoes, Fried .....29
  - Salads .....29
  - Sandwiches .....30
  - Soups .....31

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## Sodium Levels in Processed Foods

**S**alt—sodium chloride—is perhaps the deadliest ingredient in the food supply. While a small amount of sodium is necessary for health, the amount in the typical American diet is a major cause of high blood pressure, or hypertension. Currently, 65 million Americans suffer from that condition, which increases the risk of heart disease and stroke. Together those diseases kill about 650,000 people annually. Sodium's contribution is major. In 2004, the director of the National Heart, Lung, and Blood Institute and two other experts estimated that *reducing sodium levels in processed and restaurant foods by 50 percent would save 150,000 lives a year.*<sup>1</sup> (For a more thorough discussion of the effects of sodium on health, please see "Salt: The Forgotten Killer," published by the Center for Science in the Public Interest (CSPI) in February 2005.<sup>2</sup>)

When they think about salt, most people think of the salt shaker on their kitchen table. But the salt shaker supplies only a small percentage of a person's daily intake. Processed and restaurant foods account for more than three-quarters of all sodium, according to a 1991 study.<sup>3,4</sup> That figure is

probably even higher today. The same study estimated that naturally occurring sodium (especially in dairy foods) accounts for about 12 percent of our intake, and sodium from salt added in cooking or at the table adds another 11 percent.

The 2005 edition (and every previous edition) of the Dietary Guidelines for Americans, which is published jointly by the U.S. Department of Health and Human Services and U.S. Department of Agriculture, emphasizes the importance of lowering sodium levels in foods. It states:

When consumers are offered a lower sodium product, they typically do not add table salt to compensate for the lower sodium content, even when available. Therefore, any program for reducing the salt consumption of a population should concentrate primarily on reducing the salt used during food processing and on changes in food selection (e.g., more fresh, less-processed items, less sodium-dense foods) and preparation.

Though excessive sodium consumption has long been of great concern to health professionals, food processors have done little to reduce sodium levels. In one study, since 1983, CSPI has monitored the sodium content of 100 popular foods. Of the 69 products still marketed in 2004, the average sodium content decreased by just 5 percent (from 592 mg to 564 mg), or 0.3 percent per

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<sup>1</sup>Havas S, Roccella EJ, Lenfant C. Am J Pub Health. 2004;94:19-22.

<sup>2</sup> <http://www.cspinet.org/salt/saltreport.pdf>.

<sup>3</sup> Institute of Medicine. *Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate*. (2004) pp. 6-44.

<sup>4</sup> Mattes RD, Donnelly D. J Am Coll Nutr.

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1991;10:383-93.

year.<sup>5</sup> And between 1994 and 2004, the average sodium content actually *increased* by 6 percent. As discussed below, CSPI has monitored a larger sample since 2005.

## **Brand Variations**

**T**hough the food industry has paid little heed to calls for reducing sodium, it is clear that the sodium content of many foods can be reduced substantially. This report compares different brands of similar products (efforts were made to compare similar sizes, shapes, and flavors of products). All the products are sold in large mainstream or natural-foods stores and generally do *not* include special low-sodium foods that are marketed as niche products. This report compares the amount of sodium (in milligrams [mg]) per 100-gram (g) quantities of foods so as to adjust for different serving sizes. All the data were obtained from food labels, company web sites, or company representatives.

Most categories show wide variations in sodium content among brands. It is not uncommon for some brands to have 50 percent, 100 percent, or even more sodium than a competing brand. For instance, a medium order of fries has more than twice the sodium at Burger King as at McDonald's (509 vs. 231 mg/100 g). Hunt's Tomato Paste has over five times as much sodium as Contadina Roma Style Tomato Paste (318 vs. 61 mg/100 g). Bumble Bee solid white albacore tuna has 70 percent more sodium than Crown Prince's product (321 vs. 188 mg/100 g).

In some cases, though, different brands have identical or almost identical levels of sodium. For instance, among sliced

American cheese, the Velveeta and Lucerne Deluxe brands both contain 1,286 mg/100g of sodium. Of course, that doesn't mean that both of those companies couldn't reduce sodium levels.

There seems to be little pattern as to which products are lowest in sodium. In some cases, the brands offered at conventional supermarkets have much more sodium than specialty brands at natural-foods stores. For instance, Arnold's Country Classics white bread has nearly 50 percent more sodium than Whole Foods organic white bread (605 vs. 414 mg/100g), and Ore-Ida Tater Tots have more sodium than Whole Foods' 365 Tater Puffs (488 vs. 282 mg/100 g). But some natural-foods brands have much more sodium: Amy's Organic Family Marinara Pasta Sauce has more sodium than Barilla Marinara Tomato & Onion (472 vs. 368 mg/100 g).

Likewise, some supermarket-brand products are lowest in sodium; other times they are highest. Safeway Premium Select BBQ Sauce has about half as much sodium as Kraft Original BBQ Sauce (639 vs. 1,222 mg/100 g). But Safeway Lucerne Whole Milk Ricotta Cheese has twice as much sodium as Sorrento's ricotta (242 vs. 121 mg/100 g).

The one time when higher levels of sodium might be tolerable is when salt (and other sodium-containing ingredients) are used to prevent the growth of dangerous bacteria. But even in those foods, sodium levels may vary considerably. Armour Jumbo Hot Dogs contains 45 percent more sodium than Nathan's Bigger-than-the-Bun 8 Skinless Beef Franks (1,193 mg vs. 825 mg/100 g). And Wal-Mart's Great Value Smoked Bacon has 50 percent more sodium than Safeway Select Naturally Smoked Thick Sliced bacon (2,133 vs. 1,429 mg/100 g).

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<sup>5</sup> Jacobson M. Am J Clin Nutr. 2005;81:941-2.

The fact that sodium levels vary so widely among brands in a given category shows that many companies could lower the sodium contents of their products sharply without seriously sacrificing flavor. If companies gradually lowered sodium levels, consumers gradually would become accustomed to less salty foods. In a small, but interesting, experiment in Australia, researchers found that people could barely, if at all, detect when the sodium content of bread was reduced by 25 percent over six weeks.<sup>6</sup> And many people who go on low-sodium diets to lower their blood pressure say that they get used to unsalted foods rather quickly and enjoy the taste of the *food*, as opposed to the *salt*.

### **Changes from 2005 to 2008**

Once again in 2005, the Dietary Guidelines for Americans recommended lower-sodium diets. The media in North America and Europe have run an unprecedented number of news items about the risks of high-sodium diets. Some companies have issued press releases highlighting reformulations that lowered the sodium content of their products. And in 2007 the Grocery Manufacturers Association, and in 2008 the National Restaurant Association, sponsored conferences to encourage their members to lower the sodium content of their offerings.

So what has industry done? To answer that question, CSPI compared the late-2008 sodium content of the more than 500 products included in this report with the original 2005 content. The results were disappointing. The average sodium content of 529 products has remained essentially

constant, *increasing* by a slight 0.7 percent. About as many products (109) increased by more than five percent as decreased (113) by that percentage. And there were almost twice as many (29) products that *increased* by 30 percent or more as decreased by that percentage (17).<sup>7</sup>

Still, it was nice to see that some companies cut sodium levels dramatically. Contadina's Roma Style Tomato Paste lost 93 percent of its sodium. The Hungry-Man Boneless Fried Chicken frozen dinner dropped 861 mg of sodium. And Pepperidge Farm's Hot Dog Bun is 30 percent lower in sodium.

On the other hand, Hardee's French fries contain three times as much sodium as they did in 2005. The sodium content of Jimmy Dean's Regular Premium Pork Sausage increased by 61 percent. Reggio's Chicago Style Premium Pepperoni Pizza now has an extra 300 mg of sodium per serving. And Original Open Pit Barbecue Sauce has one-third more sodium. Clearly, some companies have not heard that high-sodium diets cause heart attacks.

### **Recommendations**

Lowering sodium is one of the most important dietary changes that Americans need to make—and there is responsibility in many quarters. Consumers need to read labels carefully and choose lower-sodium products, for the sake of their own health. Restaurants and food processors need to lower the sodium content of their foods, for the sake of their customers' health and to avoid unflattering publicity. And government—the federal government and state and local

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<sup>6</sup> Girgis S, Neal B, Prescott J, et al. Eur J Clin Nutr. 2003;57:616-20. Rodgers A, Neal B. Lancet. 1999;353:1332.

