

Brand-name Comparisons of Processed Foods

Center for Science in the Public Interest

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Center for Science in the Public Interest

1220 L Street, NW, Suite 300 • Washington, DC 20005 Tel: (202) 332-9110 • Fax: (202) 265-4954

e-mail: cspi@cspinet.org • Internet: www.cspinet.org

Sodium Levels in Processed Foods

alt—sodium chloride—is perhaps the deadliest ingredient in the food supply. While a small amount of sodium is necessary for health, the amount in the typical American diet is a major cause of high blood pressure, or hypertension. Currently, upwards of 70 million Americans suffer from that condition, which increases the risk of heart disease and stroke. Together those diseases kill about 700,000 people annually. Sodium's contribution is major. In 2004, the director of the National Heart, Lung, and Blood Institute and two other experts estimated that *reducing sodium levels in* processed and restaurant foods by 50 percent would save 150,000 lives a *year*.¹ (For a more thorough discussion of dietary sodium and its effects on health, please see "Salt: The Forgotten Killer," published by the Center for Science in the Public Interest (CSPI) in February 2005). ²

A recent study estimated the benefits that would result from reducing sodium consumption, both immediately and gradually. Immediately reducing average sodium consumption levels to between 2,200 mg to 1,500 mg per day would save about 700,000 to 1.2 million lives over 10

years. A more-achievable, gradual 40 percent reduction in consumption over 10 years would save 280,000 to 500,000 lives.³ Another study estimated that a reduction of 1,200 mg of sodium per day would save 44,000 to 92,000 lives and \$10 billion to \$24 billion in health-care costs annually.⁴

When they think about salt, most people think of the salt shaker on their kitchen table. But the salt shaker supplies only a small percentage of a person's daily intake. Processed and restaurant foods account for more than three-quarters of all sodium, according to a 1991 study. ^{5,6} That figure is probably even higher today. The same study estimated that naturally occurring sodium (especially in dairy foods) accounts for about 12 percent of our intake, and sodium from salt added in cooking or at the table adds another 11 percent.

The 2010 edition of the Dietary Guidelines for Americans, which is published jointly by the U.S. Department of Health and Human Services (DHHS) and U.S. Department of Agriculture (USDA), emphasizes the importance of lowering sodium levels in foods. It states:

¹ Havas S, Roccella EJ, Lenfant C. Am J Pub Health. 2004;94:19-22.

² http://www.cspinet.org/salt/saltreport.pdf.

³ Coxson PG, Cook NR, Joffres M, et al. Hypertension. 2013;61:564-570.

⁴ Bibbins-Domingo, K, et al. N Engl J Med 2010;362:590-9.

⁵ Institute of Medicine. *Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate.* (2004) pp. 6-44.

⁶ Mattes RD, Donnelly D. J Am Coll Nutr. 1991;10:383-93.

Americans should reduce their sodium intake to less than 2,300 mg or 1,500 mg per day depending on age and other individual characteristics....An immediate, deliberate reduction in the sodium content of foods in the marketplace is necessary to allow consumers to reduce sodium intake to less than 2,300 mg or 1,500 mg per day now.⁷

Though excessive sodium consumption has long been of great concern to health professionals, over the years food processors have done little to reduce sodium levels. In one small study, since 1983, CSPI monitored the sodium content of 100 popular foods. Of the 69 products still marketed in 2004, the average sodium content decreased by just 5 percent (from 592 mg to 564 mg), or 0.3 percent per year.8 And between 1994 and 2004, the average sodium content actually *increased* by 6 percent. As discussed below, CSPI monitored a larger sample between 2005 and 2011, with similar results.

Brand Variations

Though the food industry has paid little heed to calls for reducing sodium, it is clear that the sodium content of many foods can be reduced substantially. This report compares different brands of similar products (efforts were made to compare similar sizes, shapes, and flavors of products). All the products were sold in large chain supermarkets or chain restaurants and generally did not include special low-sodium foods that were marketed as niche products. This report compares the amount of sodium (in

⁷ U.S. Department of Agriculture and U.S. Department of Health and Human Services.

milligrams [mg]) per 100-gram (g) quantities of foods so as to adjust for different serving sizes. All the data were obtained from food labels, company websites, or company representatives in 2011.

Most categories showed wide variations in sodium content among brands. It was not uncommon for some brands to have 50 percent, 100 percent, or even more sodium than a competing brand. For instance, a medium order of fries had almost twice the sodium at Burger King as at McDonald's (453 vs. 231 mg/100 g). Hunt's Tomato Paste had over five times as much sodium as Contadina Roma Style Tomato Paste (318 vs. 61 mg/100 g). Great Value (Wal-Mart) solid white albacore tuna had 80 percent more sodium than Crown Prince's product (339 vs. 188 mg/100 g).

In some cases, though, different brands had identical or almost identical levels of sodium. For instance, among sliced American cheese, there was only a 10 percent difference between the brands that contained the least and most sodium. Of course, that doesn't mean that all of those companies couldn't reduce sodium levels at least marginally.

There seemed to be little pattern as to which products were lowest or highest in sodium. In some cases, the brands offered at conventional supermarkets had much more sodium than specialty brands at natural-foods stores. For instance, Ken's Steakhouse Caesar Salad Dressing had nearly 80 percent more sodium than Annie's Natural Caesar Salad Dressing

Dietary Guidelines for Americans, 2010.

⁸ Jacobson M. Am J Clin Nutr. 2005;81:941-2.

(1,433 vs. 800 mg/100g), and Ore-Ida Tater Tots had more sodium than Whole Foods 365 Tater Puffs (488 vs. 393 mg/100 g). But some natural-foods brands have much more sodium: Amy's Organic Family Marinara Pasta Sauce had more sodium than Classico Traditional Favorites Tomato & Basil (472 vs. 304 mg/100 g).

Likewise, some supermarket-brand products were lowest in sodium; other times they were highest. Safeway Premium Select BBQ Sauce had less than half as much sodium as Original Open Pit BBQ Sauce (639 vs. 1,500 mg/100 g). But Giant Hamburger Buns had 40 percent more sodium than Pepperidge Farm buns (488 vs. 349 mg/100 g).

The one time when higher levels of sodium might be tolerable is when salt (and other sodium-containing ingredients) are used to prevent the growth of dangerous bacteria. But even in those foods, sodium levels may vary considerably. Bar S Jumbo Hot Dogs contained 42 percent more sodium than Oscar Mayer XXL Deli Style Jumbo Hot Dogs (1,143 vs. 803 mg/100 g). And Bob Evans Savory Sage Pork Sausage had 50 percent more sodium than Whole Foods' 365 Brown & Serve Sage Links (1,018 vs. 679 mg/100 g).

The fact that sodium levels vary so widely among brands in a given category shows that many companies could lower the sodium contents of their products sharply without seriously sacrificing flavor. If companies gradually lowered sodium levels, consumers gradually would become accustomed to less salty foods. In

a small, but interesting, experiment in Australia, researchers found that people could barely, if at all, detect when the sodium content of bread—a major source of sodium—was reduced by 25 percent over six weeks.⁹ And many people who go on low-sodium diets to lower their blood pressure say that they get used to unsalted foods rather quickly and enjoy the taste of the *food*, as opposed to the *salt*.

Changes from 2005 to 2011

 \bigcap nce again in 2010, as it has since the first edition in 1980, the Dietary Guidelines for Americans recommended lower-sodium diets. The media in North America and Europe have run an unprecedented number of news items about the risks of high-sodium diets. Some companies have issued press releases highlighting reformulations that lowered the sodium content of their products. In 2007 the Grocery Manufacturers Association and CSPI, in 2008 the National Restaurant Association, and in 2013 both trade groups along with CSPI sponsored conferences to encourage their members to lower the sodium content of their offerings.

