

## SODIUM CONTENTS IN FOOD

REMEMBER: IF IT'S . . .

PRE-MADE

PRE-SLICED

PRE-MIXED

OR PRE-PARED . . .

**ITS PRE-SALTED!**

## BAKING, SODIUM CONTENT IN MG.

- **Baking Chocolate, 1oz - 0**
  - Semi-Sweet, 1oz - 0
  - Sweet, 1oz - 30
  - Unsweetened, 1oz - 7
  - White, 1oz - 30
- **Baking Chocolate Chips**
  - Chocolate Semi-Sweet, 1oz - 0
  - Butterscotch, 1oz - 30
  - White, 1oz - 40
  - Peanut Butter, 1oz - 70
- **Breadcrumbs**
  - Breadcrumbs, plain ¼ cup - 233
  - Breadcrumbs, seasoned ¼ cup - 795
  - Cracker meal, ¼ cup - 8
  - Cookie crumbs, ¼ cup - 110
  - Graham cracker crumbs, ¼ cup - 200
- **Cocoa Powder**
  - Unsweetened, 2 tablespoons - 2
- **Coconut**
  - Coconut milk, ¼ cup - 7
  - Shredded, unsweetened 1 oz - 10
  - Shredded, sweetened 1 oz - 74
- **Cornmeal**
  - Degermed, enriched yellow, 1 cup - 4
  - Self-rising, degremed, enriched yellow, 1 cup - 1860
  - Whole grain, yellow, 1 cup - 43
  - Cornstarch, 1 tablespoon - 1
- **Flour**
  - All-purpose flour, 1 cup - 3
  - Self-rising flour, 1 cup - 155
  - Cake flour, 1 cup - 0
  - Potato flour, 1 cup - 88
  - Rice flour, white 1 cup - 0
  - Rice flour, brown 1 cup - 13
  - Rye flour, dark 1 cup - 1
  - Rye flour, light 1 cup - 2
  - Soy flour, 1 cup - 11
  - Wheat flour, whole grain 1 cup - 6
- **Leavening Agents**
  - Baking powder, 1 teaspoon - 488
  - Baking soda, 1 teaspoon - 1,259
  - Cream of tarter, 1 teaspoon - 2
  - Yeast, bakers, dry 1 tablespoon - 0
- **Milk, Milk Substitutes - Canned & Powdered**
  - Buttermilk, powdered 1 tablespoon - 41
  - Condensed milk, sweetened, canned ½ cup - 194
  - Evaporated milk, canned ½ cup - 133
  - Evaporated milk, canned, skim ½ cup - 147
  - Goat milk, powdered 1 tablespoon - 58
  - Goat milk, canned ½ cup - 120
  - Milk, powdered, non-fat 1 tablespoon - 23
- **Pastry Dough**
  - Phyllo dough (fillo), 1 sheet - 92
  - Puff pastry, ⅙ sheet - 200
  - Puff pastry shell, 1 shell - 230
- **Pie Crusts**
  - Cookie crumb crust, chocolate, ⅛ - 188
  - Cookie crumb crust, vanilla, ⅛ - 113
  - Flour crust, frozen ⅛ - 105
  - Flour crust from mix, ⅛ - 146
  - Graham cracker crust, ⅛ - 168
- **Sugar Substitutes**
  - Sugar substitutes, all 1 teaspoon - 0
- **Sweeteners**
  - Corn syrup, dark ¼ cup - 127
  - Corn syrup, light ¼ cup - 99
  - Fruit sweetener ¼ cup - 10
  - Honey ¼ cup - 3
  - Molasses ¼ cup - 30
  - Rice syrup, brown ¼ cup - 5
  - Sugar, brown ¼ cup - 22
  - Sugar, granulated ¼ cup - 1
  - Sugar, powdered ¼ cup - 0

