

**USDA National Nutrient Database for Standard Reference, Release 25**  
**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>
14006	Alcoholic beverage, beer, light	354	12 fl oz	14
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	14
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	3
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	4
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	8
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	9
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	9
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	4
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	5
11001	Alfalfa seeds, sprouted, raw	33	1 cup	2
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	10
09011	Apples, dried, sulfured, uncooked	32	5 rings	28
09003	Apples, raw, with skin	138	1 apple	1
09004	Apples, raw, without skin	110	1 cup	0
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	5
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	5
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	8
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	10
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	10
09032	Apricots, dried, sulfured, uncooked	35	10 halves	4
09021	Apricots, raw	35	1 apricot	0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	101
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	72
11015	Asparagus, canned, drained solids	72	4 spears	207
11012	Asparagus, cooked, boiled, drained	60	4 spears	8
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	5
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	2
09038	Avocados, raw, California	28.35	1 oz	2
09039	Avocados, raw, Florida	28.35	1 oz	1
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	244
18005	Bagels, cinnamon-raisin	89	4" bagel	306
18003	Bagels, egg	89	4" bagel	449
18003	Bagels, egg	71	3-1/2" bagel	359
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	339
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	425
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	3
19078	Baking chocolate, unsweetened, squares	28.35	1 square	7
11028	Bamboo shoots, canned, drained solids	131	1 cup	9
09040	Bananas, raw	118	1 banana	1

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09040	Bananas, raw	150	1 cup	2
20006	Barley, pearled, cooked	157	1 cup	5
20005	Barley, pearled, raw	200	1 cup	18
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	871
16008	Beans, baked, canned, with franks	259	1 cup	1114
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	853
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1106
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	2
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	4
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	655
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	4
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	2
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	332
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	1
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	1
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	339
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	4
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	12
16051	Beans, white, mature seeds, canned	262	1 cup	13
22905	Beef stew, canned entree	232	1 cup	900
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	54
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	60
13348	Beef, cured, corned beef, canned	85.05	3 oz	763
13350	Beef, cured, dried	28.35	1 oz	791
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	66
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	64
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	61
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	54
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	54
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	37
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	38
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	31
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	32
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	48
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	52
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	65
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	347
11084	Beets, canned, drained solids	170	1 cup	330
11084	Beets, canned, drained solids	24	1 beet	47
11081	Beets, cooked, boiled, drained	50	1 beet	39
11081	Beets, cooked, boiled, drained	170	1 cup	131

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18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	348
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	586
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	287
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	214
09042	Blackberries, raw	144	1 cup	1
09055	Blueberries, frozen, sweetened	230	1 cup	2
09050	Blueberries, raw	145	1 cup	1
07008	Bologna, beef and pork	56.7	2 slices	544
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	554
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	208
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1603
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	479
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	181
18023	Bread, cornbread, dry mix, prepared	60	1 piece	359
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	428
18025	Bread, cracked-wheat	25	1 slice	135
18027	Bread, egg	40	1/2" slice	152
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	128
18033	Bread, italian	20	1 slice	123
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	99
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	99
18039	Bread, oatmeal	27	1 slice	121
18040	Bread, oatmeal, toasted	25	1 slice	122
18041	Bread, pita, white, enriched	28	4" pita	150
18041	Bread, pita, white, enriched	60	6-1/2" pita	322
18044	Bread, pumpernickel	32	1 slice	191
18045	Bread, pumpernickel, toasted	29	1 slice	190
18047	Bread, raisin, enriched	26	1 slice	90
18048	Bread, raisin, toasted, enriched	24	1 slice	90
18053	Bread, reduced-calorie, rye	23	1 slice	118
18055	Bread, reduced-calorie, wheat	23	1 slice	76
18057	Bread, reduced-calorie, white	23	1 slice	110
18060	Bread, rye	32	1 slice	193
18061	Bread, rye, toasted	24	1 slice	159
18064	Bread, wheat	25	1 slice	130
18065	Bread, wheat, toasted	23	1 slice	138
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	221
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	123
18070	Bread, white, commercially prepared, toasted	22	1 slice	130
18075	Bread, whole-wheat, commercially prepared	28	1 slice	112
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	123
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	64
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	15
11740	Broccoli, flower clusters, raw	11	1 floweret	3
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	20
11090	Broccoli, raw	31	1 spear	10