So what has industry done? To answer that question, CSPI compared the sodium content identified in 2011 of the 480 products included in this report with the original 2005 content. The results were disappointing. Of the 480 products monitored, sodium decreased in 205 (42.7%), increased in 158 (32.9%) and did not change in 117(24.4%). Almost as many products (119) increased by at least

Lancet. 1999;353:1332.

⁹ Girgis S, Neal B, Prescott J, et al. Eur J Clin Nutr. 2003;57:616-20. Rodgers A, Neal B.

five percent as decreased (154) by that percentage. And 34 products *increased* by 30 percent or more, while 26 products decreased by that percentage.¹⁰

Still, it was nice to see that some companies cut sodium levels dramatically since 2005. Ragu Old World Style Traditional Spaghetti Sauce lost almost 40 percent of its sodium. The Banquet Meal Macaroni and Cheese frozen dinner dropped half of its sodium, both by a 24 percent reduction in milligrams per 100-g serving, as well as a reduction in serving size. And the sodium content of Giant Yellow Deluxe American Cheese slices declined by 31 percent.

On the other hand, in 2011 Hardee's French fries (medium) contained three times as much sodium as they did in 2005. The sodium content of Jimmy Dean's Premium Regular Pork Sausage increased by 61 percent. Reggio's Chicago Style Premium Pepperoni Pizza had 75 percent more sodium. And Original Open Pit Barbecue Sauce had one-third more sodium. Clearly, some companies have not heard that high-sodium diets cause heart attacks.

While our sample of 480 foods is broadly representative of the food supply, it is still a tiny percentage of the tens of thousands of foods in grocery stores and restaurants. Also, while our survey found little overall change in the 480 foods, in the past several years most of the largest companies have begun lowering sodium levels, relying in part on the research that salt suppliers have been doing. The

¹⁰ Caveats: Some companies might simply have corrected errors in their 2005 data, and these figures of necessity ignore any lower-sodium products introduced since 2005.

National Salt Reduction Initiative, spearheaded by the New York City Department of Health and Mental Hygiene, stimulated some of those changes, because the city set targets (following an example set by the British government) for companies to meet.

In recent years, for instance, McDonald's says it has lowered sodium by an average of 11 percent, while Taco Bell claims an average 20 percent reduction. Kraft says it has cut sodium by an average of 10 percent in its products, and Pepperidge Farm says it has lowered sodium by 25 percent in its breads. Two other large companies, General Mills and ConAgra, plan to lower sodium by 20 percent by 2015. And the nation's biggest grocery chain, Walmart, is aiming for a 25 percent average reduction in the sodium content of its house brands by 2015 and, importantly, is asking all of its suppliers to do the same. We hope that hundreds of other companies will be making similar reductions.

Notwithstanding such laudable recent progress, we estimate that companies would have to add about 50 percent less sodium to their products in order for Americans to reach the 2,300-mg level recommended for healthy, young, white adults and about 70 percent less for people to achieve the 1,500-mg level recommended for others. We are skeptical that those necessary reductions will be achieved without government intervention, such as that recommended by a landmark 2010 report from the Institute of Medicine (a unit of the National Academies).¹¹ The IOM report concluded that voluntary sodium reductions had achieved little over the previous

¹¹ IOM (Institute of Medicine). 2010. *Strategies to Reduce Sodium Intake in the United States.* Washington, DC: The National Academies Press.

40 years and that it was essential that the U.S. Food and Drug Administration (FDA) and USDA set limits on the sodium content of packaged foods. Those limits, which would vary according to food group, could gradually decline over several years so that consumers would become accustomed to less-salty foods. The FDA is developing a sodium-reduction program, but it is a year or two overdue and will probably suggest targets rather than mandate specific limits.

Recommendations

owering sodium is one of the most Limportant dietary changes that Americans need to make—and there is responsibility in many quarters. Consumers need to read labels carefully and choose lower-sodium products especially fresh fruits, vegetables, and other foods that are naturally low in sodium—for the sake of their own health. Restaurants and food processors need to lower the sodium content of their foods. for the sake of their customers' health and to avoid unflattering publicity. And governments—federal, state, and local need to develop programs and adopt regulations that would decrease the sodium content of the food supply, for the sake of the public's health. The federal (or state/local) government should consider the following measures:

◆ The most effective way to reduce sodium would be for the FDA and USDA (which regulates foods that contain meat or poultry) to set sodium limits for categories of processed foods that are the biggest sources of sodium. The limits could be based on the levels in the lowest-sodium brands, or on the median sodium content, in each category. Companies would be given several years to comply. Judging from the wide variation in sodium levels in competing brands of the same products, many companies could reduce levels significantly and easily while other companies would have greater challenges. Once companies were in compliance, the limits would be reduced to the new median or other lower value.

- Congress should insist that the FDA promptly propose a sodium-reduction regulation, press industry to use less salt, and monitor sodium levels in the food supply and in diets.
- ♦ The FDA and USDA should require attention-getting symbols on the fronts of packages of high-sodium foods. Those agencies also should improve Nutrition Facts labels by requiring the statement "High in Salt" on such foods. Trigger levels for such labeling could be gradually reduced over the years. (Foods high in saturated fat, added sugars, or cholesterol or low in dietary fiber should be dealt with similarly.)
- ♦ If the FDA and USDA do not limit sodium in foods, officials should use their bully pulpits to prod manufacturers to voluntarily use less salt. U.S. officials should copy their British counterparts' aggressive strategy and set targets for various food categories, mount well-funded education campaigns, and publicly criticize unresponsive companies. Congress should provide major funding for the Department of Health and Human Services to educate the public about sodium and press food

- manufacturers and restaurants to lower sodium levels.
- ◆ Though relatively little of our salt comes from canisters bought at the supermarket, it still would be useful for canister labels to include a health notice, such as "SALT PROMOTES HEART DISEASE. USE LESS. TRY USING LESS SALT THAN RECIPES CALL FOR."
- ♦ Since sodium is only one of many dietary factors that cause cardiovascular and other diseases, the federal government should sponsor major campaigns to promote diets rich in vegetables, beans, fruit, whole grains, nuts, and seafood, along with lean meat and poultry and fat-free or low-fat dairy products.

Notes about the Table

The Table on the following pages compares (a) the sodium content of various brands of the same type of food and (b) the change in sodium content between 2005 (2007 for Wal-Mart products) and 2011. Most products listed were identified in 2005 as a convenience sample; the sample is not statistically representative of all foods in grocery stores or restaurants. Further details about the study are described in a paper by M.F. Jacobson, S. Havas, and R. McCarter and published in *JAMA Internal Medicine* (May 2013). Some numbers and averages shown in this report and that paper might differ slightly because of corrections and the different statistical methods that were used.

The data were gathered primarily from food labels; when products could not be found in stores, CSPI called the manufacturers. Information about restaurant foods was obtained from companies' web sites. In a few cases, manufacturers informed CSPI that the names, but not the products themselves, were changed since 2005. The sodium content of several Giant Foods (a large mid-Atlantic supermarket chain owned by Ahold) products varies depending on package size because of rounding and other factors. In categories where some brands listed the weight (grams) and others listed the volume (milliliters), we assumed that one milliliter weighed one gram.

In some cases, the apparent changes between 2005 and 2011 might not be real, because companies might have reanalyzed their products or corrected errors. Finally, CSPI regrets any errors it might have made in compiling these data and invites companies to send any corrections to jdeporter@cspinet.org.