## BEVERAGES

- **Coffee**
  - Brewed from grounds, tap water 6 fl oz - 4
  - Instant, tap water 6 fl oz - 4
  - Espresso, restaurant prepared 2 fl oz - 8
- **Soft Drinks (based on 8 oz)**
  - Coca Cola classic, caffeine free - 35
  - Diet Coke, - 35
  - Coca Cola vanilla coke - 35
  - Dr. Pepper - 35
  - Fresca - 35
  - Ginger Ale - 35
  - Green River - 15
  - Mountain Dew - 50
  - Diet Mountain Dew - 38
  - Mountain Dew Code Red - 110
  - Pepsi - 35
  - Diet Pepsi - 35
  - Pepsi, caffeine free - 25
  - 7 UP - 50
  - Diet Sierra Mist - 35
  - Slice - 35
  - Sprite - 45
  - Tonic - 35
- **Tea**
  - Tea, brewed with tap water, 6 fl oz - 5
  - Tea, herb, chamomile, 6 fl oz - 2
  - Tea, other herb teas, 6 fl oz - 2
  - Tea, instant, sweeten w/ saccharin, lemon, 6 fl oz - 18

## BREAD PRODUCTS

- **Bagels (medium) 2.5 oz**
  - Cinnamon raisin bagel - 338
  - Egg bagel - 530
  - Oat bran bagel - 532
  - Plain bagel - 561
  - Plain bagel (mini) 1oz - 139
  - Plain bagel (large) 3.9 oz - 700
- **Bread, 1 oz slice**
  - Crumbs, dry, seasoned, 1 cup - 2111
  - Croissant, plain - 212
  - Egg bread, ½ inch slice - 197
  - Focaccia - 308
  - French bread - 173
  - French roll - 173
  - Kaiser roll - 154
  - Mixed grain bread - 138
  - Oat bran bread - 115
  - Oat bran, reduced calorie - 100
  - Oatmeal bread - 170
  - Pita (pocket) bread, whole wheat (4in.) - 340
  - Protein (gluten) bread - 155
  - Pumpernickel bread - 190
  - Raisin bread - 111
  - Rice bran bread - 125
  - Rye bread - 187
  - Rye, reduced calorie - 115
  - Sourdough - 173
  - Wheat - 148
  - Wheat, cracked wheat bread - 153
  - Wheat, reduced calorie - 145
  - White bread - 153
  - White, reduced calorie - 128
- **Cake type breads**
  - Banana bread (recipe w/ margarine), 1 slice - 181
  - Cornbread, dry mix, prepared, 1 piece (2 x 2 inch square) - 467

## BREAD PRODUCTS (CONTINUED)

- Doughnut, cake type, plain 1 - 257
- Doughnut hole, cake type plain 1 - 76
- Doughnut, yeast-leavened, glazed 1 - 205
- Doughnut hole, yeast-leavened, glazed 1 - 44
- **English Muffins**
  - Cinnamon raisin, 2 oz - 255
  - Granola, 2.4 oz - 275
  - Mixed grain, 2.4 oz - 275
  - Plain, 2 oz - 290

- Wheat, cracked 1 slice - 135
- Whole wheat, 2.4 oz - 420
- **Muffins**
  - Blueberry, commercially prepared, 1 - 255
  - Blueberry, from recipe w/ 2% milk 1 - 251
  - Corn, commercially prepared, 1 - 297
  - Corn, dry mix, 1 - 398
  - Oat bran, 1 - 224

## BREAKFAST FOODS

- **Cereal**
  - All-Bran, 1cup - 146
  - Apple Jacks, 1cup - 143
  - Basic 4, 1 cup - 316
  - Cap'n Crunch, 1 cup - 269
  - Cheerios, 1 cup - 213
  - Cheerios, Apple Cinnamon, 1 cup - 160
  - Cheerios, Honey Nut, 1 cup - 269
  - Chex, Corn, 1 cup - 288
  - Chex, Rice, 1 cup - 234
  - Chex, Wheat, 1 cup - 267
  - Cinnamon Toast Crunch, 1 cup - 275
  - Cocoa Crispies, 1 cup - 263
  - Cocoa Puffs, 1 cup - 171
  - Corn Flakes, Kellogg, 1 cup - 202
  - Corn Pops, 1 cup - 120
  - Cream of wheat, regular, cooked w/o salt - 146
  - Cream of Wheat, quick, without salt - 139
  - Cream of Wheat, mix & eat, 1 packet - 241
  - Crispix, 1 cup - 210
  - Froot Loops, 1 cup - 150
  - Frosted Flakes, Kellogg, 1 cup - 197
  - Golden Grahams, 1 cup - 359
  - Granola with raisins, Quaker, 1 cup - 238
  - Grits, corn, cooked without salt, 1 cup - 5
  - Honey Nut Clusters, 1 cup - 249
  - Kix, 1 cup - 200
  - Life Quaker, 1 cup - 219
  - Life, Cinnamon, 1 cup - 204
  - Lucky Charms, 1 cup - 203
  - Malt- O-Meal, plain or chocolate, 1 cup - 2
  - Oats, instant, plain, 1 packet - 80
  - Oats, regular & quick, cooked w/o salt, 1 cup - 2
  - Oatmeal, instant, Quaker, Maple & Brown Sugar, 1 packet - 253
  - Oatmeal, instant, Quaker, Apples & Cinnamon, 1 packet - 165
  - Puffed Rice, 1 cup - 0
  - Puffed Wheat, 1 cup - 0
  - Raisin Bran, Kellogg, 1 cup - 362
  - Raisin Nut Bran, 1 cup - 250
  - Reese's Puffs, 1 cup - 223
  - Rice Krispies, 1 cup - 255
  - Shredded Wheat, 2 biscuits - 3
  - Special K, 1 cup - 224
  - Total, 1 cup - 157
  - Total, Raisin Bran, 1 cup - 239
  - Total, Whole Grains, 1 cup - 256