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11090	Broccoli, raw	88	1 cup	29
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	33
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	23
20011	Buckwheat flour, whole-groat	120	1 cup	13
20010	Buckwheat groats, roasted, cooked	168	1 cup	7
20013	Bulgur, cooked	182	1 cup	9
20012	Bulgur, dry	140	1 cup	24
01001	Butter, salted	14.2	1 tbsp	101
01145	Butter, without salt	14.2	1 tbsp	2
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	58
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	11
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	12
11109	Cabbage, raw	70	1 cup	13
11112	Cabbage, red, raw	70	1 cup	19
11114	Cabbage, savoy, raw	70	1 cup	20
18086	Cake, angelfood, commercially prepared	28	1 piece	210
18088	Cake, angelfood, dry mix, prepared	50	1 piece	256
18090	Cake, boston cream pie, commercially prepared	92	1 piece	234
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	223
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	299
18110	Cake, fruitcake, commercially prepared	43	1 piece	43
18116	Cake, gingerbread, prepared from recipe	74	1 piece	242
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	367
18120	Cake, pound, commercially prepared, butter	28	1 piece	111
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	95
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	329
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	166
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	200
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	178
18133	Cake, sponge, commercially prepared	30	1 shortcake	161
18134	Cake, sponge, prepared from recipe	63	1 piece	144
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	318
18139	Cake, white, prepared from recipe without frosting	74	1 piece	242
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	64	1 piece	198
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	220
19074	Candies, caramels	10.1	1 piece	25
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	3
19071	Candies, carob, unsweetened	28.35	1 oz	30
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	8
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	7
19104	Candies, fudge, vanilla with nuts	15	1 piece	6
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	8
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	33
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	2
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	10
19107	Candies, hard	3	1 small piece	1

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19107	Candies, hard	6	1 piece	2
19108	Candies, jellybeans	28.35	10 large	14
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	23
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	4
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	10
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	30
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	102
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	136
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0
19116	Candies, marshmallows	50	1 cup	40
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	35
19126	Candies, milk chocolate coated peanuts	40	10 pieces	16
19127	Candies, milk chocolate coated raisins	10	10 pieces	4
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	30
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	20
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	16
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	66
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	161
19080	Candies, semisweet chocolate	168	1 cup	18
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	1
19087	Candies, white chocolate	170	1 cup	153
09060	Carambola, (starfruit), raw	108	1 cup	2
09060	Carambola, (starfruit), raw	91	1 fruit	2
14121	Carbonated beverage, club soda	355	12 fl oz	75
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	15
14136	Carbonated beverage, ginger ale	366	12 fl oz	26
14142	Carbonated beverage, grape soda	372	12 fl oz	56
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	28
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	21
14150	Carbonated beverage, orange	372	12 fl oz	45
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	37
14157	Carbonated beverage, root beer	370	12 fl oz	48
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	33
16055	Carob flour	8	1 tbsp	3
11655	Carrot juice, canned	236	1 cup	156
11960	Carrots, baby, raw	10	1 medium	8
11128	Carrots, canned, regular pack, drained solids	146	1 cup	353
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	90
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	86
11124	Carrots, raw	110	1 cup	76
11124	Carrots, raw	72	1 carrot	50
11935	Catsup	15	1 tbsp	136
11935	Catsup	6	1 packet	54
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	19
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	8

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11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	32
11135	Cauliflower, raw	13	1 floweret	4
11135	Cauliflower, raw	100	1 cup	30
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	137
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	34
11143	Celery, raw	40	1 stalk	32
11143	Celery, raw	120	1 cup	96
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	228
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	117
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	285
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	155
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	173
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	210
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	169
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	232
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	163
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	188
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	283
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	179
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	194
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	254
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	167
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	278
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	186
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	167
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	171
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	220
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	141
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	207
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	77
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	138
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	131
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	204
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	120
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	218
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	137
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	145
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	55	1 cup	1
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	38
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	207
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	217
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	174

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08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	166
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	220
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	1
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	204
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	189
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	200
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	117
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	28
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	153
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	160
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	3
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	5
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	5
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	241
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	15
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	43
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	8
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	87
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	9
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	258
08143	Cereals, WHEATENA, cooked with water	243	1 cup	5
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	364
01164	Cheese sauce, prepared from recipe	243	1 cup	1198
01048	Cheese spread, pasteurized process, American	28.35	1 oz	461
01004	Cheese, blue	28.35	1 oz	395
01007	Cheese, camembert	38	1 wedge	320
01009	Cheese, cheddar	28.35	1 oz	176
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	764
01013	Cheese, cottage, creamed, with fruit	226	1 cup	777
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	918
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	746
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	479
01017	Cheese, cream	14.5	1 tbsp	47
01186	Cheese, cream, fat free	15.6	1 tbsp	110
01019	Cheese, feta	28.35	1 oz	316
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	174
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	185

**USDA National Nutrient Database for Standard Reference, Release 25**  
**Sodium, Na (mg ) Content of Selected Foods per Common Measure, sorted alphabetically**