Brand-name Comparisons of Sodium Levels (2011)

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Packaged Foods					
Baked Goods					
Biscuits - Refrigerated					
Great Value (Wal-Mart) Jumbos	1 biscuit	410	719		-11%
Butter Flavored Flaky	(57g)	410	/19		-1170
Safeway Jumbos Flaky	1 biscuit (57g)	440	772	7%	-6%
Safeway Jumbos Butter Flavored	1 biscuit (57g)	450	789	10%	-10%
Pillsbury Original Grands Flaky Layers	1 biscuit (58g)	540	931	29%	-2%
Great Value Jumbo Flaky	1 biscuit (57g)	550	965	34%	-14%
Pillsbury Grands Homestyle Original	1 biscuit (58g)	580	1,000	39%	-2%
Pillsbury Golden Layers Butter Tastin'	1 biscuit (34g)	360	1,059	47%	0%
Breads, Italian					
Pepperidge Farm Italian Bread with Sesame Seeds	1 sl. (32g)	130	406		-28%
Giant sliced	1 sl. (26g)	125	481	18%	-22%
Schmidt	1 sl. (31g)	150	484	19%	-24%
Maier's	1 sl. (32g)	190	594	46%	-23%
Wonder Seeded	1 sl. (28g)	170	607	49%	-6%
Breads, 100% Whole Wheat					
Pepperidge Farm Farmhouse Bread Soft	1 sl. (43g)	150	349		0%
Giant 100% Stone Ground Whole Wheat	1 sl. (30g)	130	433	24%	0%
Schmidt Old Tyme	1 sl. (28g)	140	500	43%	0%
Arnold Stone Ground	2 sl. (50g)	260	520	49%	8%
Stroehmann Dutch Country	1 sl. (38g)	200	526	51%	11%
Great Value (Wal-Mart) 100% Whole Wheat Bread	47g	250	532	52%	6%
Wonder Stoneground	2 sl. (68g)	400	588	69%	-1%

^{*} Adjusted for serving size.