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<sup>7</sup> Caveats: Some companies might simply have corrected errors in their 2005 data, and these figures of necessity ignore any lower-sodium products introduced since 2005.

governments—needs to develop programs and adopt regulations that would decrease the sodium content of the food supply, for the sake of the public's health. The federal (or state/local) government should consider the following measures:

- ◆ The FDA has not had a single employee charged with lowering sodium levels. Congress should provide generous funding for an FDA Division of Sodium Reduction to develop regulations, press industry to use less salt, and monitor sodium levels in foods and diets.
- ◆ Attention-getting symbols on the fronts of high-sodium foods would be more effective than current labels in encouraging companies to reduce sodium levels and consumers to choose lower-sodium brands. Labels could have a stop sign or other symbol with the words “High in Salt.” Trigger levels for such labeling might vary with the food category and could be gradually reduced over the years. (Foods high in saturated/trans fat, added sugars, or cholesterol or low in dietary fiber should be dealt with similarly.)
- ◆ Local, state, or federal laws should require chain table-service restaurants to list the sodium (and calorie and saturated/trans fat) content next to each food or meal on menus. Fast-food chains should list only calories on their menu boards, but provide brochures with sodium and other nutrition information.
- ◆ The most effective way to reduce sodium would be for the FDA and U.S. Department of Agriculture (which regulates foods that contain meat or poultry) to set sodium limits for categories of processed foods that are the biggest sources of sodium. The limits could be based on the levels in the lowest-sodium brands, or on the median sodium content, in each category. Companies would be given several years to comply. Judging from the wide variation in sodium levels in competing brands of the same products, many companies could reduce levels significantly and easily. Once companies were in compliance, the limits could be reduced to the new median (or other lower) value.
- ◆ The FDA should modernize the regulation of salt by changing salt's regulatory status from “Generally Recognized As Safe” (GRAS) to a “food additive.” (Alternatively, the GRAS designation could be modified by setting safe limits for various food categories.) That change would indicate to the public and food industry that over-consumption of salt is a serious problem and would facilitate limiting the sodium content of processed foods.
- ◆ If the FDA and USDA do not limit sodium in foods, officials could use their bully pulpits to prod manufacturers to voluntarily use less salt. U.S. officials should copy their British counterparts' aggressive strategy and set targets for various food categories, mount well-funded education campaigns, and publicly criticize unresponsive companies. Congress should provide major funding for the Department of Health and Human Services to educate the public about sodium and pressure food manufacturers and restaurants to lower sodium levels.

- ◆ Though relatively little of our salt comes from canisters bought at the supermarket, it would be useful for canister labels to include a health notice, such as “SALT PROMOTES HEART DISEASE. USE LESS. TRY USING LESS SALT THAN RECIPES CALL FOR.”
- ◆ Since sodium is only one of many factors that cause cardiovascular and other diseases, the federal government should sponsor major campaigns to promote diets rich in vegetables, beans, fruit, whole grains, nuts, and seafood, along with lean meat and poultry and fat-free or low-fat dairy products. It should also help schools serve more healthful meals, provide financial incentives to farmers to produce more healthful foods, and give bonus food stamps to enable recipients to buy more fruits and vegetables. Finally, the government should support measures to encourage physical activity.

#### **Notes about the Table**

The Table on the following pages compares (a) the sodium content of various brands of the same type of food and (b) the sodium levels in 2005 (2007 for Wal-Mart products) with levels in 2008. “N/A” indicates that 2005 data were not available. Most products listed were identified in 2005 as a convenience sample; the sample is not representative of all foods in grocery stores or restaurants.

The data were gathered primarily from food labels or, when products could not be found in stores in the Washington, D.C., area, CSPI called the manufacturers. Information about restaurant foods was obtained from companies’ web sites. In a few cases, according to the manufacturers, the names, but not the products themselves, were changed since 2005. The sodium content of several Giant products varies depending on package size because of rounding and other factors. In categories where some brands listed the weight (grams) and others listed the volume (milliliters), we assumed that one milliliter weighed one gram.

In some cases, the apparent changes between 2005 and 2008 might not be real, because companies reanalyzed their products or corrected errors. It is important to note that while the average sodium content of the foods monitored did not change between 2005 and 2008, that figure is not weighted by sales volume. Finally, CSPI regrets any errors it might have made in compiling these data.

## Brand-name Comparisons of Sodium Levels

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>Packaged Foods</b>					
<b>Baked Goods</b>					
<b>Biscuits, Refrigerated</b>					
Safeway Jumbos Jumbo Flaky	1 biscuit (57g)	450	789	—	-4%
Great Value (Wal-Mart) Jumbos Butter Flavored Flaky	1 biscuit (57g)	460	807	2%	0%
Safeway Jumbos Butter Flavored	1 biscuit (57g)	460	807	2%	-8%
Pillsbury Original Grands Flaky Layers	1 biscuit (58g)	550	948	20%	0%
Pillsbury Grands Homestyle Original	1 biscuit (58g)	600	1,034	31%	2%
Pillsbury Golden Layers Butter Tastin'	1 biscuit (34g)	360	1,059	34%	0%
Great Value Jumbo Flaky	1 biscuit (57g)	640	1,123	42%	0%
<b>Bread, Italian</b>					
Schmidt	1 sl. (31g)	150	484	—	-24%
Giant sliced	1 sl. (31g)	150	484	—	-21%
Pepperidge Farm Italian Bread with Sesame Seeds	1 sl. (32g)	190	594	23%	5%
Wonder Seeded	2 sl. (45g)	270	600	24%	-7%
Maier's	1 sl. (31g)	240	774	60%	0%
<b>Breads, 100% Whole Wheat</b>					
Pepperidge Farm Farmhouse Bread Soft	1 sl. (43g)	150	349	—	0%
Giant 100% Stone Ground	1 sl. (30g)	130	433	24%	0%
Arnold Stone Ground	1 sl. (27g)	140	519	49%	8%
Great Value (Wal-Mart) 100% Whole Wheat Bread	1 sl. (42g)	220	524	50%	5%
Stroehmann Dutch Country	1 sl. (38g)	200	526	51%	11%
Wonder Stoneground	1 sl. (32g)	170	531	52%	-11%
Schmidt Old Tyme	1 sl. (27g)	150	556	59%	11%
Arnold Whole Grain Classics	1 sl. (38g)	220	579	66%	22%

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\* Adjusted for serving size.

*Salt Content of Foods • 7*

<b>Item</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>	<b>Sodium mg/100g of Product</b>	<b>Increase in Sodium over First Item</b>	<b>Change in Sodium from 2005 to 2008*</b>
<b>Bread, White</b>					
Whole Foods Organic	2 sl. (58g)	240	414	—	-16%
Vermont Bread Company Soft All Natural	1 sl. (34g)	115	338	-18%	0%
OvenJoy	2 sl. (47g)	220	468	13%	1%
Great Value (Wal-Mart) White Bread	1 sl. (45g)	220	489	18%	-2%
Wonder Regular	1 sl. (26g)	130	500	21%	-4%
Sunbeam Sandwich	1 sl. (26g)	135	519	25%	0%
Safeway Butter Top	2 sl. (47g)	250	532	28%	2%
Pepperidge Farm Family Size	2 sl. (53g)	300	566	37%	-3%
Pepperidge Farm Farmhouse Bread Hearty	1 sl. (43g)	250	581	40%	-11%
Arnold Brick Oven Premium	2 sl. (48g)	280	583	41%	8%
Arnold Country Classics Country	1 sl. (43g)	260	605	46%	0%
<b>Buns, Hamburger</b>					
Pepperidge Farm	1 bun (43g)	180	419	—	-18%
Wonder 8 Buns	1 bun (43g)	210	488	17%	-5%
Great Value (Wal-Mart) Enriched	1 bun (43g)	230	535	28%	0%
Whole Foods Organic	1 bun (64g)	390	609	45%	98%
Giant Enriched	1 bun (43g)	280	651	55%	0%
<b>Buns, Hot Dog</b>					
Pepperidge Farm	1 bun (50g)	190	380	—	-30%
Wonder 8	1 bun (43g)	210	488	29%	-5%
Great Value (Wal-Mart) Enriched	1 bun (43g)	230	535	41%	0%
<b>Potato Bread</b>					
Martin's famous Dutch taste Sandwich Potato Bread	1 sl. (32g)	120	375	—	0%
Wonder Country Potato Bread	1 sl. (34g)	160	471	25%	-6%
Stroehmann Dutch Country Potato Bread	1 sl. (35g)	170	486	30%	6%
<b>Potato Buns</b>					
Schmidt Potato Buns, long	1 bun (53g)	190	358	—	N/A