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01026	Cheese, mozzarella, whole milk	28.35	1 oz	178
01030	Cheese, muenster	28.35	1 oz	178
01031	Cheese, neufchatel	28.35	1 oz	95
01032	Cheese, parmesan, grated	5	1 tbsp	76
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	474
01044	Cheese, pasteurized process, swiss	28.35	1 oz	388
01035	Cheese, provolone	28.35	1 oz	248
01037	Cheese, ricotta, part skim milk	246	1 cup	308
01036	Cheese, ricotta, whole milk	246	1 cup	207
01040	Cheese, swiss	28.35	1 oz	54
18147	Cheesecake commercially prepared	80	1 piece	350
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	17
09070	Cherries, sweet, raw	68	10 cherries	0
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	883
07017	Chicken roll, light meat	56.7	2 slices	600
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	385
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	74
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	64
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	52
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	81
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	194
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	44
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	97
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	68
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	12
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	248
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	45
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	157
05277	Chicken, canned, meat only, with broth	142	5 oz	714
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	15
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	109
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240	1 cup	667
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	11
22904	Chili con carne with beans, canned entree	222	1 cup	997
11156	Chives, raw	3	1 tbsp	0
14181	Chocolate syrup	18.75	1 tbsp	14
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	45
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	154
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	131
14192	Cocoa mix, powder	28.35	3 heaping tsp	143
14194	Cocoa mix, powder, prepared with water	206	1 serving	150



**USDA National Nutrient Database for Standard Reference, Release 25**  
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14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	138
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	4
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	8
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	7
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	221
11159	Coleslaw, home-prepared	120	1 cup	28
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	29
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	85
18151	Cookies, brownies, commercially prepared	56	1 brownie	160
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	21
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	14
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	34
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	38
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	58
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	60
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	46
18170	Cookies, fig bars	16	1 cookie	56
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	67
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	401
18177	Cookies, molasses	15	1 cookie, medium	69
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	147
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	24
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	96
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	52
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	81
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	76
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	104
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	39
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	42
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	45
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	69
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	48
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	35
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	52
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	16
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	2
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	730
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	571
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	1
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	2
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	3
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	10
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	1860

**USDA National Nutrient Database for Standard Reference, Release 25**  
**Sodium, Na (mg ) Content of Selected Foods per Common Measure, sorted alphabetically**

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20020	Cornmeal, whole-grain, yellow	122	1 cup	43
20027	Cornstarch	8.064	1 tbsp	1
20029	Couscous, cooked	157	1 cup	8
20028	Couscous, dry	173	1 cup	17
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	7
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	9
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	718
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	7
18214	Crackers, cheese, regular	10	10 crackers	97
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	58
18217	Crackers, matzo, plain	28.35	1 matzo	0
18220	Crackers, melba toast, plain	20	4 pieces	120
18226	Crackers, rye, wafers, plain	11	1 wafer	61
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	123
18229	Crackers, standard snack-type, regular	12	4 crackers	90
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	68
18232	Crackers, wheat, regular	8	4 crackers	63
18235	Crackers, whole-wheat	16	4 crackers	113
14242	Cranberry juice cocktail, bottled	253	8 fl oz	5
09081	Cranberry sauce, canned, sweetened	57	1 slice	17
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	12
01069	Cream substitute, powdered	2	1 tsp	4
01049	Cream, fluid, half and half	15	1 tbsp	6
01053	Cream, fluid, heavy whipping	15	1 tbsp	6
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	6
01052	Cream, fluid, light whipping	15	1 tbsp	5
01056	Cream, sour, cultured	12	1 tbsp	10
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	13
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0
18239	Croissants, butter	57	1 croissant	266
18243	Croutons, seasoned	40	1 cup	436
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	911
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	715
15141	Crustaceans, crab, blue, canned	135	1 cup	533
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	336
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	198
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	413
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	661
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	155
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	292
11206	Cucumber, peeled, raw	280	1 large	6
11206	Cucumber, peeled, raw	119	1 cup	2
11205	Cucumber, with peel, raw	104	1 cup	2
11205	Cucumber, with peel, raw	301	1 large	6
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	46

**USDA National Nutrient Database for Standard Reference, Release 25**  
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18245	Danish pastry, cheese	71	1 danish	296
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	316
09087	Dates, deglet noor	41.5	5 dates	1
09087	Dates, deglet noor	178	1 cup	4
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	3
01072	Dessert topping, pressurized	4	1 tbsp	2
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1
02045	Dill weed, fresh	1	5 sprigs	1
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	63
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	212
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	41
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	190
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	144
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	337
01124	Egg, white, raw, fresh	33.4	1 large	55
01128	Egg, whole, cooked, fried	46	1 large	95
01129	Egg, whole, cooked, hard-boiled	50	1 large	62
01131	Egg, whole, cooked, poached	50	1 large	149
01132	Egg, whole, cooked, scrambled	61	1 large	88
01123	Egg, whole, raw, fresh	44	1 medium	62
01123	Egg, whole, raw, fresh	50	1 large	71
01123	Egg, whole, raw, fresh	58	1 extra large	82
01125	Egg, yolk, raw, fresh	16.6	1 large	8
01057	Eggnog	254	1 cup	137
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	1
11213	Endive, raw	50	1 cup	11
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	206
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	248
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	484
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	726
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	1210
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	658
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	524
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	942
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	1051
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	963
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	1314
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	843
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	710
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	601
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	957
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	630