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Breads, White					
Vermont Bread Company Soft All Natural	1 sl. (34g)	115	338	_	0%
OvenJoy Enriched	2 sl. (47g)	220	468	38%	1%
Great Value (Wal-Mart) White Bread	1 sl. (45g)	220	489	45%	-2%
Pepperidge Farm Family Size	2 sl. (53g)	270	509	51%	-13%
Pepperidge Farm Farmhouse Bread Hearty	1 sl. (43g)	220	512	51%	-21%
Safeway Split Top	2 sl. (47g)	250	532	57%	2%
Arnold Brick Oven Premium	1 sl. (33g)	190	576	70%	6%
Sunbeam Sandwich	1 sl. (26g)	150	577	71%	11%
	1				
Buns, Hamburger					
Pepperidge Farm	1 roll (43g)	150	349		-32%
Whole Foods Organic	1 bun (64g)	270	422	21%	37%
Wonder	1 bun (43g)	210	488	40%	-5%
Great Value (Wal-Mart) Enriched	1 bun (43g)	210	488	40%	-9%
Giant Enriched	1 bun (43g)	210	488	40%	-25%
	1				
Buns, Hot Dog					
Pepperidge Farm	1 bun (50g)	180	360		-33%
Wonder	1 bun (43g)	210	488	36%	-5%
Great Value (Wal-Mart) Enriched	1 bun (43g)	250	581	61%	9%
Potato Bread					
Martin's famous Dutch taste	1 sl. (32g)	120	375		0%
Sandwich Potato Bread Stroehmann Dutch Country Potato	1 311 (0 28)		0.0		0 70
Bread	1 sl. (35g)	170	486	30%	6%
Potato Rolls					
Martins Potato Party Rolls	1 roll (53g)	190	358		0%
Martins Famous Dutch Taste Potato Sandwich Rolls	1 roll (53g)	200	377	5%	0%
Stroehmann Dutch Country Hot Dog Potato Rolls	1 roll (53g)	270	509	42%	0%
Schmidt's Potato Rolls	1 roll (53g)	330	623	74%	74%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Crackers, Cheez-It type					
Sunshine Cheez-Its Baked Snack	27 crackers (30g)	230	767		-8%
Great Value (Wal-Mart) Cheddar Cheese Baked Snack Crackers	28 crackers (30g)	250	833	9%	-32%
Safeway Cheese Crackers	27 crackers (30g)	270	900	17%	8%
365 Organic Cheese Cracker	30 crackers (30g)	270	900	17%	-7%
Late July Cheddar Cheese Bite-Size	30 crackers (28g)	310	1,107	44%	1%
Crackers, Ritz type					
Ritz	5 crackers (16g)	125	781		-7%
Great Value (Wal-Mart) Snack Crackers	5 crackers (16g)	150	938	20%	22%
Reduced Fat Ritz	5 crackers (15g)	150	1,000	28%	0%
Crackers, Woven-wheat					
	7 crackers	160	F22		20/
Triscuit Reduced Fat	(30g)	160	533		-3%
365 Baked Woven Wheats Whole Wheat	8 crackers (30g)	170	567	6%	0%
Safeway Woven Wheats Baked Snack	8 crackers (32g)	200	625	17%	14%
Triscuit Original	6 crackers (28g)	180	643	21%	0%
Great Value (Wal-Mart) Double Cross	28g	180	643	21%	0%
Safeway Reduced Fat Woven Wheats Baked Snack	7 crackers (31g)	200	645	21%	15%
Crackers, Wheat thin type					
365 Organic Wheat Squares Snack	16 crackers	450	500		2407
Crackers	(30g)	150	500		-21%
Barbara's Wheatines Original	4 crackers (14g)	80	571	14%	0%
Nabisco Wheat Thins Original	16 crackers (31g)	230	742	48%	-15%
Nabisco Wheat Thins Reduced Fat	16 crackers (29g)	230	793	59%	-12%
Great Value (Wal-Mart) Wheat Crackers	16 crackers (31g)	260	839	68%	-7%
Reduced Fat Safeway Thin Wheats	16 crackers (31g)	280	903	81%	-6%
Safeway Thin Wheats Baked Snack	16 crackers (31g)	290	935	87%	0%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Crescent Rolls, Refrigerated dough				200	00 2022
Great Value (Wal-Mart)	1 roll (28g)	220	786		0%
Pillsbury	1 roll (28g)	220	786	0%	0%
Giant	1 roll (28g)	220	786	0%	47%
Dinner Rolls, Ready-to-eat					
Giant Enriched	1 roll (32g)	130	406		-33%
Pepperidge Farm Sandwich Buns with Sesame Seeds	1 roll (53g)	230	434	7%	-9%
Dairy Products					
Butter, Stick, Salted					
365 Organic Sweet Cream Salted	1 tbsp. (14g)	75	536		-35%
Nature's Promise Organic	1 tbsp. (14g)	90	643	20%	20%
Breakstone's All Natural	1 tbsp. (14g)	90	643	20%	0%
Great Value (Wal-Mart)	1 tbsp. (14g)	95	679	27%	6%
Land O'Lakes	1 tbsp. (14g)	95	679	27%	0%
Lucerne Sweet Cream	1 tbsp. (14g)	95	679	27%	6%
365 Sweet Cream	1 tbsp. (14g)	95	679	27%	0%
Kerrygold Pure Irish	1 tbsp. (14g)	100	714	33%	-5%
Cheese, American, Blocks					
Velveeta Pasteurized Prepared Product	1 oz. (28g)	370	1,321		-10%
Lucerne Smooth Melting American Cheese Loaf	28g	400	1,429	8%	38%
Cheese, American, Sliced					
Lucerne 2% Milk Reduced Fat Milk Slices	1 sl. (19g)	230	1,211		-9%
Lucerne American Processed Cheese Food	1 sl. (21g)	260	1,238	2%	-2%
Lucerne Deluxe American Pasteurized Process	1 sl. (19g)	240	1,263	4%	-2%
Giant Yellow Singles	1 sl. (19g)	240	1,263	4%	-9%
Giant Yellow Deluxe	1 sl.(21g)	270	1,286	6%	-31%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Velveeta Slices Pasteurized Prepared Product	1 sl. (23g)	300	1,304	8%	10%
Great Value (Wal-Mart) Pasteurized Process Cheese Product	1 sl. (19g)	250	1,316	9%	0%
Kraft Singles American Pasteurized Prepared Product	1 sl. (19g)	250	1,316	9%	2%
Horizon Organic American Singles	1 sl. (19g)	250	1,316	9%	19%
Lucerne Fat Free American Artificially Flavored Nonfat Pasteurized Process Product	1 sl. (21g)	280	1,333	10%	-10%
Cheese, Cheddar, Blocks					
Tillamook Medium	1 oz.(28g)	170	607		-6%
Lucerne Extra Sharp	1 oz. (28g)	180	643	6%	0%
Great Value (Wal-Mart) Sharp	1 oz. (28g)	180	643	6%	0%
Land O' Lakes Sharp	1 oz.(28g)	190	679	12%	0%
Land O' Lakes Mild	1 oz.(28g)	190	679	12%	0%
Cheese, Cheddar, Sliced					
Organic Valley (mild)	1 sl. (21g)	130	619		2%
Great Value (Wal-Mart) Mild	1 sl. (19g)	120	632	2%	-11%
Kraft Cracker Barrel Natural Sharp Slices	3 sl. (28g)	180	643	4%	-1%
Lucerne Sliced Medium Natural	1 sl. (21g)	140	667	8%	4%
Lucerne Slices Sharp	1 sl. (21g)	140	667	8%	-46%
Cheese, Ricotta					
Maggio Premium Whole Milk	1/4 c. (62g)	50	81		-67%
Great Value (Wal-Mart) Whole Milk	1/4 c. (62g)	55	89	10%	0%
Sorrento Authentic Italian Taste Whole Milk Deli Style	1/4 c. (62g)	55	89	10%	10%
Frigo Whole Milk	1/4 c. (62g)	85	137	70%	0%
	<u> </u>	<u> </u>			
Cheese, Cottage					
Breakstone's 2% milkfat Small Curd	1/2 c. (124g)	370	298		-8%
Light n' Lively Lowfat 1% Milkfat	1/2 c. (124g)	380	306	3%	-4%
Lucerne Lowfat 2% Milkfat Calcium Fortified	1/2 c. (113g)	410	363	22%	0%
Great Value (Wal-Mart) 1% Lowfat Small Curd	1/2 c. (113g)	420	372	25%	8%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Cheese, Cream, Brick					
Organic Valley	2 tbsp. (30g)	100	333		-23%
Lucerne	2 tbsp. (30g)	105	350	5%	5%
Great Value (Wal-Mart)	1 oz. (28g)	100	357	7%	0%
Kraft Philadelphia Original	1 oz. (28g)	105	375	13%	0%
Cheese, Cream, Fat Free, Brick					
Great Value (Wal-Mart)	1oz. (28g)	170	607		-15%
Lucerne	2 tbsp. (30g)	200	667	10%	48%
Kraft Philadelphia	1 oz. (28g)	190	679	12%	-5%
Cream Cheese, Light					
Kraft Philadelphia	2 tbsp. (31g)	140	452		-4%
Giant	2 tbsp. (30g)	140	467	3%	4%
Great Value	2 tbsp. (30g)	170	567	25%	44%
Cheese, Cream, Whipped					
Great Value (Wal-Mart)	2 tbsp. (20g)	65	325		0%
Giant	2 tbsp. (20g)	65	325	0%	0%
Kraft Philadelphia	2 tbsp. (21g)	90	429	32%	0%
Cheese, Monterey Jack					
Giant (Block cheese)	1 oz. (28g)	170	607		0%
Lucerne Natural (Block cheese)	1 oz. (28g)	170	607	0%	0%
Great Value (Wal-Mart)	1 oz. (28g)	180	643	6%	0%
Land O'Lakes	1 oz. (28g)	190	679	12%	0%
Cheese, Mozzarella, Part-skim					
Giant, low moisture (block)	1 sl. (30g)	190	633		6%
Sorrento Low Moisture	1 oz. (30g)	200	667	5%	4%
Organic Valley Organic Low Moisture	1 oz. (28g)	190	679	7%	81%
Lucerne Low Moisture	1 oz. (28g)	210	750	18%	24%
Frigo Low Moisture	1 oz. (28g)	210	750	18%	0%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Cheese, Swiss, Block					
