

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	10.620
14003	Alcoholic beverage, beer, regular	355	12 fl oz	14.200
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	3.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.420
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.420
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.420
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	4.160
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	8.460
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	9.270
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	9.270
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	5.150
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	5.150
11001	Alfalfa seeds, sprouted, raw	33	1 cup	1.980
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	7.440
09011	Apples, dried, sulfured, uncooked	32	5 rings	27.840
09003	Apples, raw, with skin	138	1 apple	1.380
09004	Apples, raw, without skin	110	1 cup	0.000
09020	Applesauce, canned, sweetened, without salt	255	1 cup	7.650
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	4.880
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	7.530
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	10.320
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	9.760
09032	Apricots, dried, sulfured, uncooked	35	10 halves	3.500
09021	Apricots, raw	35	1 apricot	0.350
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	159.600
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	114.000
11015	Asparagus, canned, drained solids	72	4 spears	206.640
11012	Asparagus, cooked, boiled, drained	60	4 spears	8.400
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	5.400
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	1.800
09038	Avocados, raw, California	28.35	1 oz	2.268
09039	Avocados, raw, Florida	28.35	1 oz	0.567
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	228.620
18005	Bagels, cinnamon-raisin	89	4" bagel	286.580
18003	Bagels, egg	89	4" bagel	449.450
18003	Bagels, egg	71	3-1/2" bagel	358.550
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	379.140
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	475.260
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	3.402
19078	Baking chocolate, unsweetened, squares	28.35	1 square	6.804
11028	Bamboo shoots, canned, drained solids	131	1 cup	9.170
09040	Bananas, raw	118	1 banana	1.180

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09040	Bananas, raw	150	1 cup	1.500
20006	Barley, pearled, cooked	157	1 cup	4.710
20005	Barley, pearled, raw	200	1 cup	18.000
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	1008.380
16008	Beans, baked, canned, with franks	259	1 cup	1113.700
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	850.080
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1113.200
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	1.720
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	3.540
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	872.960
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	3.540
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.820
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	18.810
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	353.700
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	1.250
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	12.150
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	338.850
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	3.750
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	12.150
16051	Beans, white, mature seeds, canned	262	1 cup	13.100
22905	Beef stew, canned entree	232	1 cup	946.560
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	54.400
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	60.350
13348	Beef, cured, corned beef, canned	85.05	3 oz	855.603
13350	Beef, cured, dried	28.35	1 oz	790.965
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	66.300
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	63.750
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	61.200
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	53.550
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	61.200
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	42.500
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	43.350
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	50.150
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	52.700
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	53.550
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	56.100
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	65.450
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	347.040

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11084	Beets, canned, drained solids	170	1 cup	329.800
11084	Beets, canned, drained solids	24	1 beet	46.560
11081	Beets, cooked, boiled, drained	50	1 beet	38.500
11081	Beets, cooked, boiled, drained	170	1 cup	130.900
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	348.000
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	585.800
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	324.540
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	304.710
09042	Blackberries, raw	144	1 cup	1.440
09055	Blueberries, frozen, sweetened	230	1 cup	2.300
09050	Blueberries, raw	145	1 cup	1.450
07008	Bologna, beef and pork	56.7	2 slices	417.312
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	657.720
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	207.522
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	3180.000
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	543.000
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	181.200
18023	Bread, cornbread, dry mix, prepared	60	1 piece	466.800
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	427.700
18025	Bread, cracked-wheat	25	1 slice	134.500
18027	Bread, egg	40	1/2" slice	196.800
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	152.250
18031	Bread, indian (navajo) fry	160	10-1/2" bread	1112.000
18031	Bread, indian (navajo) fry	90	5" bread	625.500
18033	Bread, italian	20	1 slice	116.800
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	126.620
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	127.200
18039	Bread, oatmeal	27	1 slice	161.730
18040	Bread, oatmeal, toasted	25	1 slice	162.750
18041	Bread, pita, white, enriched	28	4" pita	150.080
18041	Bread, pita, white, enriched	60	6-1/2" pita	321.600
18044	Bread, pumpernickel	32	1 slice	214.720
18045	Bread, pumpernickel, toasted	29	1 slice	214.020
18047	Bread, raisin, enriched	26	1 slice	101.400
18048	Bread, raisin, toasted, enriched	24	1 slice	101.760
18053	Bread, reduced-calorie, rye	23	1 slice	93.150
18055	Bread, reduced-calorie, wheat	23	1 slice	117.530
18057	Bread, reduced-calorie, white	23	1 slice	104.190
18060	Bread, rye	32	1 slice	211.200
18061	Bread, rye, toasted	24	1 slice	174.000
18064	Bread, wheat (includes wheat berry)	25	1 slice	132.500
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	132.480
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	306.450