## BREAKFAST FOODS (CONTINUED)

- Trix, 1 cup - 194
- Wheat Bran Flakes, Kellogg, 1 cup - 202
- Wheaties, 1 cup - 218
- Wheaties, Frosted, 1 cup - 272

## CONDIMENTS

- Capers, 1 tablespoon - 255
- Cranberry sauce, whole or jellied, ¼ cup - 10
- Cranberry/ orange relish, ¼ cup - 22
- Fruit butter, 1 tablespoon - 10
- Horseradish, 1 teaspoon - 50
- Jam or Jelly, 1 tablespoon - 6
- Ketchup, 1 tablespoon - 178
- Mayonnaise, 1 tablespoon - 80
- Mayonnaise, light, 1 tablespoon - 120
- Mayonnaise, fat free, 1 tablespoon - 120
- Mayonnaise-type salad dressing, 1 tablespoon - 100
- Mayonnaise-type salad dressing, light, 1 tablespoon - 130
- Mustard, yellow, 1 teaspoon - 56
- Mustard, Dijon, 1 teaspoon - 120
- Olives, black, 0.5 oz - 115
- Peanut butter, 2 tablespoons - 150
- Pickle relish, sweet, 1 tablespoon - 125
- Pickle relish, dill, 1 tablespoon - 240
- Pickles, bread & butter, 1 oz - 106
- Pickles, dill, 1 oz - 359
- Pickles, sweet, 1 oz - 263

## DAIRY PRODUCTS

- Butter, 1 tablespoon - 117
- Butter, unsalted, 1 tablespoon - 2
- Butter spray, 2 sprays - 5
- Butter, whipped, 1 tablespoon - 55
- Margarine, 1 tablespoon - 105
- Margarine, unsalted, 1 tablespoon - 0
- **Cheese (1oz)**
  - American processed, sliced - 406
  - Asiago - 400
  - Blue - 396
  - Brick - 159
  - Brie - 178
  - Camembert - 239
  - Cheddar - 176
  - Colby - 171
  - Cottage cheese, 4 oz - 430
  - Cottage cheese, low fat, 4 oz - 360
  - Cottage cheese, fat free, 4oz - 380
  - Edam - 274
  - Feta - 316
  - Fontina - 227
  - Goat - 104
  - Gorgonzola - 350
  - Gouda - 232
  - Gruyere - 95
  - Monterey jack - 152
  - Mozzarella - 118
  - Mozzarella, part skim - 150
  - Parmesan - 454
  - Processed, boxed - 410
  - Processed spread, jar - 490
  - Provolone - 248