365 Swiss Cheese	1 oz. (28g)	60	214		0%
Giant	1 oz. (28g)	60	214	0%	-54%
Great Value (Wal-Mart)	1 oz. (28g)	130	464	117%	0%
Cheese, Swiss, Sliced					
Lucerne Sliced Natural	1 sl. (21g)	50	238		0%
Great Value (Wal-Mart)	1-1.5 sl. (28g)	130	464	95%	0%
Frozen Foods					
Chicken, Fried, Dinners					
Hungry-Man Boneless (with Mashed Potatoes, Corn and a Brownie)	1 pkg. (454g)	1,350	297		-38%
Banquet Select Recipes (with Mashed Potatoes and Corn)	1 meal (228g)	1,140	500	68%	42%
Macaroni and Cheese, Frozen dinners					
Stouffer's Lean Cuisine	1 pkg. (283g)	570	201		-12%
Weight Watchers Smart Ones	1 meal (283g)	790	279	39%	-1%
Banquet Meal	1 meal (227g)	760	335	66%	-24%
Chicken, Nuggets					
Banquet Chicken Breast	6 pcs. (85g)	400	471		-15%
Great Value (Wal-Mart)	5 pcs. (84g)	500	595	26%	-23%
Chicken, Tenders					
Banquet Chicken Breast Strips	2 strips (85g)	400	471		-17%
Great Value (Wal-Mart)	84g	730	869	85%	54%
Pizza, Cheese					
Elio's	2 sl. (115g)	490	426		18%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Totinos Crisp Crust Party Original 3-Cheese	1/2 pizza (139g)	610	439	3%	-13%
Amy's	1/3 pizza (123g)	590	480	13%	0%
Tony's Original	1/3 pizza (120g)	580	483	13%	-12%
Great Value (Wal-Mart) Rising Crust 4 Cheese	1/6 pizza (133g)	690	519	22%	-16%
365 Four Cheese	1/3 pizza (118g)	700	593	39%	31%
Celeste Pizza for One Original Cheese	1 pizza (144g)	1,020	708	66%	4%
Pizzas, French Bread, Pepperoni					
Stouffer's	1 pizza. (159g)	700	440		49%
Red Baron Pepperoni	1 pizza (153g)	1,090	712	62%	2%
Pizzas, Pepperoni					
Reggio's Chicago Style Premium	1/4 pizza (140g)	700	500		75%
Tony's Original Crust	1/3 pizza (119g)	620	521	4%	-27%
Red Baron Classic	1/4 pizza (142g)	740	521	4%	-20%
Safeway	1/6 pizza (140g)	740	529	6%	-4%
Totinos Crisp Crust	1/2 pizza (145g)	780	538	8%	-10%
Great Value (Wal-Mart) Rising Crust	1/6 pizza (133g)	770	579	16%	-18%
Tombstone Brick Oven Style	1 sl. (124g)	720	581	16%	0%
Pizza for One	1 pizza (142g)	1,010	711	42%	12%
Pot Pies, Chicken					
Marie Callender's	1 cup (234g)	800	342		-6%
Stouffer's	1 package (235g)	930	396	16%	-5%
Banquet	1 pie (198g)	1,040	525	54%	9%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Potatoes, Puffed					
365 Tater Puffs	10 pcs. (84g)	330	393		39%
Ore-Ida Tater Tots	9 pcs. (86g)	420	488	24%	0%
Taquitos, Chicken	Г m aa				
Delimex Chicken	5 pcs. (140g)	480	343		0%
Meats					
Bacon					
Gwaltney Thick Sliced Virginia Cured	19g	320	1,684		12%
Oscar Mayer Center Cut	3 sl. (15g)	270	1,800	7%	-20%
Oscar Mayer Hearty Thick Cut	1 sl. (12g)	250	2,083	24%	0%
Hormel Original	2 sl. (15g)	330	2,200	31%	0%
Bacon, Smoked Safeway Select Naturally Smoked					
Thick Sliced	2 sl. (13g)	200	1,538		8%
Gwaltney Hardwood Smoked Premium Sliced	2 sl. (14g)	230	1,643	7%	6%
Jimmy Dean Hickory Fully Cooked	3 sl. (12g)	200	1,667	8%	0%
Smithfield Naturally Hickory Smoked	2 sl. (17g)	290	1,706	11%	-8%
Jamestown Brand Hardwood Sliced	15g	270	1,800	17%	-24%
Smithfield Naturally Hickory Smoked Center Cut	3 sl. (15g)	280	1,867	21%	3%
Oscar Mayer Naturally Hardwood	2 sl. (14g)	290	2,071	35%	0%
Great Value (Wal-Mart) Smoked	2 sl. (15g)	320	2,133	39%	0%
Bacon, Turkey					
Butterball Thin & Crispy	2 sl. (18g)	180	1,000		-25%
Oscar Mayer Smoked Cured	1 sl. (15g)	180	1,200	20%	-7%
Chicken, Fresh or Frozen					
Super G Boneless Skinless Thighs	4 oz. (uncooked)	40	36		-60%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Perdue Chicken Split Breasts	4 oz. (uncooked)	70	63	75%	20%
Perdue Boneless Skinless Breast with Rib Meat	4 oz. (uncooked)	75	67	88%	0%
Perdue Oven Stuffer Fresh Whole Roaster Breast with Ribs and Back	3 oz. (cooked)	75	89	150%	86%
Perdue Whole Chicken	3 oz. (cooked)	80	95	167%	-6%
Perdue Drumsticks	3 oz. (cooked)	95	113	217%	6%
Hams					
Carl Buddig Honey Ham	6 sl. (56g)	460	821		-23%
Smithfield 97% Fat Free Cooked	1 sl. (28g)	310	1,107	35%	0%
Oscar Mayer Baked Cooked	3 sl. (64g)	840	1,313	60%	9%
Oscar Mayer Shaved Smoked	6 sl. (51g)	680	1,333	62%	3%
Safeway 95% Fat Free	1 sl. (28g)	380	1,357	65%	0%
Hot Dogs					
Oscar Mayer XXL Deli Style Beef	1 link (76g)	610	803		-18%
Nathan's Bigger-than-the-Bun 8 Skinless Beef	1 link (57g)	470	825	3%	0%
Ball Park Lite, Beef	1 frank (50g)	420	840	5%	-9%
Ball Park Fat Free Beef	1 link (50g)	430	860	7%	2%
Gwaltney Big 8's Jumbo Beef	1 frank (56g)	510	911	13%	-12%
Safeway Jumbo Beef	1 frank (57g)	580	1,018	27%	4%
Armour Jumbo Beef	1 frank (57g)	580	1,018	27%	-6%
Bar S Jumbo	1 link (56g)	640	1,143	42%	-6%
Pork, Fresh or Frozen					
Smithfield Pork Loin Back Ribs	112g	140	125		64%
Tyson Fresh Tenderloin	4 oz. (112g)	190	170	36%	-37%
Tyson Fresh Loin Country Style Ribs	4 oz. (112g)	210	188	50%	-36%
Hormel Always Tender Fresh Pork Loin Back Ribs	154g	295	192	53%	-35%
Tyson Fresh Spareribs	4 oz. (112g)	220	196	57%	-33%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Tyson Fresh Boneless Loin Roast	4 oz. (112g)	240	214	71%	-17%
Hormel Always Tender Fresh Pork Spareribs	154g	330	214	71%	-27%
Sausage, Breakfast Links					
365 Sizzle & Serve Links Pork	2 links (56g)	380	679		0%
Jimmy Dean Pork Original	3 links (53g)	380	717	6%	25%
Johnsonville Original	3 links (55g)	490	891	31%	-20%
Pork Sausage, Maple or Brown Sugar					
Bob Evans Maple	3 links (51g)	310	608		-28%
365 Brown & Serve Link Made with Pork Maple	2 links (56g)	350	625	3%	0%
Johnsonville Brown Sugar & Honey	3 links (55g)	440	800	32%	-4%
Johnsonville Maple Syrup	3 links (55g)	470	855	41%	-22%
Sausage, Pork					
Jimmy Dean Premium Regular	2 oz. (56g)	450	804		61%
Bob Evans Original Recipe	2 oz. (56g)	460	821	2%	-1%
Safeway Select Country	2 oz. (57g)	520	912	14%	-7%
Jamestown Brand Mild	1.5 oz.(42g)	400	952	19%	-5%
Pork Sausage, Hot					
Jimmy Dean Premium Hot	2 oz. (56g)	490	875		40%
Safeway Select Hot Country	2 oz. (56g)	510	911	4%	-7%
Jamestown Brand Hot	1.5 oz. (42g)	400	952	9%	-18%
Pork Sausage, Sage					
365 Brown & Serve Links	2 links (56g)	380	679		0%
Jimmy Dean Premium	2 oz. (56g)	390	696	3%	22%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Bob Evans Savory	2 oz. (56g)	570	1,018	50%	0%
Turkey, Fresh or Frozen					
Shady Brook Farms Fresh Natural Hotel Style Young Turkey Breast with Ribs, Portions of Back and Wing Meat	4 oz. (112g)	65	58	_	7%
Perdue Frozen Whole Hen Turkey	3 oz. (84g)	50	60	3%	10%
Shady Brook Farms Turkey Breast Cutlets	4 oz. (112g)	240	214	269%	0%
Turkey Breast, Sliced, Deli					
Healthy Ones Oven Roasted and White	6 sl. (56g)	320	571		-33%
Butterball Smoked Thick Sliced 98% Fat Free	1 sl. (28g)	200	714	25%	-20%
Carl Buddig Oven Roasted Thin Sliced Lean	6 sl. (56g)	460	821	44%	-23%
Smithfield 96% Fat Free Honey Roasted and White	1 sl. (28g)	250	893	56%	-24%
Smithfield 98% Fat Free Oven Roasted	1 sl. (28g)	250	893	56%	-29%
Oscar Mayer Turkey Breast Oven Roasted 98% Fat Free - Premium	1 sl (28g)	250	893	56%	-26%
Oscar Mayer Oven Roasted	6 sl. (51g)	460	902	58%	-25%
Carl Buddig Honey Turkey	2 oz (56g)	620	1,107	94%	-18%
Hillshire Farms Deli Select Thin Sliced Oven Roasted	2 oz. (56g)	620	1,107	94%	2%
Prepared Foods, Boxed					T
Macaroni and Cheese					
Nature's Promise Macaroni and Cheese Organic	1 c. (71g)	570	803		0%