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	170.250
18070	Bread, white, commercially prepared, toasted	22	1 slice	130.240
18075	Bread, whole-wheat, commercially prepared	28	1 slice	147.560
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	148.000
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	1141.200
21023	Breakfast items, french toast with butter	135	2 slices	513.000
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	63.960
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	15.170
11740	Broccoli, flower clusters, raw	11	1 floweret	2.970
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	20.240
11090	Broccoli, raw	88	1 cup	29.040
11090	Broccoli, raw	31	1 spear	10.230
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	32.760
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	23.250
20011	Buckwheat flour, whole-groat	120	1 cup	13.200
20010	Buckwheat groats, roasted, cooked	168	1 cup	6.720
20013	Bulgur, cooked	182	1 cup	9.100
20012	Bulgur, dry	140	1 cup	23.800
01001	Butter, salted	14.2	1 tbsp	81.792
01145	Butter, without salt	14.2	1 tbsp	1.562
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	57.800
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	10.710
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	12.000
11109	Cabbage, raw	70	1 cup	12.600
11112	Cabbage, red, raw	70	1 cup	18.900
11114	Cabbage, savoy, raw	70	1 cup	19.600
18086	Cake, angelfood, commercially prepared	28	1 piece	209.720
18088	Cake, angelfood, dry mix, prepared	50	1 piece	254.500
18090	Cake, boston cream pie, commercially prepared	92	1 piece	132.480
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	213.760
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	299.250
18110	Cake, fruitcake, commercially prepared	43	1 piece	116.100
18116	Cake, gingerbread, prepared from recipe	74	1 piece	241.980
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	366.850
18120	Cake, pound, commercially prepared, butter	28	1 piece	111.440
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	95.480
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	328.900
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	212.500
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	155.125
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	177.590
18133	Cake, sponge, commercially prepared	30	1 shortcake	73.200
18134	Cake, sponge, prepared from recipe	63	1 piece	143.640
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	318.080

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	241.980
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	215.680
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	220.160
19074	Candies, caramels	10.1	1 piece	24.745
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	6.580
19071	Candies, carob	28.35	1 oz	30.335
19087	Candies, confectioner's coating, white	170	1 cup	153.000
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	7.990
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	7.790
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	6.900
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	8.160
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	1.848
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	32.560
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	9.680
19107	Candies, hard	6	1 piece	2.280
19107	Candies, hard	3	1 small piece	1.140
19108	Candies, jellybeans	28.35	10 large	14.175
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	27.300
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	4.270
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	9.600
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	146.400
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	43.200
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	151.620
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	2.800
19116	Candies, marshmallows	50	1 cup	40.000
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	34.760
19126	Candies, milk chocolate coated peanuts	40	10 pieces	16.400
19127	Candies, milk chocolate coated raisins	10	10 pieces	3.600
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	30.340
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	20.090
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	14.980
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	58.520
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	141.300
19080	Candies, semisweet chocolate	168	1 cup	18.480
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.504
09060	Carambola, (starfruit), raw	108	1 cup	2.160
09060	Carambola, (starfruit), raw	91	1 fruit	1.820
14121	Carbonated beverage, club soda	355	12 fl oz	74.550
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	14.800
14136	Carbonated beverage, ginger ale	366	12 fl oz	25.620
14142	Carbonated beverage, grape soda	372	12 fl oz	55.800
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	40.480
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	17.750

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14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	21.300
14150	Carbonated beverage, orange	372	12 fl oz	44.640
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	36.800
14157	Carbonated beverage, root beer	370	12 fl oz	48.100
16055	Carob flour	8	1 tbsp	2.800
11655	Carrot juice, canned	236	1 cup	68.440
11960	Carrots, baby, raw	10	1 medium	7.800
11128	Carrots, canned, regular pack, drained solids	146	1 cup	353.320
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	90.480
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	86.140
11124	Carrots, raw	72	1 carrot	49.680
11124	Carrots, raw	110	1 cup	75.900
11935	Catsup	15	1 tbsp	166.950
11935	Catsup	6	1 packet	66.780
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	18.600
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	8.100
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	32.400
11135	Cauliflower, raw	100	1 cup	30.000
11135	Cauliflower, raw	13	1 floweret	3.900
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	34.125
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	136.500
11143	Celery, raw	40	1 stalk	32.000
11143	Celery, raw	120	1 cup	96.000
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	120.300
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	315.700
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	177.900
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	273.000
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	206.100
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	171.300
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	287.700
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	203.700
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	268.500
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	269.400
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	223.500
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	249.150
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	267.300
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	203.400
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	250.250
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	166.500
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	291.710
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	209.400
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	239.250

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	194.100
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	267.300
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	217.500
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	191.700
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	77.400
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	142.500
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	190.030
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	207.350
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	203.000
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	119.660
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	209.960
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	141.300
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	148.490
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	4.400
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	207.000
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	361.730
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	318.780
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	189.000
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	50.220
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	223.510
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	5.100
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	3.220
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	202.230
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	181.740
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	200.340
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	215.600
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	118.500
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	26.010
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	152.960
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	164.160
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.420
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.285
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.480
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	4.840
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	4.840
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	241.400
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	138.620