**USDA National Nutrient Database for Standard Reference, Release 25**  
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21042	Fast foods, chili con carne	253	1 cup	1007
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	910
21043	Fast foods, clams, breaded and fried	115	3/4 cup	834
21127	Fast foods, coleslaw	99	3/4 cup	201
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	889
21015	Fast foods, danish pastry, cheese	91	1 pastry	319
21017	Fast foods, danish pastry, fruit	94	1 pastry	333
21074	Fast foods, enchilada, with cheese	163	1 enchilada	784
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	845
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	794
21024	Fast foods, french toast sticks	141	5 sticks	603
21023	Fast foods, french toast with butter	135	2 slices	513
21077	Fast foods, frijoles with cheese	167	1 cup	882
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	791
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	742
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	824
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	516
21118	Fast foods, hotdog, plain	98	1 sandwich	670
21119	Fast foods, hotdog, with chili	114	1 sandwich	480
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	973
21129	Fast foods, hush puppies	78	5 pieces	846
21078	Fast foods, nachos, with cheese	113	6-8 nachos	816
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	644
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1104
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	179
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	355
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	281
21139	Fast foods, potato, mashed	80	1/3 cup	245
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	373
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	792
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	119
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	209
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	1875
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	1651
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	845
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	1293
21033	Fast foods, sundae, hot fudge	158	1 sundae	182
21083	Fast foods, taco salad	198	1-1/2 cups	762
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	1044
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	679
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	871
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	69
09094	Figs, dried, uncooked	38	2 figs	4
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	238
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	185

**USDA National Nutrient Database for Standard Reference, Release 25**  
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15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	316
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	240
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	118
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	461
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	309
15034	Fish, haddock, cooked, dry heat	85	3 oz	222
15034	Fish, haddock, cooked, dry heat	150	1 fillet	392
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	70
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	130
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	740
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	295
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	174
15067	Fish, pollock, Alaska, cooked, dry heat	85	3 oz	356
15067	Fish, pollock, Alaska, cooked, dry heat	60	1 fillet	251
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	76
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	133
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	59
15077	Fish, salmon, chinook, smoked	85.05	3 oz	667
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	343
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	114
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	208
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	430
15111	Fish, swordfish, cooked, dry heat	85	3 oz	82
15111	Fish, swordfish, cooked, dry heat	106	1 piece	103
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	52
15128	Fish, tuna salad	205	1 cup	824
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	301
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	210
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	320
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	46
07023	Frankfurter, beef and pork	45	1 frank	369
07022	Frankfurter, beef, unheated	45	1 frank	467
07024	Frankfurter, chicken	45	1 frank	340
18268	French toast, frozen, ready-to-heat	59	1 slice	292
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	311
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	70
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	70
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	3
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	5
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	4
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	71
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	63
19294	Fruit butters, apple	17	1 tbsp	3
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	15
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	9
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	94

# USDA National Nutrient Database for Standard Reference, Release 25

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

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35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	526
35142	Frybread, made with lard (Navajo)	90	5" bread	296
11215	Garlic, raw	3	1 clove	1
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	101
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	56
14277	Grape drink, canned	250	8 fl oz	40
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	5
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	15
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	13
09404	Grapefruit juice, pink, raw	247	1 cup	2
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	5
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	2
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	2
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	6
09128	Grapefruit juice, white, raw	247	1 cup	2
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	5
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	3
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	1
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	326
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	252
06121	Gravy, mushroom, canned	59.6	1/4 cup	340
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	344
07027	Ham, chopped, not canned	21	2 slices	218
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	641
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	648
11961	Hearts of palm, canned	33	1 piece	141
19296	Honey	21	1 tbsp	1
02055	Horseradish, prepared	5	1 tsp	21
16158	Hummus, commercial	14	1 tbsp	53
19270	Ice creams, chocolate	66	1/2 cup	50
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	52
19095	Ice creams, vanilla	66	1/2 cup	53
19088	Ice creams, vanilla, light	66	1/2 cup	49
19089	Ice creams, vanilla, rich	74	1/2 cup	45
19297	Jams and preserves	20	1 tbsp	6
19300	Jellies	19	1 tbsp	6
11226	Jerusalem-artichokes, raw	150	1 cup	6
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	30
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	20
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	35	1 waffle	138
09148	Kiwifruit, green, raw	76	1 medium	2