Kraft Dinner The Cheesiest	1 c. (70g)	580	829	3%	-3%
Great Value (Wal-Mart) Premium Macaroni and Cheese	1 c. (98g)	820	837	4%	-5%
Giant Dinner	1 c. (70g)	600	857	7%	13%
Breakfast Cereals					
Barbara's Honey Nut O's	30g	80	267		7%
General Mills Frosted Cheerios	3/4 c. (28g)	170	607	128%	-11%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Salad Dressings					
Salad Dressings, Blue Cheese					
Wishbone Light	2 tbsp. (30g)	310	1,033		0%
Ken's Steakhouse Lite Chunky Blue Cheese Dressing	2 tbsp. (31g)	390	1,258	22%	11%
Kraft Roka Brand Blue Cheese Salad Dressing	2 tbsp. (29g)	380	1,310	27%	31%
Salad Dressings, Caesar					
Annie's Natural	2 tbsp. (30g)	240	800		41%
Cardini's The Original	2 tbsp. (29g)	240	828	3%	0%
Safeway Select Fresh Garlic	2 tbsp. (30g)	260	867	8%	8%
365 Organic	2 tbsp. (30g)	280	933	17%	8%
Wishbone Creamy	2 tbsp. (30ml)	290	967	21%	-3%
Newman's Own Creamy	2 tbsp. (30g)	340	1,133	42%	-27%
Safeway Select Fresh Garlic Light	2 tbsp. (15g)	170	1,133	42%	-23%
Girard's Light	2 tbsp. (31g) 2 tbsp.	370	1,194	49%	3%
Great Value (Wal-Mart)	(30g)	380	1,267	58%	81%
Kraft's Classic	2 tbsp. (29g)	380	1,310	64%	23%
Ken's Steakhouse	2 tbsp. (30g)	430	1,433	79%	0%
Salad Dressings, Caesar, Refrigerated					
Marie's Caesar	2 tbsp. (28g)	150	536		7%
T. Marzetti's Creamy Caesar	2 tbsp. (28g)	370	1,321	147%	60%
Salad Dressings, Peppercorn Ranch					
Giant	2 tbsp (28g)	370	1,321		67%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Salad Dressings, Ranch					
Wishbone	2 tbsp. (30ml)	230	767		15%
Hidden Valley The Original	2 tbsp. (30g)	260	867	13%	0%
Ken's Steakhouse Buttermilk	2 tbsp. (30g)	280	933	22%	-10%
Hidden Valley Light Topping & Dressing	2 tbsp. (31g)	290	935	22%	0%
Great Value (Wal-Mart) Buttermilk	2 tbsp. (30g)	290	967	26%	-24%
Giant	2 tbsp. (29g)	300	1,034	35%	43%
Kraft	2 tbsp. (30g)	370	1,233	61%	19%
Salad Dressings, Thousand- Island					
Kraft Fat Free	2 tbsp. (33g)	260	788		0%
Ken's Steakhouse	2 tbsp. (30g)	300	1,000	27%	0%
Great Value (Wal-Mart)	2 tbsp. (30g)	300	1,000	27%	-6%
Giant	2 tbsp. (29g)	330	1,138	44%	37%
Giant Fat Free	2 tbsp. (29g)	330	1,138	44%	8%
Sauces					
BBQ Sauce, Original					
Safeway Premium Select	2 tbsp. (36g)	230	639		0%
KC Masterpiece Premium	2 tbsp. (36g)	240	667	4%	0%
Squeezable Sweet Baby Ray's Award Winning	2 tbsp. (37g)	290	784	23%	-3%
Kraft	2 tbsp. (36g)	370	1,028	61%	-17%
Bull's-Eye	2 tbsp. (36g)	370	1,028	61%	12%
Giant	2 tbsp. (34g)	370	1,088	70%	0%
Great Value (Wal-Mart)	2 Tbsp. (36g)	440	1,222	91%	12%
Original Open Pit	2 tbsp. (34g)	510	1,500	135%	33%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
BBQ Sauce, Honey					
Squeezable Sweet Baby Ray's Award Winning	2 tbsp. (37g)	300	811		0%
Giant	2 tbsp. (36g)	320	889	10%	0%
Great Value (Wal-Mart)	2 tbsp. (36g)	360	1,000	23%	13%
Kraft	2 tbsp. (37g)	450	1,216	50%	22%
Ketchup					
365	1 tbsp. (17g)	160	941		0%
Heinz	1 tbsp. (17g)	160	941	0%	-16%
Annie's Organic	1 tbsp. (17g)	170	1,000	6%	13%
Heinz Organic	1 tbsp. (17g)	190	1,118	19%	0%
Great Value (Wal-Mart)	1 tbsp. (17g)	190	1,118	19%	0%
Salsa, Medium					
Drew's All Natural	2 tbsp. (28g)	100	357		0%
Muir Glen Organic	2 tbsp. (31g)	130	419	17%	-4%
Chi Chi's Fiesta Thick & Chunky	2 tbsp. (30g)	150	500	40%	0%
Safeway Southwest	2 tbsp. (28g)	150	536	50%	0%
Whole Foods	2 tbsp. (31g)	210	677	90%	8%
Tostitos	2 tbsp. (33g)	250	758	112%	-4%
Old El Paso Thick N' Chunky	2 tbsp. (30g)	230	767	115%	0%
Herdez Salsa Casera	2 tbsp. (31g)	270	871	144%	0%
Salsa, Mild					
Muir Glen Organic	2 tbsp. (31g)	125	403		-7%
Chi Chi's Fiesta Thick & Chunky	2 tbsp. (30g)	150	500	24%	0%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Safeway Southwest Salsa Mild	2 tbsp. (28g)	150	536	33%	0%
Whole Foods	2 tbsp. (31g)	200	645	60%	3%
Tostitos	2 tbsp. (33g)	250	758	88%	-4%
Old El Paso Thick N' Chunky	2 tbsp. (30g)	230	767	90%	0%
Pace Chunky	2 tbsp. (30ml)	230	767	90%	-4%
Great Value Thick & Chunky	2 tbsp. (30g)	240	800	98%	3%
Sauce, Spaghetti					
Walnut Acres Organic Marinara & Herbs	1/2 c. (125g)	330	264		0%
Classico Traditional Favorites Tomato & Basil	1/2 c. (125g)	380	304	15%	23%
365 Marinara	1/2 c. (118g)	400	339	28%	-20%
Barilla Marinara Tomato & Basil	1/2 c. (125g)	460	368	39%	-8%
Ragu Old World Style Traditional	1/2 c. (125g)	480	384	45%	-38%
Great Value (Wal-Mart) Traditional	1/2 c. (125g)	490	392	48%	0%
Bertolli Marinara with Burgundy Wine	1/2 c. (126g)	500	397	50%	-6%
Newman's Own Marinara	1/2 c. (125g)	510	408	55%	0%
365 Organic	1/2 c. (113g)	470	416	58%	93%
Amy's Organic Family Marinara Pasta Sauce	1/2 c. (125g)	590	472	79%	0%
Safeway Select Premium Quality Verdi Marinara Pasta Sauce	1/2 c. (125g)	630	504	91%	0%
Francesco Rinaldi Original Traditional	1/2 c. (125g)	650	520	97%	0%
Giant Traditional	1/2 c. (125g)	660	528	100%	-10%
Sauce, Steak					
Great Value (Wal-Mart)	1 tbsp. (17g)	280	1,647		37%
A1	1 tbsp. (17g)	280	1,647	0%	0%
Giant	1 tbsp. (17g)	300	1,765	7%	20%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Sauce, Tomato					
Great Value (Wal-Mart)	1/4 c. (61g)	260	426		0%
Giant	1/4 c. (61g)	280	459	8%	2%
Contadina	1/4 c. (61g)	280	459	8%	0%
Hunt's	1/4 c. (62g)	410	661	55%	8%
Sauce, Soy					
Safeway Select Gourmet Club Naturally Brewed	1 tbsp. (15ml)	920	6,133		0%
Kikkoman Naturally Brewed	1 tbsp. (15ml)	920	6,133	0%	0%
La Choy	1 tbsp. (15ml)	1,160	7,733	26%	-8%
Snack Foods					
Cheese Curls					
365	1 oz. (28g)	125	446		-40%
Barbara's Bakery Cheese Puffed Bakes	1 oz. (28g)	200	714	60%	5%
Utz	1 oz./14 curls (28g)	260	929	108%	0%
Michael Season's Ultimate White Cheddar Cheese Puffs	1 1/2 c. (28g)	270	964	116%	0%
Crunchitos Extra Cheddar Baked	1 c. (30g)	290	967	117%	0%
Cheetos Crunchy	1 oz. /21 pcs. (28g)	290	1,036	132%	0%
Great Value (Wal-Mart) Cheddar Cheese Crunch	21 pcs. (28g)	290	1,036	132%	-3%
Bachman	23 pcs. (28g)	300	1,071	104%	-15%
Potato Chips, Lightly Salted					
Kettle Chips Natural Gourmet with Sea Salt	1 oz. (28g)	105	375		-5%
Potato Chips and Crisps					
Utz Kettle Classics Regular	1 oz./20 chips (28g)	120	429		26%
Grandma Utz's Handcooked	1 oz. (28g)	120	429	0%	1%
Kettle Chips, Baked with Sea Salt	1 oz. (28g)	135	482	13%	-16%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Pringles Original (crisps)	1 oz. (28g)	150	536	25%	-12%
Ruffles Original	1 oz./12 oz. (28g)	160	571	33%	0%
Great Value (Wal-Mart) Original	1 oz. (28g)	180	643	50%	13%
Lay's Classic	1 oz./15 chips (28g)	180	643	50%	0%
Lay's Wavy Original	1 oz./11 chips (28g)	180	643	50%	0%
Rice Snacks, caramel corn					
Quaker	13 mini cakes (30g)	310	1,033		3%
Tortilla Chips, Yellow					
Garden of Eatin Yellow All Natural	28g	55	196		-21%
Little Bear All Natural	15 chips (28g)	65	232	18%	0%
Green Mountain Gringo Tortilla Strips	12 chips (28g)	80	286	45%	-38%
Tostitos Natural	1 oz. (28g)	100	357	82%	25%
Guiltless Gourmet Baked	1 oz./18 chips (28g)	180	643	227%	13%
Tortilla Chips, White					
365 Organic	28g	45	161		-4%
Tostitos Bite Size	1 oz. (28g)	110	393	144%	0%
Tostitos Scoops	1 oz./12 chips (28g)	120	429	167%	0%
Utz Restaurant Style	1 oz./6 chips (28g)	120	429	167%	0%
Tostitos Hint of Lime	1 oz./6 chips (28g)	125	446	178%	-22%
Soups					
Broth, Beef					
Swanson 99% Fat Free	1 c. (240ml)	890	371		13%