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	145.580
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	2.400
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	79.650
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	2.340
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	287.700
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	252.650
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	165.390
08143	Cereals, WHEATENA, cooked with water	243	1 cup	4.860
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	358.628
01164	Cheese sauce, prepared from recipe	243	1 cup	1197.990
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	381.308
01004	Cheese, blue	28.35	1 oz	395.483
01007	Cheese, camembert	38	1 wedge	319.960
01009	Cheese, cheddar	28.35	1 oz	176.054
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	850.500
01013	Cheese, cottage, creamed, with fruit	226	1 cup	777.440
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	917.560
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	917.560
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	18.850
01017	Cheese, cream	14.5	1 tbsp	42.920
01186	Cheese, cream, fat free	15.6	1 tbsp	85.020
01019	Cheese, feta	28.35	1 oz	316.386
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	173.502
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	149.688
01026	Cheese, mozzarella, whole milk	28.35	1 oz	177.755
01030	Cheese, muenster	28.35	1 oz	178.038
01031	Cheese, neufchatel	28.35	1 oz	113.117
01032	Cheese, parmesan, grated	5	1 tbsp	76.450
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	422.132
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	388.395
01035	Cheese, provolone	28.35	1 oz	248.346
01037	Cheese, ricotta, part skim milk	246	1 cup	307.500
01036	Cheese, ricotta, whole milk	246	1 cup	206.640
01040	Cheese, swiss	28.35	1 oz	54.432
18147	Cheesecake commercially prepared	80	1 piece	165.600
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	17.080
09070	Cherries, sweet, raw	68	10 cherries	0.000
22906	Chicken pot pie, frozen entree	217	1 small pie	857.150
07017	Chicken roll, light meat	56.7	2 slices	331.128



# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	385.000
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	74.480
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	63.640
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	81.480
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	193.680
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	43.610
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	41.800
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	97.150
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	68.040
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	11.520
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	247.680
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	45.760
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	156.800
05277	Chicken, canned, meat only, with broth	142	5 oz	714.260
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	14.896
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	109.200
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	717.600
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	11.480
22904	Chili con carne with beans, canned entree	222	1 cup	1032.300
11156	Chives, raw	3	1 tbsp	0.090
14181	Chocolate syrup	18.75	1 tbsp	13.500
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	45.360
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	154.280
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	168.150
14192	Cocoa mix, powder	28.35	3 heaping tsp	142.884
14194	Cocoa mix, powder, prepared with water	206	1 serving	146.260
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	170.880
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1.134
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	1.780
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	8.400
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	3.580
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	221.130
11159	Coleslaw, home-prepared	120	1 cup	27.600
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	30.400
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	85.000
18151	Cookies, brownies, commercially prepared	56	1 brownie	174.720
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	20.680
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	17.550
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	31.500
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	37.700

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	57.760
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	60.320
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	60.400
18170	Cookies, fig bars	16	1 cookie	56.000
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	508.200
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	84.700
18177	Cookies, molasses	15	1 cookie, medium	68.850
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	146.880
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	32.780
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	95.750
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	52.350
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	80.700
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	62.250
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	103.600
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	39.340
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	36.400
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	53.550
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	68.740
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	70.200
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	34.900
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	52.350
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	12.480
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	13.090
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	729.600
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	571.200
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	13.090
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	1.640
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	2.520
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	4.140
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	1860.240
20020	Cornmeal, whole-grain, yellow	122	1 cup	42.700
20027	Cornstarch	8.064	1 tbsp	0.726
20029	Couscous, cooked	157	1 cup	7.850
20028	Couscous, dry	173	1 cup	17.300
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	6.600
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	8.500
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	717.600
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	6.880
18214	Crackers, cheese, regular	10	10 crackers	99.500
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	49.700

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	0.567
18220	Crackers, melba toast, plain	20	4 pieces	165.800
18226	Crackers, rye, wafers, plain	11	1 wafer	87.340
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	156.240
18229	Crackers, standard snack-type, regular	12	4 crackers	101.640
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	98.070
18232	Crackers, wheat, regular	8	4 crackers	63.600
18235	Crackers, whole-wheat	16	4 crackers	105.440
14242	Cranberry juice cocktail, bottled	253	8 fl oz	5.060
09081	Cranberry sauce, canned, sweetened	57	1 slice	16.530
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	11.850
01069	Cream substitute, powdered	2	1 tsp	3.620
01049	Cream, fluid, half and half	15	1 tbsp	6.150
01053	Cream, fluid, heavy whipping	15	1 tbsp	5.700
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	6.000
01052	Cream, fluid, light whipping	15	1 tbsp	5.100
01056	Cream, sour, cultured	12	1 tbsp	6.360
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	6.150
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	3.900
18239	Croissants, butter	57	1 croissant	424.080
18243	Croutons, seasoned	40	1 cup	495.200
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	911.200
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	714.850
15141	Crustaceans, crab, blue, canned	135	1 cup	449.550
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	237.150
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	198.000
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	323.000
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	143.735
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	292.400
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	154.800
11206	Cucumber, peeled, raw	280	1 large	5.600
11206	Cucumber, peeled, raw	119	1 cup	2.380
11205	Cucumber, with peel, raw	301	1 large	6.020
11205	Cucumber, with peel, raw	104	1 cup	2.080
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	46.200
18245	Danish pastry, cheese	71	1 danish	319.500
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	251.340
09087	Dates, deglet noor	41.5	5 dates	0.830
09087	Dates, deglet noor	178	1 cup	3.560
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	2.640
01072	Dessert topping, pressurized	4	1 tbsp	2.480
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1.000