*Sodium Content of Foods • 8*

<b>Item</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>	<b>Sodium mg/100g of Product</b>	<b>Increase in Sodium over First Item</b>	<b>Change in Sodium from 2005 to 2008*</b>
<b>Potato Rolls</b>					
Schmidt's Potato Rolls	1 roll (53g)	190	358	—	0%
Martins Potato Party Rolls	1 roll (35g)	190	358	—	0%
Martins Famous Dutch Taste Potato Sandwich Rolls	1 roll (53g)	200	377	5%	0%
Stroehmann Dutch Country 8 Hot Dog Potato Rolls	1 roll (53g)	270	509	42%	0%
<b>Crackers, Cheez-It type</b>					
Sunshine Cheez-Its Baked Snack	27 crackers (30g)	250	833	—	0%
Safeway Cheddar Cheese Baked Snack	27 crackers (30g)	250	833	—	0%
365 Cheese Squares Snack	30 crackers (31g)	310	1,000	20%	3%
Late July Cheddar Cheese Bite-Size	13 crackers (28g)	310	1,107	33%	1%
Great Value (Wal-Mart)	32 crackers (30g)	370	1,233	48%	0%
Barbara's Cheese Bites	22 crackers (28g)	380	1,357	63%	0%
<b>Crackers, Ritz type</b>					
Great Value (Wal-Mart) Snack Crackers	10 crackers (30g)	230	767	—	0%
Ritz	5 crackers (16g)	135	844	10%	0%
Reduced Fat Ritz	5 crackers (15g)	160	1,067	39%	7%
<b>Crackers, Woven-wheat</b>					
Triscuit Reduced Fat	7 crackers (29g)	160	552	—	0%
365 Baked Woven Wheats Whole Wheat	8 crackers (30g)	170	567	3%	0%
Safeway Reduced Fat Woven Wheats Baked Snack	8 crackers (32g)	200	625	13%	11%
Triscuit Original	7 crackers (28g)	180	643	16%	0%
Safeway Woven Wheats Baked Snack	8 crackers (31g)	200	645	17%	18%
Great Value (Wal-Mart) Double Cross	7 crackers (31g)	200	645	17%	0%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>Crackers, Wheat thin type</b>					
Barbara's Wheatines	4 crackers (14g)	80	571	—	0%
365 Wheat Squares Snack	16 crackers (30g)	200	667	17%	5%
Nabisco Wheat Thins Original	16 crackers (31g)	260	839	47%	-4%
Great Value (Wal-Mart) Wheat Crackers	16 crackers (31g)	260	839	47%	-7%
Nabisco Wheat Thins Reduced Fat	16 crackers (29g)	260	897	57%	0%
Reduced Fat Safeway Thin Wheats	16 crackers (31g)	280	903	58%	-6%
Safeway Thin Wheats Baked Snack	16 crackers (31g)	290	935	64%	0%
<b>Crescent Rolls, Refrigerated dough</b>					
Great Value (Wal-Mart)	28g	220	786	—	0%
Pillsbury	1 oz. (28g)	220	786	—	0%
Giant	1 oz. (28g)	220	786	—	47%
<b>Dinner Rolls, Ready-to-eat</b>					
Giant Enriched	1 roll (28g)	130	464	—	-24%
Pepperidge Farm Sandwich Buns with Sesame Seeds	1 roll (46g)	220	478	3%	0%
Safeway Flaky Gem Brown 'n Serve	1 roll (27g)	180	667	44%	50%
<b>Dairy Products</b>					
<b>Butter, Stick, Salted</b>					
Nature's Promise Organic	1 tbsp. (14g)	90	643	—	20%
Breakstone's All Natural	1 tbsp. (14g)	90	643	—	0%
Great Value (Wal-Mart)	1 tbsp. (14g)	95	679	6%	6%
Land O'Lakes	1 tbsp. (14g)	95	679	6%	0%
Lucerne Sweet Cream	1 tbsp. (14g)	95	679	6%	6%
365 Sweet Cream	1 tbsp. (14g)	95	679	6%	0%
Kerrygold Pure Irish	1 tbsp. (14g)	105	750	17%	0%
365 Organic Sweet Cream Salted	1 tbsp. (14g)	115	821	28%	0%

*Sodium Content of Foods • 10*

<b>Item</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>	<b>Sodium mg/100g of Product</b>	<b>Increase in Sodium over First Item</b>	<b>Change in Sodium from 2005 to 2008*</b>
<b>Cheese, American, Blocks</b>					
Lucerne Smooth Melting American Cheese Loaf	28g	400	1,429	—	38%
Velveeta Pasteurized Prepared Product	1 oz. (28g)	410	1,464	2%	0%
Velveeta Light Reduced Fat Pasteurized Prepared Product	1 oz. (28g)	410	1,464	2%	-2%
<b>Cheese, American, Sliced</b>					
Giant Yellow Singles	1 sl. (21g)	260	1,238	—	-10%
Giant Yellow Deluxe	1 sl.(19g)	240	1,263	2%	-32%
Lucerne American Processed Cheese Food	1 sl. (19g)	240	1,263	2%	0%
Velveeta Slices Pasteurized Prepared Product	1 sl. (21g)	270	1,286	4%	8%
Lucerne Deluxe American Pasteurized Process	1 sl. (21g)	270	1,286	4%	0%
Great Value (Wal-Mart) Pasteurized Process Cheese Product	1 sl. (19g)	250	1,316	6%	0%
Kraft Singles American Pasteurized Prepared Product	1 sl. (19g)	250	1,316	6%	2%
Horizon Organic American Singles	1 sl. (19g)	250	1,316	6%	19%
Lucerne 2% Milk Reduced Fat Milk Slices	1 sl. (21g)	280	1,333	8%	0%
Lucerne Fat Free American Artificially Flavored Nonfat Pasteurized Process Product	1 sl. (21g)	310	1,476	19%	0%
<b>Cheese, Cheddar, Blocks</b>					
Tillamook Medium	1 oz.(28g)	170	607	—	-6%
Lucerne Extra Sharp	1 oz. (28g)	180	643	6%	0%
Great Value (Wal-Mart) Sharp	1 oz. (28g)	180	643	6%	0%
Land O' Lakes Sharp	1 oz. (28g)	190	679	12%	0%
Land O' Lakes Mild	1 oz. (28g)	190	679	12%	0%
<b>Cheese, Cheddar, Sliced</b>					
Organic Valley mild	1 sl. (21g)	130	619	—	2%
Kraft Cracker Barrel Natural Sharp Slices	1 sl. (28g)	180	643	4%	-1%
Lucerne Sliced Medium Natural	1 oz. (28g)	180	643	4%	0%
Great Value (Wal-Mart) Mild	(19g)	135	711	15%	0%
Kraft Deli Deluxe Sharp Slices	1 sl. (28g)	440	1,571	154%	N/A

