

# SALT ASSAULT #12

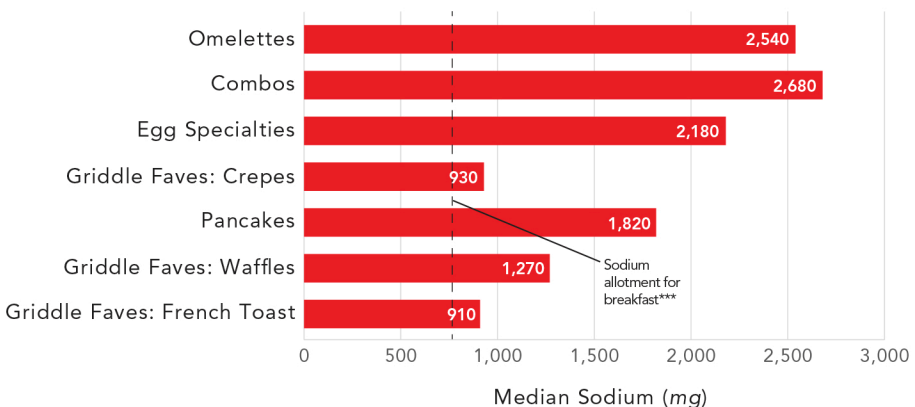


## HIGHEST SODIUM BREAKFASTS AT IHOP IN EACH MENU CATEGORY

BREAKFAST FOOD CATEGORY	ITEM NAME	SODIUM (mg)	PERCENT DAILY VALUE OF SODIUM*
Omelettes	Cheeseburger Omelette with Three Buttermilk Pancakes	4,560	198%
Combos	Country Fried Steak & Eggs with Country Gravy, Two Poached Eggs, Hash Browns, and Two Buttermilk Pancakes	3,800	165%
Egg Specialties	California Scramble with Red Potato Pepper & Onion Hash and Two Buttermilk Pancakes	2,730	119%
Griddle Faves: Crepes	Classic Breakfast Crepes	2,400	104%
Pancakes	Five Original Buttermilk Pancakes	2,270	99%
Griddle Faves: Waffles	Chicken & Waffles with Honey Mustard Dressing	2,160	94%
Griddle Faves: French Toast	French Toast Combo: Bananas Foster Brioche French Toast with Two Poached Eggs, Two Strips of Bacon, and Hash Browns	1,770	77%



## TYPICAL BREAKFAST BY CATEGORY\*\*



Source: Nutrition Information PDF from IHOP website (accessed January 5, 2018) and menu information from IHOP restaurant (accessed January 1, 2018).

Only breakfast items were included. Seasonal items, as well as sides or toppings that could be added for an additional charge, were excluded. The calories and sodium contents of pancakes, waffles, French toast, and crepes do not include syrup added by the consumer, as IHOP does not provide this nutrition information.

\* The percent daily value is the percentage of the recommended daily sodium limit (2,300 mg) provided by the breakfast.

\*\* "Typical" breakfasts in each menu category were calculated by finding the median sodium value of all breakfasts within each category. For meals that included side options (e.g., omelettes with side options of pancakes, fruit, toast, or hash browns), the median of all the side options was calculated and added to the main component (e.g., omelettes in this case) of the meal. When different preparations for one meal component were offered (e.g., poached, fried, hard/soft boiled, or scrambled eggs), the median of all the preparations was calculated and added to the main part of the meal, along with the median of any side options (if applicable). The resulting values were then rounded to the nearest ten.

\*\*\* The sodium allotment for breakfast was calculated by dividing the daily sodium limit (2,300 mg) by three meals and then rounding to the nearest ten.