

# HIGH SODIUM

1 PAGE

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## High Sodium Food Chart

### Condiments

|                           | Serving | Content (mg) |
|---------------------------|---------|--------------|
| Baking Powder             | 4 wt    | 11,000       |
| Baking Soda               | 1 tsp   | 1,200        |
| Bouillon Cubes            | 4 wt    | 24,000       |
| Chili Powder              | 4 wt    | 1,374        |
| Garlic                    | 4 wt    | 987          |
| Hois                      | 1 tsp   | 1,207        |
| Mustard (prepared yellow) | 4 wt    | 1,251        |
| Pickles (dill)            | 4 wt    | 1,413        |
| Pork (cured ham)          | 3 wt    | 1,313        |
| Salad Dressing            | 4 wt    | 700-1,300    |
| Salt (table)              | 1 tsp   | 1,200        |
| Sauerkraut (canned)       | 1 cup   | 1,360        |
| Tomato Ketchup            | 4 wt    | 1,041        |
| Tomato Sauce (canned)     | 1 cup   | 1,451        |

### Meats

|                         | Serving    | Content (mg) |
|-------------------------|------------|--------------|
| Bacon (canned)          | 4 wt       | 1,300        |
| Bacon (cured)           | 4 wt       | 1,001        |
| Beef (dried)            | 4 wt       | 4,300        |
| Beef (canned)           | 4 wt       | 1,740        |
| Beef (cured)            | 1 wt       | 984          |
| Beef (Stroan, canned)   | 1 cup      | 947          |
| Chicken Fillet Sandwich | 1 pc       | 557          |
| Chicken Pot Pie         | 1 small pc | 837          |
| Pasta Sauce             | 1 cup      | 1,000        |
| Pork (canned ham)       | 4 wt       | 1,300        |
| Sausage (bologna)       | 4 wt       | 1,300        |

### Seafoods

|                | Serving | Content (mg) |
|----------------|---------|--------------|
| Canned Catfish | 4 wt    | 1,000        |
| Flake          | 1 cup   | 814          |
| Tuna in Oil    | 4 wt    | 500          |

### Snacks

|                           | Serving      | Content (mg) |
|---------------------------|--------------|--------------|
| Biscuit (egg & sausage)   | 1 pc         | 1,341        |
| Cereal (commercial)       | 4 wt         | 700-1,300    |
| Cereal (wheat flakes)     | 4 wt         | 1,000        |
| Cheddarburger             | 1 pc         | 836          |
| Cheddarburger (large)     | 1 pc         | 1,106        |
| Chili Con Carne           | 1 cup        | 1,007        |
| Chili Con Carne (lean)    | 1 cup        | 1,031        |
| Cookies (saltines)        | 4 wt         | 1,100        |
| Fish Sandwich             | 1 pc         | 929          |
| Hotdog (w/ cheese)        | 4-5 pcs      | 826          |
| Macaroni & Cheese         | 1 cup        | 1,056        |
| Pancakes (batter & syrup) | 2 pcs        | 1,304        |
| Potato w/ Meatballs       | 1 cup        | 1,053        |
| Paprika (salted w/oil)    | 4 wt         | 1,340        |
| Potato Chips              | 4 wt         | up to 1000   |
| Pretzels                  | 10 pcs       | 1,019        |
| Schmear Sandwich          | 1 pc 6" roll | 1,631        |

### Fruits

|                | Serving | Content (mg) |
|----------------|---------|--------------|
| Olives (green) | 4 wt    | 1,600        |

### Vegetables

|                      | Serving | Content (mg) |
|----------------------|---------|--------------|
| Cheddar (commercial) | 4 wt    | 1,341        |

# R I Schools Salt Report

**Marcel A. Müller**



## **R I Schools Salt Report:**

## **R I Schools Salt Report** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**R I Schools Salt Report**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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