*Salt Content of Foods • 11*

<b>Item</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>	<b>Sodium mg/100g of Product</b>	<b>Increase in Sodium over First Item</b>	<b>Change in Sodium from 2005 to 2008*</b>
<b>Cheese, Ricotta</b>					
Sorrento Authentic Italian Taste Whole Milk Deli Style	1/4 c. (62g)	75	121	—	49%
Frigo Whole Milk	1/4 c. (62g)	85	137	13%	0%
Great Value (Wal-Mart) Whole Milk	1/4 c. (62g)	120	194	60%	117%
Lucerne Whole Milk All Natural	1/4 c. (62g)	150	242	100%	0%
Maggio Premium Whole Milk	1/4 c. (61g)	200	328	171%	33%
<b>Cheese, Cottage</b>					
Breakstone's 2% milkfat Small Curd	1/2 c. (124g)	400	323	—	0%
Light n' Lively Lowfat 1% Milkfat	1/2 c. (124g)	420	339	5%	6%
Great Value (Wal-Mart) 1% Lowfat Small Curd	113g	390	345	7%	0%
Lucerne Lowfat 2% Milkfat Calcium Fortified	1/2 c. (113g)	410	363	12%	0%
<b>Cheese, Cheddar, Sliced, Pasteurized processed product</b>					
Giant (12 oz.)	1 sl. (21g)	260	1,238	—	N/A
Lucerne Slices Sharp	1 sl. (21g)	260	1,238	0%	0%
Guaranteed Value	1 sl. (19g)	240	1,263	2%	N/A
<b>Cheese, Cream, Brick</b>					
Organic Valley	2 tbsp. (30g)	100	333	—	-23%
Lucerne	2 tbsp. (30g)	105	350	5%	5%
Kraft Philadelphia Original	1 oz. (28g)	105	375	13%	0%
Great Value (Wal-Mart)	2 tbsp. (30g)	200	667	100%	87%
<b>Cheese, Cream, Fat Free</b>					
Lucerne	2 tbsp. (30g)	200	667	—	48%
Kraft Philadelphia	1 oz. (28g)	190	679	2%	-5%
Great Value (Wal-Mart)	2 tbsp. (28g)	200	714	7%	0%
<b>Cream Cheese, Light</b>					
Great Value (Wal-Mart) 1/3 Less Fat	2 tbsp. (28g)	110	393	—	0%
Kraft Philadelphia Light	2 tbsp. (31g)	140	452	15%	-4%
Giant Light	2 tbsp. (30g)	140	467	19%	4%

Sodium Content of Foods • 12

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>Cheese, Cream, Whipped</b>					
Great Value (Wal-Mart)	2 tbsp. (20g)	65	325	—	0%
Giant	2 tbsp. (20g)	65	325	—	0%
Kraft Philadelphia Whipped	2 tbsp. (21g)	90	429	32%	0%
<b>Cheese, Monterey Jack</b>					
Giant	1 oz. (28g)	170	607	—	0%
Lucerne Natural	1 oz. (28g)	170	607	—	0%
Great Value (Wal-Mart)	1 oz. (28g)	180	643	6%	0%
Land O'Lakes	1 oz. (28g)	190	679	12%	0%
<b>Cheese, Mozzarella, Part-skim</b>					
Giant	1 oz. (28g)	170	607	—	1%
Lucerne Low Moisture 32 oz. pack	1 oz. (28g)	170	607	—	0%
Organic Valley Organic Low Moisture	1 oz. (28g)	190	679	12%	81%
Sorrento Low Moisture	1 oz. (28g)	190	679	12%	6%
Frigo Low Moisture	1 oz. (28g)	200	714	18%	-5%
<b>Cheese, Swiss, Block</b>					
365 Swiss Cheese	1 oz. (28g)	60	214	—	0%
Giant Super G Deli Chunk	1 oz. (28g)	60	214	—	-54%
Great Value (Wal-Mart)	1 oz. (28g)	130	464	117%	0%
<b>Cheese, Swiss, Sliced</b>					
Sargento	19g	40	211	—	N/A
Lucerne Sliced Natural	1 sl. (21g)	50	238	13%	0%
Great Value (Wal-Mart)	1 oz. (28g)	130	464	95%	0%
<b>Frozen Foods</b>					
<b>Chicken, Fried, Dinners</b>					
Swanson Classic (with Mashed Potatoes, Sweet Corn)	1 pkg. (280g)	790	282	—	-55%
Hungry Man Boneless (with Mashed Potatoes, Corn & a Brownie)	1 pkg. (454g)	1,300	286	2%	-40%
Banquet Our Original Meal (with mashed Potatoes and Corn)	1 pkg. (228g)	950	417	48%	18%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>Macaroni and Cheese, Frozen dinners</b>					
Stouffer's Lean Cuisine	10 oz.	630	223	—	-3%
Weight Watchers Smart Ones	1 meal (283g)	790	279	25%	-1%
Banquet Meal	1 meal (340g)	1,100	324	45%	-27%
<b>Chicken, Nuggets</b>					
Banquet Chicken Breast	5 pcs. (85g)	490	576	—	4%
Great Value (Wal-Mart)	5 pcs. (84g)	650	774	34%	0%
<b>Chicken, Tenders</b>					
Weaver Original	4 pcs. (85g)	330	388	—	32%
Banquet Chicken Breast Strips	5 pcs. (85g)	410	482	24%	-15%
Tyson Quick 'N Easy	68g	370	544	40%	40%
Great Value (Wal-Mart)	85g	480	565	46%	0%
<b>Pizza, Cheese</b>					
Elio's	2 sl. (138g)	530	384	—	7%
Linda McCartney All-Natural	1/2 pizza (128g)	550	430	12%	-10%
Tony's Original Crust	1/3 pizza (142g)	640	451	17%	-18%
365 Four Cheese	1/3 pizza (132g)	600	455	18%	0%
Amy's	1/3 pizza (123g)	590	480	25%	0%
Great Value (Wal-Mart) stone-fired 5 Cheese (4 Cheese in 2007)	1/5 pizza (125g)	640	512	33%	-17%
Totinos Crisp Crust Party Original 3-Cheese	1/2 pizza (139g)	750	543	42%	7%
Celeste Pizza for One Original Cheese	1 pizza (158g)	1,090	690	80%	1%
<b>Pizzas, French Bread, Pepperoni</b>					
Healthy Choice Pepperoni	1 pizza (168g)	600	357	—	1%
Stouffer's	1 pc. (159g)	810	509	43%	73%
Red Baron Pepperoni	1 pizza (153g)	1,090	712	100%	2%

*Sodium Content of Foods • 14*

<b>Item</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>	<b>Sodium mg/100g of Product</b>	<b>Increase in Sodium over First Item</b>	<b>Change in Sodium from 2005 to 2008*</b>
<b>Pizzas, Pepperoni</b>					
Reggio's Chicago Style Premium	1/4 pizza (140g)	700	500	—	75%
Tony's Original Crust	1/3 pizza (148g)	770	520	4%	-27%
Red Baron Classic	1/5 pizza (142g)	740	521	4%	-20%
Safeway	1/6 pizza (140g)	740	529	6%	-4%
Tombstone Brick Oven Style	1/4 pizza (124g)	720	581	16%	0%
Great Value (Wal-Mart)	1/5 pizza (125g)	770	616	23%	-13%
Totinos Crisp Crust	1/2 pizza (145g)	920	634	27%	6%
Pizza for One	1 pizza (156g)	1,190	763	53%	21%
<b>Pot Pies, Chicken</b>					
Marie Callender's	1 pie (234g)	830	355	—	-2%
Stouffer's	1 package (235g)	890	379	7%	-9%
Pepperidge Farm Premium	1 pie (227)	870	383	8%	0%
Swanson	1 pie (198g)	770	389	10%	12%
Great Value (Wal-Mart)	1 pie (198g)	950	480	35%	0%
Banquet	1 pie (198g)	1,040	525	48%	9%
<b>Potatoes, Puffed</b>					
356 Tater Puffs	9 pcs. (85g)	240	282	—	0%
Giant	85g	270	318	13%	N/A
Ore-Ida Tater Tots	9 pcs. (86g)	420	488	73%	0%
<b>Taquitos, Chicken</b>					
Delimex Chicken	5 pcs. (140g)	540	386	—	12%
Giant Chicken	85g	390	459	19%	N/A
<b>Taquitos, Beef &amp; Cheddar</b>					
Delimex Beef & Cheddar	5 pcs. (140g)	370	264	—	-43%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>Meats</b>					
<b>Bacon</b>					
Gwaltney Thick Sliced Virginia Cured	18g	240	1,333	—	-11%
Oscar Mayer Hearty Thick Cut	1 sl. (12g)	250	2,083	56%	0%
Hormel Original	2 sl. (15g)	330	2,200	65%	0%
Oscar Mayer Center Cut 30% lower fat	2 sl. (12g)	270	2,250	69%	0%
<b>Bacon, Smoked</b>					
Safeway Select Naturally Smoked Thick Sliced	2 sl. (14g)	200	1,429	—	0%
Gwaltney Premium Hardwood Sliced	2 sl. (14g)	230	1,643	15%	6%
Smithfield Naturally Hickory Smoked	2 sl. (12g)	210	1,750	22%	-6%
Jamestown Brand Hardwood Sliced	15g	270	1,800	26%	-24%
Jimmy Dean Fresh Taste Hickory Fully Cooked	3 sl. (17g)	310	1,824	28%	9%
Smithfield Naturally Hickory Smoked Center Cut 40% Lower Fat	15g	280	1,867	31%	3%
The Butcher's Cut Hickory Smoked, Sliced	2 sl. (15g)	280	1,867	31%	4%
Oscar Mayer Naturally Hardwood	2 sl. (14g)	290	2,071	45%	0%
Great Value (Wal-Mart) Smoked	2 sl. (15g)	320	2,133	49%	0%
<b>Bacon, Turkey</b>					
Esskay Smoked	28g	200	714	—	N/A
Butterball Thin & Crispy	3 sl. (27g)	260	963	35%	-28%
Oscar Mayer Louis Rich	1 sl. (15g)	180	1,200	68%	-7%
<b>Chicken, Fresh or Frozen</b>					
Perdue Chicken Split Breasts	191g	100	52	—	1%
Perdue Boneless Skinless Breast with Rib Meat	191g	100	52	—	-22%
Perdue Whole Chicken White Meat	84g	45	54	3%	-47%
Perdue Oven Stuffer Fresh Whole Roaster Breast with Ribs and Back, White Meat	84g	50	60	14%	24%
Chicken, Broilers or Fryers, Breast, Meat only, Raw (USDA)	100g	65	65	25%	0%
Perdue Whole Chicken Dark Meat	84g	55	65	26%	N/A
Mountaire Farms Boneless Breasts Skinless with Rib Meat	112g	75	67	29%	-80%