**USDA National Nutrient Database for Standard Reference, Release 25**  
**Sodium, Na (mg ) Content of Selected Foods per Common Measure, sorted alphabetically**

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11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	35
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	56
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	58
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	65
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	71
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	62
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	69
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	61
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	65
04002	Lard	12.8	1 tbsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	488
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	363
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	5
18372	Leavening agents, baking soda	4.6	1 tsp	1259
18373	Leavening agents, cream of tartar	3	1 tsp	2
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	4
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	2
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	5
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	10
09153	Lemon juice, canned or bottled	244	1 cup	51
09153	Lemon juice, canned or bottled	15.2	1 tbsp	3
09152	Lemon juice, raw	47	juice of 1 lemon	0
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	10
14290	Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water	237	8 fl oz	9
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	35
09150	Lemons, raw, without peel	58	1 lemon	1
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	4
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	8
11251	Lettuce, cos or romaine, raw	10	1 leaf	1
11251	Lettuce, cos or romaine, raw	56	1 cup	4
11253	Lettuce, green leaf, raw	56	1 cup	16
11253	Lettuce, green leaf, raw	10	1 leaf	3
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	6
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	54
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	52
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	117
16073	Lima beans, large, mature seeds, canned	241	1 cup	810
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	4

**USDA National Nutrient Database for Standard Reference, Release 25**  
**Sodium, Na (mg ) Content of Selected Foods per Common Measure, sorted alphabetically**

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09161	Lime juice, canned or bottled, unsweetened	246	1 cup	39
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	2
09160	Lime juice, raw	38	juice of 1 lime	1
22247	Macaroni and Cheese, canned entree	252	1 cup	761
22970	Macaroni and cheese, frozen entree	283	1 package	821
20100	Macaroni, cooked, enriched	140	1 cup	1
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	125
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	231
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	54
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	191
09176	Mangos, raw	207	1 mango	2
09176	Mangos, raw	165	1 cup	2
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	105
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	93
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	90
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	38
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	112
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	30
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	28
09181	Melons, cantaloupe, raw	69	1/8 melon	11
09181	Melons, cantaloupe, raw	160	1 cup	26
09184	Melons, honeydew, raw	170	1 cup	31
09184	Melons, honeydew, raw	160	1/8 melon	29
01110	Milk shakes, thick chocolate	300	10.6 fl oz	333
01111	Milk shakes, thick vanilla	313	11 fl oz	297
01094	Milk, buttermilk, dried	6.5	1 tbsp	34
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	257
01095	Milk, canned, condensed, sweetened	306	1 cup	389
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	294
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	267
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	153
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	165
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	150
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	126
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	107
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	103
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	115
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	105
16112	Miso	68.75	1 cup	2563
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	95
15157	Mollusks, clam, mixed species, raw	85	3 oz	511
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	354



**USDA National Nutrient Database for Standard Reference, Release 25**  
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15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	71
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	432
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	470
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	336
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	193
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	251
18279	Muffins, corn, commercially prepared	57	1 muffin	119
18280	Muffins, corn, dry mix, prepared	50	1 muffin	398
18283	Muffins, oat bran	57	1 muffin	224
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	179
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	12
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6
11264	Mushrooms, canned, drained solids	156	1 cup	663
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	6
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	3
11260	Mushrooms, white, raw	70	1 cup	4
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	13
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	57
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	28
09191	Nectarines, raw	136	1 nectarine	0
20113	Noodles, chinese, chow mein	45	1 cup	381
20110	Noodles, egg, cooked, enriched	160	1 cup	8
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	19
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	1
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	181
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	87
12167	Nuts, chestnuts, european, roasted	143	1 cup	3
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	244
12104	Nuts, coconut meat, raw	45	1 piece	9
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	100
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	98
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	77
12142	Nuts, pecans	28.35	1 oz (20 halves)	0
12147	Nuts, pine nuts, dried	28.35	1 oz	1
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	121
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1
20034	Oat bran, cooked	219	1 cup	2
20033	Oat bran, raw	94	1 cup	4
04582	Oil, canola	14	1 tbsp	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0

**USDA National Nutrient Database for Standard Reference, Release 25**  
**Sodium, Na (mg ) Content of Selected Foods per Common Measure, sorted alphabetically**

