



Champions for Change

Arizona Department of Health Services



Sodium Content for Selected Foods





Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing. The table below gives examples of sodium in some foods. This table is provided to show the importance of reading the food label as the sodium content can vary by several hundreds of milligrams in similar foods.

Food Groups	Sodium (milligrams)
Bread, all types, 1 ounce serving (1 slice)	95 - 210
Frozen pizza, plain, cheese, 4 ounces (slice)	450 - 1,200
Frozen vegetables, all types, 1/2 cup	2 - 160
Salad dressing, regular fat, all types, 2 tablespoons	110 - 505
Salsa, 2 tablespoons	150 - 240
Soup (tomato), reconstituted, 1 cup	700 - 1,260
Tomato juice, 1 cup	340 - 1,040
Potato chips, 1 ounce (20 chips)	120 - 180
Tortilla chips, 1 ounce (6 large chips)	105 - 160
Pretzels, 1 ounce (20 mini pretzels)	290 - 560








How Salt (Sodium) Affects You

On average, the higher an individual's salt (sodium chloride) intake, the higher an individual's blood pressure and nearly all Americans consume substantially more salt than they need. Elevated blood pressure can lead to:

-  Coronary heart disease
-  Stroke
-  Congestive heart failure
-  Kidney disease

Lifestyle changes can also prevent or delay the onset of high blood pressure and can lower elevated blood pressure, changes include:

-  Salt intake
-  Increasing potassium intake
-  Losing excess body weight
-  Increasing physical activity
-  Eating an overall healthful diet