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02045	Dill weed, fresh	1	5 sprigs	0.610
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	256.620
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	76.440
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	44.460
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	205.200
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	143.650
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	337.000
01143	Egg substitute, liquid	62.75	1/4 cup	111.068
01124	Egg, white, raw, fresh	33.4	1 large	55.444
01128	Egg, whole, cooked, fried	46	1 large	93.840
01129	Egg, whole, cooked, hard-boiled	50	1 large	62.000
01131	Egg, whole, cooked, poached	50	1 large	147.000
01132	Egg, whole, cooked, scrambled	61	1 large	170.800
01123	Egg, whole, raw, fresh	50	1 large	70.000
01123	Egg, whole, raw, fresh	58	1 extra large	81.200
01123	Egg, whole, raw, fresh	44	1 medium	61.600
01125	Egg, yolk, raw, fresh	16.6	1 large	7.968
01057	Eggnog	254	1 cup	137.160
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.990
11213	Endive, raw	50	1 cup	11.000
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	264.480
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	262.080
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	484.120
21049	Entrees, pizza with cheese	63	1 slice	335.790
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	382.360
21051	Entrees, pizza with pepperoni	71	1 slice	266.960
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	583.110
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	667.590
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	1108.140
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	891.200
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	635.500
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	1050.780
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	615.850
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	957.320
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	513.040
21042	Fast foods, chili con carne	253	1 cup	1006.940
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	910.020
21043	Fast foods, clams, breaded and fried	115	3/4 cup	833.750
21127	Fast foods, coleslaw	99	3/4 cup	267.300
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	888.810
21015	Fast foods, danish pastry, cheese	91	1 pastry	319.410
21017	Fast foods, danish pastry, fruit	94	1 pastry	332.760

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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21074	Fast foods, enchilada, with cheese	163	1 enchilada	784.030
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	728.840
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	938.790
21024	Fast foods, french toast sticks	141	5 sticks	499.140
21077	Fast foods, frijoles with cheese	167	1 cup	881.760
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	791.000
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	741.750
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	534.240
21118	Fast foods, hotdog, plain	98	1 sandwich	670.320
21119	Fast foods, hotdog, with chili	114	1 sandwich	479.940
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	973.000
21129	Fast foods, hush puppies	78	5 pieces	964.860
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	91.670
21078	Fast foods, nachos, with cheese	113	6-8 nachos	815.860
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	429.940
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1104.320
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	265.320
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	168.300
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	334.620
21139	Fast foods, potato, mashed	80	1/3 cup	181.600
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	290.160
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	792.300
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	119.350
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	209.280
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	1446.480
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	1650.720
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	844.560
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	1292.800
21033	Fast foods, sundae, hot fudge	158	1 sundae	181.700
21082	Fast foods, taco	171	1 small	801.990
21082	Fast foods, taco	263	1 large	1233.470
21083	Fast foods, taco salad	198	1-1/2 cups	762.300
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	870.750
09094	Figs, dried, uncooked	38	2 figs	3.800
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	238.000
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	185.300
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	77.350
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	331.740
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	162.960
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	133.350
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	89.250
15034	Fish, haddock, cooked, dry heat	85	3 oz	73.950

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15034	Fish, haddock, cooked, dry heat	150	1 fillet	130.500
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	109.710
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	58.650
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	739.935
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	81.600
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	48.000
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	98.600
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	69.600
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	114.730
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	65.450
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	68.850
15077	Fish, salmon, chinook, smoked	85.05	3 oz	666.792
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	470.900
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	102.300
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	56.100
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	429.503
15111	Fish, swordfish, cooked, dry heat	85	3 oz	97.750
15111	Fish, swordfish, cooked, dry heat	106	1 piece	121.900
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	35.700
15128	Fish, tuna salad	205	1 cup	824.100
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	301.077
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	287.300
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	320.450
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	39.950
07022	Frankfurter, beef	45	1 frank	513.000
07023	Frankfurter, beef and pork	45	1 frank	504.000
07024	Frankfurter, chicken	45	1 frank	616.500
18268	French toast, frozen, ready-to-heat	59	1 slice	292.050
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	311.350
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	69.540
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	69.920
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	3.080
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	70.560
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	62.640
19294	Fruit butters, apple	17	1 tbsp	2.550
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	14.880
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	9.480
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	94.240
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	7.500
11215	Garlic, raw	3	1 clove	0.510
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	101.250