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04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	10
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	6
09193	Olives, ripe, canned (small-extra large)	22	5 large	162
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	225
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	3
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	6
11284	Onions, dehydrated flakes	5	1 tbsp	1
11282	Onions, raw	160	1 cup	6
11282	Onions, raw	110	1 whole	4
11282	Onions, raw	14	1 slice	1
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	2
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	16
09207	Orange juice, canned, unsweetened	249	1 cup	10
09209	Orange juice, chilled, includes from concentrate	249	1 cup	5
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	2
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	6
09206	Orange juice, raw	248	1 cup	2
09206	Orange juice, raw	86	juice from 1 orange	1
09200	Oranges, raw, all commercial varieties	131	1 orange	0
09200	Oranges, raw, all commercial varieties	180	1 cup	0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	166
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	239
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	192
09226	Papayas, raw	140	1 cup	11
09226	Papayas, raw	304	1 papaya	24
11297	Parsley, fresh	10	10 sprigs	6
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	16
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	733
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	16
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	6
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	10
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	4
09246	Peaches, dried, sulfured, uncooked	39	3 halves	3
09250	Peaches, frozen, sliced, sweetened	250	1 cup	15
09236	Peaches, raw	98	1 peach	0
09236	Peaches, raw	170	1 cup	0
16097	Peanut butter, chunk style, with salt	16	1 tbsp	78
16098	Peanut butter, smooth style, with salt	16	1 tbsp	73
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	192
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2

**USDA National Nutrient Database for Standard Reference, Release 25**  
**Sodium, Na (mg ) Content of Selected Foods per Common Measure, sorted alphabetically**

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16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	91
09340	Pears, asian, raw	275	1 pear	0
09340	Pears, asian, raw	122	1 pear	0
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	4
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	13
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	10
09254	Pears, canned, juice pack, solids and liquids	76	1 half	3
09252	Pears, raw	166	1 pear	2
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	6
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	8
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	464
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	115
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	4
11670	Peppers, hot chili, green, raw	45	1 pepper	3
11819	Peppers, hot chili, red, raw	45	1 pepper	4
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	434
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	3
11333	Peppers, sweet, green, raw	10	1 ring	0
11333	Peppers, sweet, green, raw	119	1 pepper	4
11333	Peppers, sweet, green, raw	149	1 cup	4
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	3
11821	Peppers, sweet, red, raw	119	1 pepper	5
11821	Peppers, sweet, red, raw	149	1 cup	6
11945	Pickle relish, sweet	15	1 tbsp	122
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	569
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1365
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	588
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	976
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	35
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	13
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	235
18302	Pie, apple, prepared from recipe	155	1 piece	327
18305	Pie, blueberry, commercially prepared	117	1 piece	336
18306	Pie, blueberry, prepared from recipe	147	1 piece	272
18308	Pie, cherry, commercially prepared	117	1 piece	288
18309	Pie, cherry, prepared from recipe	180	1 piece	344
18310	Pie, chocolate creme, commercially prepared	113	1 piece	154
18316	Pie, coconut custard, commercially prepared	104	1 piece	348
18444	Pie, fried pies, cherry	128	1 pie	479
18319	Pie, fried pies, fruit	128	1 pie	426
18320	Pie, lemon meringue, commercially prepared	113	1 piece	194
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	307
18324	Pie, pecan, commercially prepared	113	1 piece	311
18325	Pie, pecan, prepared from recipe	122	1 piece	320
18326	Pie, pumpkin, commercially prepared	109	1 piece	261
18327	Pie, pumpkin, prepared from recipe	155	1 piece	349

**USDA National Nutrient Database for Standard Reference, Release 25**  
**Sodium, Na (mg ) Content of Selected Foods per Common Measure, sorted alphabetically**

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11943	Pimento, canned	12	1 tbsp	2
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	35
14341	Pineapple and orange juice drink, canned	250	8 fl oz	8
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	5
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	3
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	2
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0
09266	Pineapple, raw, all varieties	155	1 cup	2
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	282
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	438
09278	Plantains, cooked	154	1 cup	8
09277	Plantains, raw	179	1 medium	7
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	49
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	9
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	3
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	2
09291	Plums, dried (prunes), uncooked	42	5 prunes	1
09279	Plums, raw	66	1 plum	0
07065	Pork and beef sausage, fresh, cooked	26	2 links	242
07064	Pork sausage, fresh, cooked	26	2 links	233
07064	Pork sausage, fresh, cooked	27	1 patty	242
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	326
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	719
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	908
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	1009
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	1128
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	80
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	51
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	54
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	47
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	80
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	48
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	84
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	77
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	81
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	49
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	82
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	85
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	79

**USDA National Nutrient Database for Standard Reference, Release 25**  
**Sodium, Na (mg ) Content of Selected Foods per Common Measure, sorted alphabetically**