*Sodium Content of Foods • 16*

<b>Item</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>	<b>Sodium mg/100g of Product</b>	<b>Increase in Sodium over First Item</b>	<b>Change in Sodium from 2005 to 2008*</b>
Perdue Oven Stuffer Fresh Whole Roaster Breast with Ribs and Back, Dark Meat	84g	60	71	37%	N/A
The Butcher's Cut (Safeway) Boneless Skinless Breast with Rib Meat	112g	85	76	46%	-76%
Chicken, Broilers or Fryers, Drumstick, Meat and Skin, Raw (USDA)	100g	83	83	60%	0%
Super G Boneless Skinless Thighs	112g	95	85	63%	-5%
Chicken, Broilers or Fryers, Thigh, Meat only, Raw (USDA)	100g	86	86	65%	0%
Tyson Boneless Skinless Chicken Breasts	112g	110	98	89%	-52%
Perdue Drumsticks	61g	65	107	105%	0%
Tyson Fresh Boneless, Skinless Chicken Thigh Cutlets	112g	160	143	175%	-36%
Manor House Young Chicken Boneless Skinless (Breast) Tenderloins (frozen)	112g	170	152	192%	1%
<b>Hams</b>					
Carl Buddig Honey Ham	56g	460	821	—	-23%
Healthy Choice Baked Cooked	6 sl. (56g)	470	839	2%	-3%
Smithfield 97% Fat Free Cooked	1 sl. (28g)	310	1,107	35%	0%
Oscar Mayer Baked Cooked	63g	760	1,206	47%	0%
Oscar Mayer Shaved Smoked	51g	640	1,255	53%	-3%
The Butcher's Cut 95% Fat Free Cooked	1 sl. (28g)	380	1,357	65%	0%
<b>Hot Dogs</b>					
Nathan's Bigger-than-the-Bun 8 Skinless Beef	1 link (57g)	470	825	—	0%
Gwaltney Big 8's Jumbo Beef	1 frank (56g)	480	857	4%	-17%
Ball Park Lite, Beef	1 frank (50g)	450	900	9%	-2%
Ball Park Fat Free Beef	1 link (50g)	470	940	14%	12%
Oscar Mayer XXL Deli Style Beef	1 link (76g)	740	974	18%	0%
The Butcher's Cut Jumbo Beef	1 link (57g)	560	982	19%	0%
Bar S Jumbo	1 link (56g)	590	1,054	28%	-13%
Armour Jumbo	1 frank (57g)	680	1,193	45%	10%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>Pork, Fresh or Frozen</b>					
IBP Supreme Lean Pork Tenderloin	112g	50	45	—	-1%
Pork, Loin, Whole, Lean and Fat, Raw (USDA)	100g	50	50	11%	0%
Smithfield Pork Spareribs, St. Louis Style	112g	85	76	69%	31%
Smithfield Pork Loin Back Ribs	112g	85	76	69%	0%
Pork, Spareribs, Lean and Fat, Raw (USDA)	100g	81	81	80%	7%
Tyson Fresh Boneless Loin Roast	112g	290	259	475%	0%
Tyson Fresh Tenderloin	112g	300	268	495%	0%
Hormel Always Tender Fresh Pork Loin Back Ribs	112g	330	295	555%	0%
Hormel Always Tender Fresh Pork Spareribs	112g	330	295	555%	0%
Tyson Fresh Loin Country Style Ribs	112g	330	295	555%	0%
Tyson Fresh Spareribs	112g	330	295	555%	0%
<b>Sausage, Breakfast Links</b>					
365 Sizzle & Serve Links Pork	2 links (56g)	350	625	—	-8%
Armour Brown n Serve Original	3 links (60g)	380	633	1%	-35%
Jimmy Dean Pork Original	3 links (53g)	350	660	6%	15%
Johnsonville Original	3 links (55g)	490	891	43%	-20%
<b>Pork Sausage, Maple or Brown Sugar</b>					
Bob Evans Maple	3 links (51g)	310	608	—	-28%
365 Brown & Serve Link Made with Pork Maple	56g	360	643	6%	3%
Johnsonville Brown Sugar & Honey	3 links (55g)	440	800	32%	-4%
Johnsonville Maple Syrup	3 links (55g)	470	855	41%	-22%
<b>Sausage, Pork</b>					
Jimmy Dean Premium Regular	2 oz. (56g)	450	804	—	61%
Bob Evans Original Recipe	56g	460	821	2%	-1%
Jamestown Brand Mild	42g	400	952	18%	-5%
Safeway Select Country	56g	550	982	22%	0%

Sodium Content of Foods • 18

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>Pork Sausage, Hot</b>					
Jamestown Brand Hot	About 2 oz. (55g)	400	727	—	-38%
Jimmy Dean Premium Hot	2 oz. (56g)	490	875	20%	40%
Safeway Select Hot Country	2 oz. (56g)	550	982	35%	0%
<b>Pork Sausage, Sage</b>					
365 Brown & Serve Links	2 links (56g)	380	679	—	0%
Jimmy Dean Premium	2 oz. (56g)	420	750	10%	31%
Bob Evans Savory	2 oz. (56g)	570	1,018	50%	0%
<b>Turkey, Fresh or Frozen</b>					
Butterball Fresh Whole Turkey Breast	112g	55	49	—	N/A
Turkey, Young Hen, Breast, Meat and Skin, Raw (USDA)	100g	55	55	12%	0%
Shady Brook Farms Fresh Natural Hotel Style Young Turkey Breast with Ribs, Portions of Back and Wing Meat	112g	65	58	18%	7%
Perdue Frozen Whole Hen Turkey White Meat	3 oz. (84g)	50	60	21%	10%
Perdue Frozen Whole Hen Turkey Dark Meat	3 oz. (84g)	70	83	70%	N/A
Shady Brook Farms Turkey Breast Cutlets	112g	240	214	337%	0%
Marval Prime Young Turkey Breast (frozen)	4 oz. (112g)	390	348	611%	-21%
Butterball Frozen Fully Cooked Whole Turkey Breast	84g	500	595	1115%	N/A
<b>Turkey Breast, Sliced, Deli</b>					
Healthy Ones Oven Roasted and White (97% Fat Free)	7 sl. (56g)	450	804	—	-6%
Carl Buddig Oven Roasted Thins Sliced Lean	56g	460	821	2%	-23%
Smithfield 96% Fat Free Honey Roasted and White	1 sl. (28g)	250	893	11%	-24%
Smithfield 98% Fat Free Oven Roasted	1 sl. (28)	250	893	11%	-29%
Oscar Mayer Louis Rich 98% Fat Free Oven Roasted	28g	250	893	11%	-26%
Oscar Mayer Oven Roasted	3 sl. (57g)	520	912	13%	-24%
Butterball Smoked Hearty Thick Sliced (98% Fat Free)	1 sl. (28)	290	1,036	29%	16%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
Carl Buddig Honey Turkey	1 pack (56g)	600	1,071	33%	-21%
Hillshire Farms Deli Select Thin Sliced Oven Roasted	6 sl. (56g)	620	1,107	38%	2%
The Butchers Cut	1 sl. (28g)	380	1,357	69%	-12%
<b>Prepared Foods, Boxed</b>					
<b>Macaroni and Cheese</b>					
Giant Dinner	70g	560	800	—	6%
Nature's Promise Macaroni and Cheese Organic	1 c. (70g)	570	814	2%	1%
Kraft Dinner The Cheesiest	70g	580	829	4%	-3%
Great Value (Wal-Mart) Premium Macaroni and Cheese	70g	720	1,029	29%	17%
<b>Breakfast Cereals</b>					
Barbara's Honey Nut O's	30g	75	250	—	0%
General Mills Frosted Cheerios	28g	190	679	171%	-3%
<b>Salad Dressings</b>					
<b>Salad Dressings, Blue Cheese</b>					
Wishbone Just-2-Good	2 tbsp. (30g)	260	867	—	-16%
Ken's Steakhouse Lite Chunky Blue Cheese Dressing	2 tbsp. (31g)	350	1,129	30%	0%
Kraft Roka Brand Blue Cheese	2 tbsp. (29g)	380	1,310	51%	31%
<b>Salad Dressing, Caesar</b>					
Annie's Natural	2 tbsp. (30g)	210	700	—	23%
Great Value (Wal-Mart)	30g	210	700	—	0%
Safeway Select Fresh Garlic Light	1 tbsp. (15g)	120	800	14%	-45%
Cardini's The Original	2 tbsp. (29g)	240	828	18%	0%
Safeway Select Fresh Garlic	2 tbsp. (30ml)	260	867	24%	8%
365 Organic	2 tbsp. (30ml)	280	933	33%	8%
Wishbone Creamy	2 tbsp. (30g)	300	1,000	43%	0%
Newman's Own Creamy	2 tbsp. (30g)	340	1,133	62%	-27%
Girard's Light	2 tbsp. (31g)	370	1,194	71%	3%
Kraft's Classic	2 tbsp. (29g)	380	1,310	87%	23%
Ken's Steakhouse	2 tbsp. (29g)	430	1,483	112%	3%
Girard's Fat Free	2 tbsp (34g)	510	1,500	114%	2%