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	56.160
14277	Grape drink, canned	250	8 fl oz	15.000
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	7.590
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	5.000
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	15.120
09404	Grapefruit juice, pink, raw	247	1 cup	2.470
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	5.000
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	2.470
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	2.470
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	6.210
09128	Grapefruit juice, white, raw	247	1 cup	2.470
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.000
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.000
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	5.080
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	1.000
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	3.200
06116	Gravy, beef, canned	58.25	1/4 cup	326.200
06119	Gravy, chicken, canned	59.5	1/4 cup	343.315
06121	Gravy, mushroom, canned	59.6	1/4 cup	339.720
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	235.600
06125	Gravy, turkey, canned	59.6	1/4 cup	343.892
07027	Ham, chopped, not canned	21	2 slices	287.910
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	810.243
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	739.368
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	444.000
11961	Hearts of palm, canned	33	1 piece	140.580
19296	Honey	21	1 tbsp	0.840
02055	Horseradish, prepared	5	1 tsp	15.700
16158	Hummus, commercial	14	1 tbsp	53.060
19270	Ice creams, chocolate	66	1/2 cup	50.160
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	52.460
19095	Ice creams, vanilla	66	1/2 cup	52.800
19088	Ice creams, vanilla, light	66	1/2 cup	48.840
19089	Ice creams, vanilla, rich	74	1/2 cup	45.140
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	4.640
19283	Ice novelties, pop	59	1 bar (2 fl oz)	7.080
19297	Jams and preserves	20	1 tbsp	6.400
19300	Jellies	19	1 tbsp	5.700
11226	Jerusalem-artichokes, raw	150	1 cup	6.000
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	29.900

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	19.500
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	154.700
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	2.280
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	34.650
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	56.100
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	57.800
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	65.450
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	71.400
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	62.050
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	68.850
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	61.200
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	64.600
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	487.600
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	363.078
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	4.500
18372	Leavening agents, baking soda	4.6	1 tsp	1258.560
18373	Leavening agents, cream of tartar	3	1 tsp	1.560
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	3.500
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	2.000
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	5.100
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	10.400
09153	Lemon juice, canned or bottled	244	1 cup	51.240
09153	Lemon juice, canned or bottled	15.2	1 tbsp	3.192
09152	Lemon juice, raw	47	juice of 1 lemon	0.470
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	7.440
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	4.740
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	18.620
09150	Lemons, raw, without peel	58	1 lemon	1.160
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	3.960
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	8.150
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.375
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.800
11251	Lettuce, cos or romaine, raw	56	1 cup	4.480
11253	Lettuce, green leaf, raw	56	1 cup	15.680
11253	Lettuce, green leaf, raw	10	1 leaf	2.800
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	48.510
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	4.950



# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.720
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	52.200
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	117.300
16073	Lima beans, large, mature seeds, canned	241	1 cup	809.760
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	3.760
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	39.360
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	2.464
09160	Lime juice, raw	38	juice of 1 lime	0.380
22247	Macaroni and Cheese, canned entree	252	1 cup	1058.400
20100	Macaroni, cooked, enriched	140	1 cup	1.400
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	124.740
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	230.550
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	85.260
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	190.800
09176	Mangos, raw	165	1 cup	3.300
09176	Mangos, raw	207	1 mango	4.140
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	153.218
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	132.963
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	37.680
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	112.255
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	37.680
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	127.374
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	46.080
09181	Melons, cantaloupe, raw	160	1 cup	25.600
09181	Melons, cantaloupe, raw	69	1/8 melon	11.040
09184	Melons, honeydew, raw	160	1/8 melon	28.800
09184	Melons, honeydew, raw	170	1 cup	30.600
01110	Milk shakes, thick chocolate	300	10.6 fl oz	333.000
01111	Milk shakes, thick vanilla	313	11 fl oz	297.350
01094	Milk, buttermilk, dried	6.5	1 tbsp	33.605
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	257.250
01095	Milk, canned, condensed, sweetened	306	1 cup	388.620
01097	Milk, canned, evaporated, nonfat	256	1 cup	294.400
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	267.120
01102	Milk, chocolate, fluid, commercial,	250	1 cup	150.000
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	152.500
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	150.000
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	126.270
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	107.360
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	102.900
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	100.040

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01077	Milk, whole, 3.25% milkfat	244	1 cup	97.600
16112	Miso	68.75	1 cup	2507.313
19305	Molasses, blackstrap	20	1 tbsp	11.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	95.200
15157	Mollusks, clam, mixed species, raw	85	3 oz	47.600
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	354.450
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	177.240
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	431.520
18274	Muffins, blueberry, commercially prepared	57	1 muffin	254.790
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	251.370
18279	Muffins, corn, commercially prepared	57	1 muffin	296.970
18280	Muffins, corn, dry mix, prepared	50	1 muffin	397.500
18283	Muffins, oat bran	57	1 muffin	224.010
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	179.180
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	12.400
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6.240
11264	Mushrooms, canned, drained solids	156	1 cup	663.000
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3.120
11260	Mushrooms, raw	70	1 cup	2.800
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	5.800
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.468
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	22.400
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	56.000
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	27.840
09191	Nectarines, raw	136	1 nectarine	0.000
20113	Noodles, chinese, chow mein	45	1 cup	197.550
20110	Noodles, egg, cooked, enriched	160	1 cup	11.200
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	19.200
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.284
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.851
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	181.440
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	87.318
12167	Nuts, chestnuts, european, roasted	143	1 cup	2.860
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	243.660
12104	Nuts, coconut meat, raw	45	1 piece	9.000
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.000
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	75.128
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	189.662
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	184.842
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.000
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	0.567
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.172