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11672	Potato pancakes	76	1 pancake	581
11399	Potato puffs, frozen, oven-heated	79	10 puffs	365
11414	Potato salad, home-prepared	250	1 cup	1323
11674	Potato, baked, flesh and skin, without salt	202	1 potato	20
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	1076
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	1061
11363	Potatoes, baked, flesh, without salt	156	1 potato	8
11364	Potatoes, baked, skin, without salt	58	1 skin	12
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	5
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	8
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	7
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	194
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	10
11370	Potatoes, hashed brown, home-prepared	156	1 cup	534
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	344
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	634
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	699
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	835
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	821
05306	Poultry food products, ground turkey, cooked	82	1 patty	64
09294	Prune juice, canned	256	1 cup	10
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	417
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	145
19183	Puddings, chocolate, ready-to-eat	113	4 oz	172
19193	Puddings, rice, ready-to-eat	113.4	4 oz	139
19218	Puddings, tapioca, ready-to-eat	113	4 oz	164
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	223
19201	Puddings, vanilla, ready-to-eat	113	4 oz	160
11424	Pumpkin, canned, without salt	245	1 cup	12
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2
11429	Radishes, raw	4.5	1 radish	2
09298	Raisins, seedless	145	1 cup	16
09298	Raisins, seedless	14	1 packet	2
09306	Raspberries, frozen, red, sweetened	250	1 cup	3
09302	Raspberries, raw	123	1 cup	1
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	1131
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	2
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	94
20037	Rice, brown, long-grain, cooked	195	1 cup	10
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	4
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	4
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	7
20045	Rice, white, long-grain, regular, cooked	158	1 cup	2
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	9

**USDA National Nutrient Database for Standard Reference, Release 25**  
**Sodium, Na (mg ) Content of Selected Foods per Common Measure, sorted alphabetically**

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18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	131
18350	Rolls, hamburger or hotdog, plain	43	1 roll	215
18353	Rolls, hard (includes kaiser)	57	1 roll	310
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	9
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	159
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	130
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	137
04133	Salad dressing, french, home recipe	14	1 tbsp	92
04134	Salad dressing, home recipe, cooked	16	1 tbsp	117
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
04021	Salad dressing, italian dressing, commercial, reduced fat	15	1 tbsp	150
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	146
04025	Salad dressing, mayonnaise, regular	13.8	1 tbsp	88
04015	Salad dressing, russian dressing	15.3	1 tbsp	173
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	141
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	146
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	135
07069	Salami, cooked, beef and pork	56.7	2 slices	987
07072	Salami, dry or hard, pork, beef	20	2 slices	331
02047	Salt, table	6	1 tsp	2325
07073	Sandwich spread, pork, beef	15	1 tbsp	152
06150	Sauce, barbecue	15.75	1 tbsp	162
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	522
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	258
06166	Sauce, homemade, white, medium	250	1 cup	885
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1048
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	124
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	113
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	690
11439	Sauerkraut, canned, solids and liquids	236	1 cup	1560
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	141
11445	Seaweed, kelp, raw	10	2 tbsp	23
11667	Seaweed, spirulina, dried	0.93	1 tbsp	10
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	73
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	17
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	4
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	118
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	104
14346	Shake, fast food, chocolate	333	16 fl oz	323
14347	Shake, fast food, vanilla	333	16 fl oz	270
11677	Shallots, raw	10	1 tbsp	1
19097	Sherbet, orange	74	1/2 cup	34
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	0
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	110
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	412

**USDA National Nutrient Database for Standard Reference, Release 25**  
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19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	216
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	155
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	263
19013	Snacks, fruit leather, pieces	28.35	1 oz	114
19014	Snacks, fruit leather, rolls	21	1 large	67
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1 oz (about 2/3 cup)	210
19015	Snacks, granola bars, hard, plain	28.35	1 bar	83
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	55
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	51
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	80
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	77
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	117
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	117
19034	Snacks, popcorn, air-popped	8	1 cup	1
19036	Snacks, popcorn, cakes	10	1 cake	29
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	124
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	73
19040	Snacks, popcorn, cheese-flavor	11	1 cup	98
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	116
19041	Snacks, pork skins, plain	28.35	1 oz	515
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	182
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	117
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	153
19411	Snacks, potato chips, plain, salted	28.35	1 oz	136
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2
19422	Snacks, potato chips, reduced fat	28.35	1 oz	139
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	156
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	760
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	29
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	174
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	284
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	119
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	177
19061	Snacks, trail mix, tropical	140	1 cup	133
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	972
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	883
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1560
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	636
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	793
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	841
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	578
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	833
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	238	1 serving	457

**USDA National Nutrient Database for Standard Reference, Release 25**  
**Sodium, Na (mg ) Content of Selected Foods per Common Measure, sorted alphabetically**