Safeway	1 c. (240ml)	910	379	2%	1%
Great Value (Wal-Mart)	1 c (245g)	940	384	3%	-2%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Broth, Chicken					
Health Valley 40% Less Sodium	1 c. (240g)	390	163		3%
Swanson Certified Organic Free Range	1 c. (240ml)	550	229	41%	-4%
Pacific Free-Range	1 c. (240ml)	570	238	46%	0%
365 Organic	1 c. (237g)	660	278	71%	15%
Swanson 99% Fat Free	1 c. (240ml)	860	358	121%	-10%
Safeway	1 c. (245g)	930	380	134%	-4%
Great Value (Wal-Mart)	1 c. (245g)	970	396	144%	0%
Soup, Cream of Tomato					
Amy's Organic Lowfat	1 c. (245ml)	340	139		-2%
Pacific Organic Creamy Tomato	1 c. (240ml)	750	313	125%	0%
Soup, Tomato					
Great Value (Wal-Mart) Condensed Soup (Prepared)	1 c. (246g)	680	276		8%
Progresso Classics Hearty Tomato	1 c. (245g)	690	282	2%	-27%
Safeway Condensed Soup (Prepared)	1 c. (246g)	710	289	4%	-4%
Campbell's, condensed Classics (Prepared)	1 c. (240ml)	710	296	7%	0%
Soup, Vegetable					
Campbell's, condensed Classics Vegetarian Vegetable (Prepared)	1 c. (240ml)	480	200		-39%
Health Valley Organic, 40% Less Sodium	1 c. (240g)	480	200	0%	-17%
Campbell's, condensed Classics Vegetable, with Beef Stock (Prepared)	1 c. (240g)	650	271	35%	-28%
Great Value (Wal-Mart) Vegetable Condensed Soup with Vegetable Stock	246g	740	301	50%	4%
Canned Vegetables					
Baked Beans					
B&M Original	1/2c. (131g)	390	298	_	3%
Great Value (Wal-Mart)	1/2 c. (130g)	470	362	21%	-4%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Bush's Best Original	1/2 c. (130g)	550	423	42%	0%
Baked Beans, Vegetarian					
B&M	1/2 c. (130g)	380	292		12%
Bush's Best Vegetarian	1/2 c. (130g)	550	423	45%	0%
			1		
Tomatoes, Diced					
Furmanos	1/2c. (116g)	125	108		-49%
Del Monte	1/2c. (126g)	160	127	18%	-36%
Contadina Roma Style	1/2 c. (122g)	200	164	52%	0%
Great Value (Wal-Mart)	1/2 c (121g)	220	182	69%	0%
Hunts Petite Diced	1/2c. (121g)	280	231	115%	-15%
Hunts Diced, Original	1/2c. (121g)	280	231	115%	-26%
Tomatoes, Crushed					
Great Value (Wal-Mart)	1/4 c. (61g)	140	230		47%
Hunts	1/2 c. (121g)	280	231	1%	-20%
Contadina Roma Style	1/4 c. (61g)	150	246	7%	0%
Tomatoes, Paste					
Great Value (Wal-Mart)	2 tbsp. (33g)	20	61		0%
Contadina Roma Style	2 tbsp. (33g)	20	61	0%	-93%
Hunts	2 tbsp. (33g)	105	318	425%	17%
Tomatoes, Whole & Peeled					
Giant	1/2 c. (121g)	180	149		-28%
Hunts	1/2 c. (121g)	190	157	6%	0%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Delallo	1/2 c. (125g)	220	176	18%	-3%
Great Value (Wal-Mart) Whole in Juice	1/2 c. (121g)	220	182	22%	0%
Muir Glen Organic	1/2 c. (122g)	260	213	43%	0%
Other Canned Foods Tuna fish, White Albacore, Canned, Packed in Water					
Crown Prince Natural Solid	1/4 c. (56g)	105	188		0%
Bumble Bee Solid	1/4 c. (56g)	140	250	33%	-44%
365 Solid	1/4 c. (56g)	150	268	43%	0%
Great Value (Wal-Mart)	1/4 c. (56g)	190	339	81%	-24%
Spaghetti-0's					
Great Value (Wal-Mart) Spaghetti Rings	1 c. (252g)	590	234		-38%
Campbell's SpaghettiOs	1 c. (252g)	600	238	2%	-29%
Giant Spaghetti Rings	1 c. (252g)	990	393	68%	-7%
Safeway Spaghetti Rings in Tomato Sauce	1 c. (252g)	990	393	68%	-7%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Restaurant Foods					
Breakfast Foods					
Egg Bacon and Cheese Biscuit					
Hardee's	1 sandwich (175g)	1,390	794		2%
McDonald's	1 sandwich (140g)	1,160	829	4%	-4%
Egg and Cheese on a Bagel					
Au Bon Pain	1 sandwich (218g)	710	326		-1%
Einstein Brothers Plain, Egg with Cheese	1 sandwich (234g)	770	329	1%	-16%
Egg and Cheese on a Croissant					
Burger King Croissanwich with Egg & Cheese	1 sandwich (115g)	680	591		-9%
G					
Sausage, Breakfast	1 nottre				
McDonald's Patty	1 patty (41g)	340	829		23%
Sausage Biscuits, Breakfast					
Chick-fil-A	1 sandwich (149g)	1,250	839		52%
Hardee's	1 sandwich (142g)	1,240	873	4%	0%
Arby's	1 sandwich (135g)	1,230	911	9%	-18%
McDonald's	1 sandwich (117g)	1,080	923	10%	11%
Sausage and Egg Biscuits, Breakfast					
Hardee's	1 sandwich (185g)	1,290	697		0%
McDonald's	1 sandwich (163g)	1,170	718	3%	15%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Bread	,				
Breadsticks					
Domino's	1 breadstick (30.5g)	98	320		-21%
Little Caesar's Crazy Bread	1 breadstick (38g)	150	395	23%	2%
Papa John's	2 breadsticks (115g)	540	470	47%	1%
Pizza Hut	1 breadstick (44g)	250	568	78%	12%
Chicken, Fried					
Chicken, Fried, Breast					
KFC Original Recipe Breast	1 breast (163g)	1,080	663		-7%
Chicken, Fried, Thigh					
KFC Original Recipe	1 thigh (96g)	730	760		-10%
Chicken Strips and Nugget	is .				
Chicken Nuggets					
Wendy's 5-pc	5 pcs. (75g)	460	613		-6%
McDonald's 4-pc.McNuggets	4 pcs. (64g)	400	625	2%	-11%
Chick-fil-A 8-pack	8 pcs. (113g)	990	876	43%	-9%
Chicken Strips or Tenders					
Hardee's 5 Piece	5 pcs. (213g)	1,290	606		-35%
KFC Crispy Strips (3 piece)	3 pcs. (172g)	1,280	744	23%	-10%
Chick-fil-A (4)	4 pcs. (218g)	1,640	752	24%	31%
McDonald's Chicken Selects	5 pcs. (219g)	1,680	767	27%	10%
Jack in the Box, Crispy Strips	4 pcs. (195g)	1,580	810	34%	25%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Pizza					
Pizza, Cheese, Thin Crust					
Papa John's	1/8 pizza (90g)	380	422		-24%
Domino's Crunchy	1/8 pizza (88g)	460	523	24%	-12%
Pizza Hut	1/8 pizza (88g)	740	841	99%	36%
Pizza, Cheese, Hand-Tossed Style					
Little Caesar's	1/8 pizza (117g)	440	376		8%
Domino's	1/8 pizza (128g)	660	516	37%	6%
Papa John's Original Crust	1/8 pizza (125g)	720	576	53%	2%
Pizza Hut	1/8 pizza (123g)	800	650	73%	21%
Pizza, Pepperoni, Hand-Tossed Style					
Little Caesar's	1/8 pizza (124g)	560	452		-1%
Domino's	1/8 pizza (125g)	700	560	24%	-8%
Papa John's Original Crust	1/8 pizza (130g)	870	669	48%	7%
Pizza Hut	1/8 pizza (121g)	910	752	67%	28%
Potatoes, Fried					
French Fries, Medium					
McDonald's	117g	270	231		20%
Wendy's	142g	460	324	40%	7%
Burger King	148g	670	453	96%	-17%
Hardee's	162g	960	593	157%	207%
Arby's Curly	170g	1,550	912	295%	23%
Salads					
Caesar Salads					
Panera	135g	310	230		-24%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
Au Bon Pain Asiago	170g	470	276	20%	-10%
Caesar Salad with Grilled					
Chicken					
Au Bon Pain Grilled Chicken Caesar Asiago	241g	660	274		-21%
Chick-fil-A Chick-'n-Strips Salad	390g	1,350	346	26%	33%
McDonald's with 2 oz. Newman's Own Creamy Caesar Dressing	370g	1,390	376	37%	-4%
KFC Roasted Chicken Caesar Salad (w/ dressing and croutons)	334g	1,420	425	55%	-5%
Burger King Tendergrill Chicken Garden Salad with 2 oz. Ken's Creamy Caesar Dressing (no croutons)	342g	1,530	447	63%	-5%
Sandwiches					
Cheeseburgers					
Jack in the Box	184g	990	538		-8%
Burger King	121g	710	587	9%	1%
McDonald's	114g	750	658	22%	6%
Wendy's Jr.	114g	820	719	34%	15%
Cheeseburgers, Large					
Original Burger King Whopper with Cheese Sandwich	315g	1,410	448		-2%
Jack in the Box Jumbo Jack with Cheese	260g	1,250	481	7%	13%
McDonald's Quarter Pounder with Cheese	198g	1,190	601	34%	4%
Grilled Chicken Sandwiches					
Arby's Chicken Fillet Sandwich Grilled	233g	913	392		3%
McDonald's Premium Grilled Chicken Classic Sandwich	200g	820	410	5%	-14%
Wendy's Ultimate Chicken Grill Sandwich	211g	1,080	512	31%	5%
Burger King Original Sandwich	219g	1,390	635	62%	2%
Hamburgers					
Burger King	109g	490	450		-1%