*Sodium Content of Foods • 20*

<b>Item</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>	<b>Sodium mg/100g of Product</b>	<b>Increase in Sodium over First Item</b>	<b>Change in Sodium from 2005 to 2008*</b>
<b>Salad Dressings, Caesar, Refrigerated</b>					
Marie's Caesar	2 tbsp. (28ml)	170	607	—	21%
T. Marzetti's Creamy Caesar	2 tbsp. (29g)	320	1,103	82%	33%
<b>Salad Dressing, Peppercorn Ranch</b>					
Giant	29g	230	793	—	0%
Ken's Steakhouse Fat Free	30g	390	1,300	64%	50%
<b>Salad Dressings, Ranch</b>					
Wishbone	2 tbsp. (30ml)	250	833	—	25%
Hidden Valley The Original	2 tbsp. (30g)	260	867	4%	0%
Ken's Steakhouse Buttermilk	2 tbsp. (30g)	280	933	12%	-10%
Hidden Valley Light Topping & Dressing	2 tbsp. (31g)	290	935	12%	0%
Kraft	2 tbsp. (30g)	310	1,033	24%	0%
Giant	2 tbsp. (29g)	300	1,034	24%	43%
Great Value (Wal-Mart) Buttermilk	30g	380	1,267	52%	0%
<b>Salad Dressings, Thousand-Island</b>					
Kraft Fat Free	2 tbsp. (33g)	260	788	—	0%
Giant	30g	280	933	18%	12%
Ken's Steakhouse	2 tbsp. (30g)	300	1,000	27%	0%
Giant Fat Free	30g	300	1,000	27%	-5%
Great Value (Wal-Mart)	2 tbsp. (30g)	320	1,067	35%	0%
<b>Sauces</b>					
<b>BBQ Sauce, Original</b>					
Safeway Premium Select	2 tbsp. (36g)	230	639	—	0%
KC Masterpiece Premium	2 tbsp. (36g)	240	667	4%	0%
Squeezable Sweet Baby Ray's Award Winning	2 tbsp. (37g)	290	784	23%	-3%
Giant	2 tbsp. (34g)	270	794	24%	-27%
Bull's-Eye	2 tbsp. (36g)	310	861	35%	-6%
Great Value (Wal-Mart)	2 tbsp (34g)	370	1,088	70%	0%
Kraft Original	2 tbsp. (36g)	440	1,222	91%	-1%
Tony Roma's	2 tbsp. (35g)	440	1,257	97%	0%
Original Open Pit	2 tbsp. (34g)	510	1,500	135%	33%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>BBQ Sauce, Honey</b>					
Squeezable Sweet Baby Ray's Award Winning	2 tbsp. (37g)	300	811	—	0%
Giant	2 tbsp. (36g)	320	889	10%	0%
Great Value (Wal-Mart)	2 tbsp. (36g)	320	889	10%	0%
Kraft	2 tbsp. (36g)	360	1,000	23%	0%
<b>Ketchup</b>					
Annie's Organic	1 tbsp. (17g)	150	882	—	0%
365	1 tbsp. (17g)	160	941	7%	0%
Heinz	1 tbsp. (17g)	190	1,118	27%	0%
Heinz Organic	1 tbsp. (17g)	190	1,118	27%	0%
Great Value (Wal-Mart)	1 tbsp. (17g)	190	1,118	27%	0%
<b>Salsa, Medium</b>					
Drew's All Natural	2 tbsp. (28g)	100	357	—	0%
Muir Glen Organic	2 tbsp. (31g)	130	419	17%	-4%
Chi Chi's Fiesta Thick & Chunky	2 tbsp. (30g)	150	500	40%	0%
Safeway Southwest	2 tbsp. (28g)	150	536	50%	0%
Whole Foods	2 tbsp. (31g)	210	677	90%	8%
Tostitos	2 tbsp. (33g)	250	758	112%	-4%
Old El Paso Thick N' Chunky	2 tbsp. (30g)	230	767	115%	0%
Herdez Salsa Casera	2 tbsp. (31g)	270	871	144%	0%
Sam's Choice (Wal-Mart) Thick & Chunky	2 tbsp. (30g)	300	1,000	180%	3%
<b>Salsa, Mild</b>					
Enrico's Organic	2 tbsp. (32g)	80	250	—	0%
Muir Glen Organic	2 tbsp. (31g)	130	419	68%	-4%
Chi Chi's Fiesta Thick & Chunky	2 tbsp. (30g)	150	500	100%	0%
Safeway Southwest Salsa Mild	2 tbsp. (28g)	150	536	114%	0%
Whole Foods	2 tbsp. (31g)	200	645	158%	3%
Tostitos	2 tbsp. (33g)	250	758	203%	-4%
Old El Paso Thick N' Chunky	2 tbsp. (30g)	230	767	207%	0%
Sam's Choice Thick & Chunky	2 tbsp. (31g)	240	774	210%	0%
Pace Chunky	2 tbsp. (30ml)	240	800	220%	0%