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06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	574
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	734
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	862
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	551
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	677
27042	Soup, clam chowder, new england, canned, ready-to-serve	254	1 cup	871
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	898
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	847
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	885
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	830
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	612
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	518
06094	Soup, onion, dry, mix	39	1 packet	3132
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	851
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	840
06174	Soup, stock, fish, home-prepared	233	1 cup	363
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	521
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	464
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	852
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	815
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	6
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	879
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	25
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	2
16120	Soymilk, original and vanilla, unfortified	245	1 cup	125
22401	Spaghetti with meat sauce, frozen entree	283	1 package	674
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	1
20125	Spaghetti, whole-wheat, cooked	140	1 cup	4
02007	Spices, celery seed	2	1 tsp	3
02009	Spices, chili powder	2.6	1 tsp	43
02010	Spices, cinnamon, ground	2.3	1 tsp	0
02015	Spices, curry powder	2	1 tsp	1
02020	Spices, garlic powder	2.8	1 tsp	2
02026	Spices, onion powder	2.1	1 tsp	2
02027	Spices, oregano, dried	1.5	1 tsp	0
02028	Spices, paprika	2.1	1 tsp	1
02029	Spices, parsley, dried	1.3	1 tbsp	6
02030	Spices, pepper, black	2.1	1 tsp	0
11658	Spinach souffle	136	1 cup	770
11461	Spinach, canned, regular pack, drained solids	214	1 cup	689
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	126



**USDA National Nutrient Database for Standard Reference, Release 25**  
**Sodium, Na (mg ) Content of Selected Foods per Common Measure, sorted alphabetically**

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11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	184
11457	Spinach, raw	30	1 cup	24
11457	Spinach, raw	10	1 leaf	8
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	2
11641	Squash, summer, all varieties, raw	113	1 cup	2
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	2
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	5
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	8
09316	Strawberries, raw	12	1 strawberry	0
09316	Strawberries, raw	166	1 cup	2
09316	Strawberries, raw	18	1 strawberry	0
19334	Sugars, brown	3.2	1 tsp	1
19335	Sugars, granulated	4.2	1 tsp	0
19336	Sugars, powdered	8	1 tbsp	0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	76
11512	Sweet potato, canned, vacuum pack	255	1 cup	135
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	53
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	42
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	125
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	182
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	250
19348	Syrups, chocolate, fudge-type	19	1 tbsp	66
19350	Syrups, corn, light	20	1 tbsp	12
19353	Syrups, maple	20	1 tbsp	2
19129	Syrups, table blends, pancake	20	1 tbsp	16
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	27
18360	Taco shells, baked	13.3	1 medium	32
09223	Tangerine juice, canned, sweetened	249	1 cup	2
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	15
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	2
20068	Tapioca, pearl, dry	152	1 cup	2
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	5
14545	Tea, herb, chamomile, brewed	178	6 fl oz	2
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	2
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	5
14376	Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared	237	8 fl oz	14
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	9
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	212
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	174
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	227
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	10
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	10
11954	Tomatillos, raw	34	1 medium	0

**USDA National Nutrient Database for Standard Reference, Release 25**  
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11540	Tomato juice, canned, with salt added	243	1 cup	654
11546	Tomato products, canned, paste, without salt added	262	1 cup	155
11547	Tomato products, canned, puree, without salt added	250	1 cup	70
11549	Tomato products, canned, sauce	245	1 cup	1284
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	343
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	564
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	9
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	1
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	1
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	6
11955	Tomatoes, sun-dried	2	1 piece	5
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	8
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	12
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	220
21088	Tostada with guacamole	130.5	1 tostada	399
05697	Turkey from whole, enhanced, light meat, meat only, cooked, roasted	85	1 serving (3 oz)	202
05180	Turkey from whole, neck, meat only, cooked, simmered	152	1 neck	374
05292	Turkey patties, breaded, battered, fried	64	1 patty	363
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	578
05695	Turkey, enhanced, dark meat, meat only, cooked, roasted	85	1 serving (3 oz)	171
05705	Turkey, whole, enhanced, meat only, roasted	85	1 serving (3 oz)	190
05172	Turkey, whole, giblets, cooked, simmered	145	1 cup	170
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	42
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	25
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	25
02050	Vanilla extract	4.2	1 tsp	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	57
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	78
11578	Vegetable juice cocktail, canned	242	1 cup	479
11581	Vegetables, mixed, canned, drained solids	163	1 cup	243
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	64
02048	Vinegar, cider	15	1 tbsp	1
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	241
18367	Waffles, plain, prepared from recipe	75	1 waffle	383
14429	Water, tap, municipal	237	8 fl oz	7
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	11
09326	Watermelon, raw	152	1 cup	2
09326	Watermelon, raw	286	1 wedge	3
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	3
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	1491
20083	Wheat flour, white, bread, enriched	137	1 cup	3
20084	Wheat flour, white, cake, enriched	137	1 cup	3
20080	Wheat flour, whole-grain	120	1 cup	2
20089	Wild rice, cooked	164	1 cup	5
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	132
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	159

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01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	175
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	104