Item	Serving Size	Sodium (mg)	Sodium mg/100g of Product	Increase in Sodium over First Item	Change in Sodium from 2005 to 2011*
McDonald's	100g	520	520	16%	3%
Wendy's Jr.	102g	620	608	35%	19%
Hamburgers, Medium					
Burger King Whopper	290g	980	338		-4%
McDonald's Quarter Pounder	169g	720	426	26%	0%
Hamburgers, Large					
McDonald's Big 'n Tasty	206g	720	350		-15%
Hardee's 1/3 lbs. Thickburger	355g	1,630	459	31%	7%
Roast Beef Sub Sandwiches					
Subway	446g	1,400	300		0%
Blimpie	622g	2,010	323	8%	-15%
Soups					
Beef Soup					
Au Bon Pain Beef and Vegetable	360g	1,070	297		-2%
Blimpie's Beef Stew	243g	890	366	23%	-14%
Chicken Noodle Soup					
Subway Roasted	310g	860	277		-29%
Au Bon Pain	360g	1,120	311	12%	5%
Panera Low Fat	227g	960	423	52%	-1%
Blimpie	241g	1,040	432	56%	15%
Vegetable Soup					
Au Bon Pain Garden	360g	1,120	311		15%
Panera Low Fat	227g	780	344	10%	5%
Blimpie's Harvest	244g	920	377	21%	38%