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	114.818
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.567
20034	Oat bran, cooked	219	1 cup	2.190
20033	Oat bran, raw	94	1 cup	3.760
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.405
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	9.600
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	5.520
09193	Olives, ripe, canned (small-extra large)	22	5 large	191.840
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	225.000
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	6.300
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	2.820
11284	Onions, dehydrated flakes	5	1 tbsp	1.050
11282	Onions, raw	110	1 whole	3.300
11282	Onions, raw	14	1 slice	0.420
11282	Onions, raw	160	1 cup	4.800
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	16.000
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	2.400
09207	Orange juice, canned, unsweetened	249	1 cup	4.980
09209	Orange juice, chilled, includes from concentrate	249	1 cup	2.490
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	2.490
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	6.390
09206	Orange juice, raw	86	juice from 1 orange	0.860
09206	Orange juice, raw	248	1 cup	2.480
09200	Oranges, raw, all commercial varieties	131	1 orange	0.000
09200	Oranges, raw, all commercial varieties	180	1 cup	0.000
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	183.240
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	238.640
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	191.900
09226	Papayas, raw	304	1 papaya	9.120
09226	Papayas, raw	140	1 cup	4.200
11297	Parsley, raw	10	10 sprigs	5.600
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	15.600
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	1053.360
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	5.880
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	15.720

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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09238	Peaches, canned, juice pack, solids and liquids	98	1 half	3.920
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	9.920
09246	Peaches, dried, sulfured, uncooked	39	3 halves	2.730
09250	Peaches, frozen, sliced, sweetened	250	1 cup	15.000
09236	Peaches, raw	98	1 peach	0.000
09236	Peaches, raw	170	1 cup	0.000
16097	Peanut butter, chunk style, with salt	16	1 tbsp	75.200
16098	Peanut butter, smooth style, with salt	16	1 tbsp	80.000
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	230.486
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	1.701
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	90.720
09340	Pears, asian, raw	122	1 pear	0.000
09340	Pears, asian, raw	275	1 pear	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	3.800
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	13.300
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	9.920
09254	Pears, canned, juice pack, solids and liquids	76	1 half	3.040
09252	Pears, raw	166	1 pear	1.660
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	6.400
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	8.000
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	428.400
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	115.200
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	3.920
11670	Peppers, hot chili, green, raw	45	1 pepper	3.150
11819	Peppers, hot chili, red, raw	45	1 pepper	4.050
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	434.460
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	2.720
11333	Peppers, sweet, green, raw	149	1 cup	4.470
11333	Peppers, sweet, green, raw	10	1 ring	0.300
11333	Peppers, sweet, green, raw	119	1 pepper	3.570
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	2.720
11821	Peppers, sweet, red, raw	119	1 pepper	2.380
11821	Peppers, sweet, red, raw	149	1 cup	2.980
11945	Pickle relish, sweet	15	1 tbsp	121.650
11937	Pickles, cucumber, dill	65	1 pickle	833.300
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1364.690
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	815.220
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	975.600
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	32.560
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	13.320
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	311.220
18302	Pie, apple, prepared from recipe	155	1 piece	327.050
18305	Pie, blueberry, commercially prepared	117	1 piece	380.250

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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18306	Pie, blueberry, prepared from recipe	147	1 piece	271.950
18308	Pie, cherry, commercially prepared	117	1 piece	287.820
18309	Pie, cherry, prepared from recipe	180	1 piece	343.800
18310	Pie, chocolate creme, commercially prepared	113	1 piece	153.680
18316	Pie, coconut custard, commercially prepared	104	1 piece	348.400
18444	Pie, fried pies, cherry	128	1 pie	478.720
18319	Pie, fried pies, fruit	128	1 pie	478.720
18320	Pie, lemon meringue, commercially prepared	113	1 piece	164.980
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	307.340
18324	Pie, pecan, commercially prepared	113	1 piece	479.120
18325	Pie, pecan, prepared from recipe	122	1 piece	319.640
18326	Pie, pumpkin, commercially prepared	109	1 piece	307.380
18327	Pie, pumpkin, prepared from recipe	155	1 piece	348.750
11943	Pimento, canned	12	1 tbsp	1.680
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	35.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	7.500
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	2.500
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.490
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	2.540
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.470
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	2.490
09266	Pineapple, raw, all varieties	155	1 cup	1.550
09278	Plantains, cooked	154	1 cup	7.700
09277	Plantains, raw	179	1 medium	7.160
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	49.020
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	8.740
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.460
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	2.520
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	2.480
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.840
09279	Plums, raw	66	1 plum	0.000
07065	Pork and beef sausage, fresh, cooked	26	2 links	209.300
07064	Pork sausage, fresh, cooked	26	2 links	194.740
07064	Pork sausage, fresh, cooked	27	1 patty	202.230
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	438.900
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	718.890
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	907.800
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	1008.950
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	1127.950
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	85.850
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	51.000
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	54.400
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	49.300