*Sodium Content of Foods • 22*

<b>Item</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>	<b>Sodium mg/100g of Product</b>	<b>Increase in Sodium over First Item</b>	<b>Change in Sodium from 2005 to 2008*</b>
<b>Sauce, Spaghetti</b>					
Walnut Acres Organic Marinara & Herbs	1/2 c. (125g)	330	264	—	0%
Classico Traditional Favorites Tomato & Basil	1/2 c. (125g)	380	304	15%	23%
365 Marinara	1/2 c. (118g)	430	364	38%	-14%
Barilla Marinara Tomato & Onion	1/2 c. (125g)	460	368	39%	-8%
Great Value (Wal-Mart) Traditional	1/2 c. (125g)	490	392	48%	0%
Newman's Own Marinara	1/2 c. (125g)	510	408	55%	0%
365 Organic	1/2 c. (113g)	470	416	58%	93%
Bertolli Marinara with Burgundy Wine	1/2 c. (126g)	530	421	59%	0%
Ragu Old World Style Traditional	1/2 c. (125g)	580	464	76%	-25%
Amy's Organic Family Marinara Pasta Sauce	1/2 c. (125g)	590	472	79%	0%
Safeway Select Premium Quality Verdi Marinara Pasta Sauce	1/2 c. (125g)	630	504	91%	0%
Francesco Rinaldi Original Traditional	1/2 c. (125g)	650	520	97%	0%
Giant Traditional	1/2 c. (125g)	660	528	100%	-10%
<b>Sauce, Steak</b>					
Great Value (Wal-Mart)	1 tbsp. (15g)	170	1,133	—	-6%
A1	1 tbsp. (17g)	280	1,647	45%	0%
Giant Golden Premium	1 tbsp. (17g)	300	1,765	56%	20%
<b>Sauce, Tomato</b>					
Great Value (Wal-Mart)	1/4 c. (61g)	260	426	—	0%
Giant	1/4 c. (62g)	280	452	6%	0%
Contadina	1/4 c. (61g)	280	459	8%	0%
Hunt's	1/4 c. (62g)	390	629	48%	3%
<b>Sauce, Soy</b>					
Safeway Select Gourmet Club Naturally Brewed	1 tbsp. (15ml)	920	6,133	—	0%
Kikkoman Naturally Brewed	1 tbsp. (15ml)	920	6,133	—	0%
La Choy	1 tbsp. (15ml)	1,160	7,733	26%	-8%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>Snack Foods</b>					
<b>Cheese Curls</b>					
Barbara's Bakery Cheese Puffed Bakes	1 oz. (28g)	190	679	—	0%
365	28g	210	750	10%	0%
Crunchitos Extra Cheddar Baked	28g	230	821	21%	-15%
Utz	1 oz. (28g)	260	929	37%	0%
Michael Season's Ultimate White Cheddar Cheese Puffs	1 1/2 c. (28g)	270	964	42%	0%
Cheetos Crunchy	1 oz. (28g)	290	1,036	53%	0%
Bachman	1 oz. (28g)	300	1,071	58%	-16%
Great Value (Wal-Mart) Cheddar Cheese Crunch	27 pcs. (28g)	340	1,214	79%	13%
<b>Potato Chips, Lightly Salted</b>					
Lay's Lightly Salted	28g	90	321	—	N/A
Kettle Chips Natural Gourmet Lightly Salted	1 oz. (28g)	105	375	17%	-5%
<b>Potato Chips and Crisps</b>					
Utz Kettle Classics Crunch	1 oz. (28g)	120	429	—	-68%
Grandma Utz's Handcooked	1 oz.	120	429	—	1%
Great Value (Wal-Mart) Original	20 pcs. (28g)	160	571	33%	0%
Pringles Original (crisps)	1 oz. (28g)	170	607	42%	0%
Lay's Classic	1 oz. (28g)	180	643	50%	0%
Lay's Wavy Original	1 oz. (28g)	180	643	50%	0%
Lowfat Kettle Crisps Gourmet Baked	18 pcs. (28g)	190	679	58%	19%
Ruffles Original	1 oz. (28g)	211	754	76%	32%
<b>Rice Snacks, Caramel Corn</b>					
Safeway	1 cake 13g	40	308	—	0%
Quaker	7 snacks (15g)	150	1,000	225%	0%
<b>Tortilla Chips, Yellow</b>					
Garden of Eatin Yellow All Natural	28g	55	196	—	-21%
Little Bear All Natural	28g	65	232	18%	0%

*Sodium Content of Foods • 24*

<b>Item</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>	<b>Sodium mg/100g of Product</b>	<b>Increase in Sodium over First Item</b>	<b>Change in Sodium from 2005 to 2008*</b>
Green Mountain Gringo Tortilla Strips	1 oz. (28g)	80	286	46%	-37%
Tostitos Natural	1 oz. (28g) 6 chips	100	357	82%	25%
Guiltless Gourmet Baked	1 oz. (28g) 18 chips	180	643	228%	13%
<b>Tortilla Chips, White</b>					
365 Organic	30g	50	167	—	0%
Tostitos Bite Size	1 oz. (28g)	110	393	135%	0%
Tostitos Scoops	1 oz. (28g)	120	429	157%	0%
Utz	1 oz. (28g)	120	429	157%	0%
Tostitos Hint of Lime	1 oz. (28g)	160	571	242%	0%
<b>Soups</b>					
<b>Broth, Beef</b>					
Swanson 99% Fat Free	1 c. (240ml)	890	371	—	13%
Safeway	1 c. (240ml)	910	379	2%	1%
Great Value (Wal-Mart)	1 c. (240g)	940	392	6%	0%
<b>Broth, Chicken</b>					
Health Valley Fat-Free	1 c. (240g)	390	163	—	3%
Swanson Certified Organic Free Range	1 c. (240ml)	550	229	41%	-4%
Pacific Free-Range	1 c. (240ml)	570	238	46%	0%
365 Organic	1 c. (237g)	660	278	71%	15%
Great Value (Wal-Mart)	1 c. (245g)	970	396	143%	0%
Swanson 99% Fat Free	1 c. (240ml)	960	400	145%	0%
Safeway	1 c. (245g)	1,000	408	150%	3%
<b>Soup, Cream of Tomato</b>					
Amy's Organic Low Fat	1 c. (240ml.)	340	142	—	0%
Walnut Acres Certified Organic	1 c. (250g)	600	240	69%	2%
Pacific Organic	1 c. (240ml.)	750	313	120%	0%
<b>Soup, Tomato</b>					
Progresso Classics Hearty Tomato	1 c. (245g)	1,110	453	—	17%
Great Value (Wal-Mart) Condensed	1/2 c. (122g)	680	557	23%	9%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
Safeway Condensed Soup	1/2 c. (123g)	710	577	27%	-4%
Campbell's, Condensed Classics	1/2 c. (120ml)	710	592	31%	0%
<b>Soup, Vegetable</b>					
Health Valley Organic	1 c. (240g)	480	200	—	-17%
Wolfgang Puck Hearty Thick Country	1 c. (245g)	690	282	41%	-8%
Great Value (Wal-Mart) with Vegetable Stock	123g	710	577	189%	0%
Campbell's, Condensed Classics Vegetarian Vegetable	1/2 c. (120ml)	790	658	229%	0%
Campbell's, Condensed Classics Vegetable (made with Beef Stock)	1/2 c. (120g)	890	742	271%	-1%
<b>Canned Vegetables</b>					
<b>Baked Beans</b>					
B&M Original	1/2 c. (131g)	390	298	—	3%
Great Value (Wal-Mart)	130g	490	377	26%	0%
Bush's Best Original	1/2 c. (130g)	550	423	42%	0%
<b>Baked Beans, Vegetarian</b>					
B&M	1/2 c. (130g)	380	292	—	12%
Heinz	1/2 c. (130g)	480	369	26%	N/A
Bush's Best Vegetarian	1/2 c. (130g)	550	423	45%	0%
<b>Tomatoes, Diced</b>					
Del Monte	1/2 c. (126g)	200	159	—	-20%
Contadina Roma Style	1/2 c. (122g)	200	164	3%	0%
Great Value (Wal-Mart)	1/2 c. (120g)	220	183	15%	1%
Furmanos	1/2 c. (127g)	270	213	34%	0%
Hunts Petite Diced	1/2 c. (121g)	340	281	77%	3%
Hunts Diced, Original	1/2 c. (121g)	340	281	77%	-11%
<b>Tomatoes, Crushed</b>					
Great Value (Wal-Mart)	1/4 c. (61g)	95	156	—	0%
Hunts	1/2 c. (121g)	290	240	54%	-17%
Contadina Roma Style	1/4 c. (61g)	150	246	58%	0%

