



Base Reference for Sodium Content

Foods listed are "as is" with "no salt added"

Food Item	Amount	Sodium Range (in milligrams)
Cheese, processed, American	1 oz.	180 – 450
Cottage cheese, low fat	¼ cup	230
Bread, whole grain or white	1 slice	125 to 300
Bread, French, Sourdough	4" x 2-1/2 " x 1-3/4"	400
Dinner Roll, white or whole grain	1 average size	130 – 150
Tortilla, flour	1- 8" diameter	250 – 300
Tortilla, corn	1-6" diameter	10
Salad Greens, no dressing	1 cup	40
Vegetables, frozen	½ cup, cooked	10 – 40
Vegetables, canned	½ cup	≥100
Refried Beans, canned	½ cup	380
Baked Beans, canned with pork	½ cup	525
Baked Desserts (cake or cookie)	1 small serving size	50 – 400
Pie, pumpkin, commercial	1/8 of a pie	300
Milk, nonfat, reduced fat	1 cup	120 – 140
Milk, buttermilk	1 cup	210
Margarine	1 tsp	40 - 90
Catsup	1 pkt	70
Mustard	1 pkt	60
Salad Dressing, regular	1 tsp	130 – 200
Gravy, dry mix	6.7g or 1 serving	300 – 350
Mushroom gravy, canned	¼ cup	340

Source: [FoodData Central \(usda.gov\)](https://fooddatacentral.usda.gov/)