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	68.000
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	51.000
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	73.100
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	39.100
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	39.950
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	50.150
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	74.800
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	86.700
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	79.050
11672	Potato pancakes, home-prepared	76	1 pancake	386.080
11399	Potato puffs, frozen, prepared	79	10 puffs	589.340
11414	Potato salad, home-prepared	250	1 cup	1322.500
11674	Potato, baked, flesh and skin, without salt	202	1 potato	20.200
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	1075.550
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	1060.850
11363	Potatoes, baked, flesh, without salt	156	1 potato	7.800
11364	Potatoes, baked, skin, without salt	58	1 skin	12.180
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	5.440
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	7.800
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	6.750
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	15.000
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	9.860
11370	Potatoes, hashed brown, home-prepared	156	1 cup	533.520
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	344.400
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	634.200
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	699.300
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	835.450
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	820.750
05306	Poultry food products, ground turkey, cooked	82	1 patty	87.740
09294	Prune juice, canned	256	1 cup	10.240
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	417.480
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	147.680
19183	Puddings, chocolate, ready-to-eat	113	4 oz	145.770
19193	Puddings, rice, ready-to-eat	113.4	4 oz	96.390
19218	Puddings, tapioca, ready-to-eat	113	4 oz	179.670
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	222.600
19201	Puddings, vanilla, ready-to-eat	113	4 oz	152.550
11424	Pumpkin, canned, without salt	245	1 cup	12.250

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.450
11429	Radishes, raw	4.5	1 radish	1.755
09298	Raisins, seedless	145	1 cup	15.950
09298	Raisins, seedless	14	1 packet	1.540
09306	Raspberries, frozen, red, sweetened	250	1 cup	2.500
09302	Raspberries, raw	123	1 cup	1.230
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	753.480
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	2.400
14342	Rice beverage, RICE DREAM, canned	245	1 cup	85.750
20037	Rice, brown, long-grain, cooked	195	1 cup	9.750
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	5.250
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	9.250
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	4.950
20045	Rice, white, long-grain, regular, cooked	158	1 cup	1.580
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	9.250
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	145.880
18350	Rolls, hamburger or hotdog, plain	43	1 roll	205.970
18353	Rolls, hard (includes kaiser)	57	1 roll	310.080
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	34.000
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	167.382
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	130.416
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	131.052
04133	Salad dressing, french, home recipe	14	1 tbsp	92.120
04134	Salad dressing, home recipe, cooked	16	1 tbsp	117.440
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.156
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	243.138
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	204.900
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	78.384
04015	Salad dressing, russian dressing	15.3	1 tbsp	132.804
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	141.484
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	127.143
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	134.628
07069	Salami, cooked, beef and pork	56.7	2 slices	603.855
07072	Salami, dry or hard, pork, beef	20	2 slices	372.000
02047	Salt, table	6	1 tsp	2325.480
07073	Sandwich spread, pork, beef	15	1 tbsp	151.950
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	1043.250
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	499.800
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	824.040
06150	Sauce, barbecue sauce	15.75	1 tbsp	128.363
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	521.640

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	258.400
06166	Sauce, homemade, white, medium	250	1 cup	885.000
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	492.030
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1030.000
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	124.221
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	69.440
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	689.940
11439	Sauerkraut, canned, solids and liquids	236	1 cup	1559.960
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	152.480
11445	Seaweed, kelp, raw	10	2 tbsp	23.300
11667	Seaweed, spirulina, dried	0.93	1 tbsp	9.746
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	163.013
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	17.250
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	3.200
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	249.600
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	221.130
14346	Shake, fast food, chocolate	333	16 fl oz	323.010
14347	Shake, fast food, vanilla	333	16 fl oz	273.060
11677	Shallots, raw	10	1 tbsp	1.200
19097	Sherbet, orange	74	1/2 cup	34.040
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	438.174
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	288.320
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	216.311
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	178.605
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	297.675
19013	Snacks, fruit leather, pieces	28.35	1 oz	114.251
19014	Snacks, fruit leather, rolls	21	1 large	66.570
19015	Snacks, granola bars, hard, plain	28.35	1 bar	83.349
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	54.716
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	77.112
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	79.947
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	109.890
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	77.220
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	117.086
19034	Snacks, popcorn, air-popped	8	1 cup	0.320
19036	Snacks, popcorn, cakes	10	1 cake	28.800
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	123.900
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	72.512
19040	Snacks, popcorn, cheese-flavor	11	1 cup	97.790
19035	Snacks, popcorn, oil-popped	11	1 cup	97.240
19041	Snacks, pork skins, plain	28.35	1 oz	521.073



# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	212.625
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	121.338
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	185.976
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	204.120
19411	Snacks, potato chips, plain, salted	28.35	1 oz	168.399
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2.268
19422	Snacks, potato chips, reduced fat	28.35	1 oz	139.482
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	177.188
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1029.000
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	29.340
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	200.718
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	284.351
19056	Snacks, tortilla chips, plain	28.35	1 oz	149.688
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	176.660
19061	Snacks, trail mix, tropical	140	1 cup	14.000
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	972.000
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	951.280
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1018.920
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	636.240
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	951.600
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	849.600
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	1106.190
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	577.767
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	1068.000
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	814.580
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	578.280
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	992.000
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	985.760
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	1046.560
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	917.600
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	880.840
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	910.980
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	3493.230
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	848.700
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	917.500
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	459.780