*Sodium Content of Foods • 26*

<b>Item</b>	<b>Serving Size</b>	<b>Sodium (mg)</b>	<b>Sodium mg/100g of Product</b>	<b>Increase in Sodium over First Item</b>	<b>Change in Sodium from 2005 to 2008*</b>
<b>Tomatoes, Paste</b>					
Great Value (Wal-Mart)	2 tbsp. (33g)	20	61	—	-1%
Contadina Roma Style	2 tbsp. (33g)	20	61	—	-93%
Hunts	2 tbsp. (33g)	105	318	422%	17%
<b>Tomatoes, Whole &amp; Peeled</b>					
Hunts	1/2 c. (121g)	210	174	—	11%
Delallo	1/2 c. (121g)	220	182	4%	0%
Great Value (Wal-Mart) Whole in Juice	1/2 c. (121g)	220	182	4%	0%
Ferrara	1/2 c. (121g)	220	182	4%	-34%
Giant	1/2 c. (121g)	250	207	19%	0%
Muir Glen Organic	1/2 c. (122g)	260	213	22%	0%
<b>Other Canned Foods</b>					
<b>Tuna fish, White Albacore, Canned, Packed in Water</b>					
Crown Prince Natural Solid	1/4 c. (56g)	105	188	—	0%
365 Solid	1/4 c. (56g)	150	268	42%	0%
Bumble Bee Solid	1/4 c. (56g)	180	321	71%	-28%
Great Value (Wal-Mart)	1/4 c. (56g)	200	357	90%	-20%
<b>Spaghetti-O's</b>					
Campbell's SpaghettiOs	1 c. (252g)	630	250	—	-26%
Great Value (Wal-Mart) Spaghetti Rings	1 c. (252g)	950	377	51%	0%
Giant Spaghetti Rings	1 c. (252g)	970	385	54%	-9%
Safeway Spaghetti Rings in Tomato Sauce	1 c. (252g)	990	393	57%	-8%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>Restaurant Foods</b>					
<b>Breakfast Foods</b>					
<b>Egg Bacon and Cheese Biscuit</b>					
Hardee's	174g	1,360	782	—	0%
McDonald's	142g	1,230	866	11%	0%
<b>Egg and Cheese on a Bagel</b>					
Einstein Brothers Plain, Egg w/ Cheese	248g	840	339	—	3%
Au Bon Pain	213g	900	423	25%	8%
Dunkin Donuts	225g	1,120	498	47%	-6%
<b>Egg and Cheese on a Croissant</b>					
Dunkin Donuts Egg Cheese Croissant	153g	790	516	—	24%
Burger King Croissan'wich w/ Egg & Cheese	115g	740	643	25%	-1%
<b>Sausage, Breakfast</b>					
McDonald's Patty	41g	340	829	—	23%
Arby's Patty	51g	480	941	14%	N/A
<b>Sausage Biscuits, Breakfast</b>					
Hardee's	142g	1,240	873	—	0%
McDonald's	117g	1,080	923	6%	11%
Arby's	122g	1,160	951	9%	-14%
Chick-fil-A	131g	1,360	1,038	19%	88%
<b>Sausage and Egg Biscuits, Breakfast</b>					
Hardee's	185g	1,290	697	—	0%
McDonald's	163g	1,170	718	3%	15%
<b>Bread</b>					
<b>Breadsticks</b>					
Domino's	30g	100	333	—	-18%
Little Caesar's Crazy Bread	38g	150	395	19%	1%
Pizza Hut	65g	270	415	25%	-18%
Papa John's	115g	540	470	41%	1%

Sodium Content of Foods • 28

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>Chicken, Fried</b>					
<b>Chicken, Fried, Breast</b>					
KFC Original Recipe	156g	990	635	—	-11%
<b>Chicken, Fried, Thigh</b>					
KFC Original Recipe	106g	730	689	—	-18%
<b>Chicken Strips and Nuggets</b>					
<b>Chicken Nuggets</b>					
McDonald's 4-pc.McNuggets	64g	400	625	—	-11%
Wendy's 5-pc	75g	520	693	11%	6%
Chick-fil-A 8-pack	170g	1,250	735	18%	-24%
<b>Chicken Strips or Tenders</b>					
Jack in the Box	201g	1,260	627	—	-4%
Chick-fil-A (4)	215g	1,390	647	3%	12%
KFC Crispy Strips	152g	1,040	684	9%	-17%
Burger King 5-pc.	77g	540	701	12%	2%
Arby's Popcorn Chicken Regular	126g	930	738	18%	N/A
McDonald's Chicken Selects	219g	1,680	767	22%	10%
Hardee's 5 Piece	241g	2,260	938	50%	0%
<b>Pizza</b>					
<b>Pizza, Cheese, Thin Crust</b>					
Little Caesar's	113g	410	363	—	11%
Domino's Crunchy	76g	340	447	23%	-25%
Papa John's	96g	540	563	55%	1%
Pizza Hut	111g	820	739	104%	19%
<b>Pizza, Cheese, Hand-Tossed Style</b>					
Little Caesar's	113g	410	363	—	4%
Domino's	113g	490	434	19%	-11%
Papa John's Original Crust	132g	750	568	57%	0%
Pizza Hut	135g	830	615	69%	15%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>Pizza, Pepperoni, Hand-Tossed Style</b>					
Little Caesar's	120g	520	433	—	-5%
Domino's	125g	680	544	26%	-10%
Papa John's Original Crust	128g	810	633	46%	1%
Pizza Hut	134g	960	716	65%	22%
<b>Pizza, Pepperoni, Thin Crust Style</b>					
Little Caesar's	120g	520	433	—	-5%
Papa John's Original Crust	92g	600	652	51%	4%
<b>Potatoes, Fried</b>					
<b>French Fries, Medium</b>					
McDonald's	117g	270	231	—	20%
Wendy's	142g	370	261	13%	-14%
Burger King	116g	590	509	120%	-7%
Hardee's	162g	960	593	157%	207%
Arby's Curly	125g	928	742	221%	N/A
<b>Salads</b>					
<b>Caesar Salads</b>					
Panera	135g	310	230	—	-24%
Au Bon Pain Asiago	170g	470	276	20%	-11%
<b>Caesar Salad with Grilled Chicken</b>					
Au Bon Pain Grilled Chicken Caesar Asiago	241g	680	282	—	-19%
Chick-fil-A Chick-'n-Strips Salad	388g	1,170	302	7%	16%
McDonald's with 2 oz. Newman's Own Creamy Caesar Dressing	370g	1,390	376	33%	-4%
KFC Roasted Chicken Caesar Salad (w/ dressing and croutons)	322g	1,210	376	33%	-2%
Burger King Tendergrill Chicken Garden Salad with 2 oz. Ken's Creamy Caesar Dressing	343g	1,360	397	41%	-15%

Sodium Content of Foods • 30

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>Sandwiches</b>					
<b>Cheeseburgers</b>					
Jack in the Box	184g	970	527	—	-10%
Burger King	133g	780	586	11%	1%
Wendy's Jr.	109g	690	633	20%	1%
McDonald's	114g	750	658	25%	6%
<b>Cheeseburgers, Large</b>					
Jack in the Box Jumbo Jack w/ Cheese	286g	1,310	458	—	8%
Original Burger King Whopper w/ Cheese	315g	1,450	460	1%	0%
McDonald's Quarter Pounder w/ Cheese	198g	1,190	601	31%	4%
<b>Grilled Chicken Sandwiches</b>					
Arby's Chicken Fillet Sandwich Grilled	244g	1,002	411	—	N/A
Wendy's Ultimate Chicken Grill Sandwich	211g	950	450	10%	-8%
Burger King Original Sandwich	219g	1,190	543	32%	-13%
McDonald's Premium Grilled Chicken Classic Sandwich	226g	1,290	571	39%	19%
<b>Hamburgers</b>					
Burger King	121g	560	463	—	2%
Wendy's Jr.	98g	490	500	8%	-3%
McDonald's	100g	520	520	12%	3%
<b>Hamburgers, Medium</b>					
Burger King Whopper	290g	1,020	352	—	0%
McDonald's Quarter Pounder	169g	730	432	23%	1%
<b>Hamburgers, Large</b>					
McDonald's Big 'n Tasty	206g	720	350	—	-15%
Hardee's 1/3 lb. Thickburger	349g	1,560	447	28%	4%
<b>Roast Beef Sub Sandwiches</b>					
Blimpie	599g	2,102	351	—	-8%
Subway	448g	1,800	402	14%	-2%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2008*
<b>Soups</b>					
<b>Beef Soup</b>					
Au Bon Pain Beef and Vegetable	340g	1,010	297	—	-2%
Blimpie's Beef Stew	241g	890	369	24%	-13%
<b>Chicken Noodle Soup</b>					
Au Bon Pain	340g	1,050	309	—	4%
Subway Roasted	310g	1,240	400	29%	2%
Blimpie	241g	1,040	432	40%	15%
Panera Low Fat	227g	1,110	489	58%	15%
<b>Vegetable Soup</b>					
Au Bon Pain Garden	340g	1,070	315	—	16%
Blimpie's Harvest	244g	920	377	20%	38%
Panera Low Fat	227g	1,030	454	44%	39%