

# High-Sodium Foods

## EXAMPLES OF PACKAGED FOODS THAT EXCEED THE FOOD AND DRUG ADMINISTRATION'S PROPOSED MAXIMUM SODIUM LEVELS

The voluntary sodium reduction targets drafted by the FDA outline maximum sodium levels for 150 categories of commercially processed, packaged, and prepared foods. The examples below represent packaged food products and fast food service menu items that exceed both the 2- and 10-year maximum sodium levels for the designated category. Companies should pursue these short- and long-term targets and reduce the sodium in their products, such as those outlined below, to improve the public's health.

### PACKAGED FOODS

Food Product	Food Category ID	Sodium <i>(per serving)</i>	Sodium <i>(per 100g)</i>	FDA 2-Year Maximum Sodium <i>(per 100g)</i>	FDA 10-Year Maximum Sodium <i>(per 100g)</i>	Exceeds FDA 2-Year Maximum Sodium by x%	Exceeds FDA 10-Year Maximum Sodium by x%
Banquet Turkey Meal	128	1,460 mg/ 283 g	516 mg	390 mg	290 mg	32%	78%
Nissin Top Ramen Chicken Flavor	35	910 mg/ 42 g	2,167 mg	2,080 mg	1,810 mg	4%	20%
Tyson Buffalo Style Chicken Strips	94	1,040 mg/ 84 g	1,238 mg	860 mg	670 mg	44%	85%
7-Select (7-Eleven) Red Hot Beef Burrito	147	2,090 mg/ 283 g	739 mg	560 mg	380 mg	32%	95%
Progresso New England Clam Chowder	34	890 mg/ 240 g	371 mg	310 mg	260 mg	20%	43%

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EXAMPLES OF COMMERCIALY-PREPARED RESTAURANT AND FAST FOOD THAT EXCEEDED THE FOOD AND DRUG ADMINISTRATION'S PROPOSED MAXIMUM SODIUM LEVELS

## RESTAURANT/FAST FOOD

Menu Item	Food Category ID	Sodium	Sodium (per 100g)	FDA 2-Year Maximum Sodium (per 100g)	FDA 10-Year Maximum Sodium (per 100g)	Exceeds FDA 2-Year Maximum Sodium by x%	Exceeds FDA 10-Year Maximum Sodium by x%
Hardee's Crispy Curls French Fries <i>(large)</i>	26	1,420 mg/ 184 g	772 mg	490 mg	340 mg	58%	127%
Burger King Onion Rings <i>(large)</i>	25	1,310 mg/ 142 g	923 mg	660 mg	510 mg	40%	81%
KFC Popcorn Nuggets <i>(large)</i>	95	1,820 mg/ 170.2 g	1,069 mg	710 mg	570 mg	51%	88%
Sonic All-American Hot Dog	122	1,170 mg/ 142 g	824 mg	760 mg	620 mg	8%	33%
Sonic Tots <i>(large)</i>	26	1,450 mg/ 234 g	620 mg	490 mg	340 mg	27%	82%
Starbucks Ham & Swiss Panini	121	1,080 mg/ 148g	730 mg	660 mg	510 mg	11%	43%
Papa John's Buffalo Chicken Pizza <i>(large, 1 slice)</i>	145.b	1,050 mg/ 146 g	719 mg	630 mg	490 mg	14%	47%