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	458.880
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	442.860
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	469.950
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	529.480
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	466.480
06174	Soup, stock, fish, home-prepared	233	1 cup	363.480
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	744.000
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	695.400
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	790.560
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1010.400
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	821.810
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	5.760
16120	Soy milk, fluid	245	1 cup	29.400
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	914.400
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	25.200
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	1.720
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	472.610
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	1.400
20125	Spaghetti, whole-wheat, cooked	140	1 cup	4.200
02007	Spices, celery seed	2	1 tsp	3.200
02009	Spices, chili powder	2.6	1 tsp	26.260
02010	Spices, cinnamon, ground	2.3	1 tsp	0.598
02015	Spices, curry powder	2	1 tsp	1.040
02020	Spices, garlic powder	2.8	1 tsp	0.728
02026	Spices, onion powder	2.1	1 tsp	1.134
02027	Spices, oregano, dried	1.5	1 tsp	0.225
02028	Spices, paprika	2.1	1 tsp	0.714
02029	Spices, parsley, dried	1.3	1 tbsp	5.876
02030	Spices, pepper, black	2.1	1 tsp	0.924
11658	Spinach souffle, home-prepared	136	1 cup	762.960
11461	Spinach, canned, drained solids	214	1 cup	57.780
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	126.000
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	184.300
11457	Spinach, raw	30	1 cup	23.700
11457	Spinach, raw	10	1 leaf	7.900
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	1.800
11641	Squash, summer, all varieties, raw	113	1 cup	2.260
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	2.050
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	4.800
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	7.650

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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09316	Strawberries, raw	166	1 cup	1.660
09316	Strawberries, raw	12	1 strawberry	0.120
09316	Strawberries, raw	18	1 strawberry	0.180
19334	Sugars, brown	3.2	1 tsp	1.248
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.080
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	229.800
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	249.600
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	76.440
11512	Sweetpotato, canned, vacuum pack	255	1 cup	135.150
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	52.560
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	42.120
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	73.500
19348	Syrups, chocolate, fudge-type	19	1 tbsp	65.740
19350	Syrups, corn, light	20	1 tbsp	24.200
19353	Syrups, maple	20	1 tbsp	1.800
19129	Syrups, table blends, pancake	20	1 tbsp	16.400
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	30.000
18360	Taco shells, baked	13.3	1 medium	48.811
09223	Tangerine juice, canned, sweetened	249	1 cup	2.490
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	15.120
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.840
20068	Tapioca, pearl, dry	152	1 cup	1.520
14355	Tea, brewed, prepared with tap water	178	6 fl oz	5.340
14545	Tea, herb, chamomile, brewed	178	6 fl oz	1.780
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	1.780
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	23.700
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	7.770
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	7.110
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	212.000
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	217.880
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	202.800
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	6.480
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	9.600
11954	Tomatillos, raw	34	1 medium	0.340
11540	Tomato juice, canned, with salt added	243	1 cup	653.670
11546	Tomato products, canned, paste, without salt added	262	1 cup	256.760
11547	Tomato products, canned, puree, without salt added	250	1 cup	70.000
11549	Tomato products, canned, sauce	245	1 cup	1283.800
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	563.550
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	307.200

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	9.000
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.850
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	1.000
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	6.150
11955	Tomatoes, sun-dried	2	1 piece	41.900
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	7.980
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	41.860
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	152.960
21088	Tostada with guacamole	130.5	1 tostada	399.330
05286	Turkey and gravy, frozen	142	5-oz package	786.680
05292	Turkey patties, breaded, battered, fried	64	1 patty	512.000
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	578.340
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	66.360
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	92.800
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	53.760
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	98.000
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	85.120
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	41.760
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	24.600
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	24.960
02050	Vanilla extract	4.2	1 tsp	0.378
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	56.950
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	78.200
11578	Vegetable juice cocktail, canned	242	1 cup	653.400
04582	Vegetable oil, canola	14	1 tbs	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	242.870
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	63.700
02048	Vinegar, cider	15	1 tbs	0.150
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	259.710
18367	Waffles, plain, prepared from recipe	75	1 waffle	383.250
14429	Water, municipal	237	8 fl oz	4.740
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	11.200
09326	Watermelon, raw	152	1 cup	1.520
09326	Watermelon, raw	286	1 wedge	2.860
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	2.500
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	1587.500
20083	Wheat flour, white, bread, enriched	137	1 cup	2.740
20084	Wheat flour, white, cake, enriched	137	1 cup	2.740
20080	Wheat flour, whole-grain	120	1 cup	6.000
20089	Wild rice, cooked	164	1 cup	4.920
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	476.300
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	382.500

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Sodium, Na (mg) Content of Selected Foods per Common Measure, sorted alphabetically

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	131.660
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	158.900
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	174.790
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	104.420