## DAIRY PRODUCTS (CONTINUED)

- Ricotta, ¼ cup - 52
- Ricotta, part skim, ¼ cup - 78
- Romano - 340
- Roquefort - 513
- Stilton - 220
- Swiss - 74
- **Cream cheese ( 2 Tablespoons)**
  - Cream cheese - 84
  - Cream cheese, light - 150
  - Cream cheese, fat free - 135
- **Eggs (mg)**
  - Egg, whole, small - 47
  - Egg, whole, medium - 55
  - Egg, whole, large - 63
  - Egg, white, large - 55
  - Egg, yolk, large - 12
  - Egg substitute, ¼ cup (1 egg equivalent) - 115
- **Milk products (1 cup)**
  - Milk, whole - 120
  - Milk, 2% - 122
  - Milk, 1% - 123
  - Milk, nonfat - 127
  - Buttermilk - 157
  - Chocolate milk, ready to drink - 150
  - Eggnog, prepared - 138
  - Goat milk - 122
  - Half & half, 1 tablespoon - 6
  - Rice milk - 70
  - Soy milk - 85
  - Whipping cream, heavy, 1 Tablespoon - 6
  - Whipping cream light, 1 Tablespoon - 5
- **Sour Cream ( 2 Tablespoons)**
  - Sour cream regular - 15
  - Sour cream, reduced fat - 25
  - Sour cream, fat free - 40
- **Yogurt (8 oz)**
  - Yogurt, whole milk, plain - 114
  - Yogurt, low fat - 172
  - Yogurt, fat free - 187
  - Yogurt, low fat, fruit flavored - 143

## DESSERTS

- **Cake**
  - Angel food, commercially prepared, 1 piece - 210
  - Angel food, dry mix, prepared, 1 piece - 255
  - Boston cream pie, commercially prepared, 1 piece - 132
  - Chocolate w/ chocolate frosting, commercially prepared, 1 piece - 214
  - Chocolate w/o frosting, prepared from recipe, 1 piece - 299
  - Fruitcake, commercially prepared, 1 piece - 116
  - Gingerbread, prepared from recipe, 1 piece - 242
  - Pound cake, butter, commercially prepared, 1 piece - 111
  - Pound cake, commercially prepared, fat-free, 1 piece - 95
  - Shortcake, biscuit type, 1 piece - 329
  - Snack cake, crème-filled, chocolate w/ frosting, 1 cupcake - 213
  - Snack cake, crème filled, sponge, 1 cake - 155
  - White cake w/ coconut frosting, recipe, 1 piece - 318
  - White cake w/o frosting, recipe, 1 piece - 242
  - Yellow cake w/ chocolate frosting, commercially prepared, 1 piece - 216

**FISH & SHELLFISH (3 OZ RAW, NOT PROCESSED)**

- Anchovy - 87
- Bass - 58
- Catfish - 51
- Caviar - 1,871
- Clams - 31
- Cod - 59
- Crab - 619
- Flounder - 66
- Halibut - 46
- Herring - 57
- Lobster - 179
- Oysters - 62
- Perch, Atlantic - 67
- Perch, Pacific - 54
- Red snapper - 57
- Salmon, Atlantic - 63
- Salmon, Chinook - 38
- Salmon, coho - 41
- Scallops - 217
- Shrimp - 119
- Sole - 66
- Swordfish - 46
- Trout, brook - 40
- Trout, rainbow - 69
- Tuna, albacore - 34
- Tuna, yellowfin - 31

**FRUIT, DRIED (1oz)**

- Apples - 25
- Apricots - 3
- Dates - 1
- Figs - 3
- Pears - 2
- Prunes, pitted - 1
- Raisins, seedless - 3

**FRUIT, FRESH**

- Apples, 1 medium - 0
- Apricots, 1 medium - negligible
- Avocados, ½ medium - 10
- Bananas, 1 medium - 1
- Blackberries - 0
- Blueberries, ½ cup - 4
- Cantaloupe, 1/8 of melon - 5
- Cherries, sweet - 0
- Cherries, sour, 1 cup - 5
- Cranberries, 1 cup - 1
- Figs, 1 medium - 1
- Grapefruit - 9
- Grapes, 1 cup - 2
- Guavas, 1 medium - 2
- Honeydew melon, ½ medium - 7
- Kiwi fruit, 1 - 3
- Lemons, 1 medium - 1
- Limes, 1 medium - 1
- Mangos, 1 medium - 2
- Nectarines - 0
- Oranges - 0
- Passion fruit, 1 fruit - 5
- Papayas, 1 medium - 9
- Peaches - 0
- Pears - 0
- Persimmons, 1 medium - 1
- Pineapples, chopped, 1 cup - 2
- Plums - 0
- Pomegranates, 1 medium - 5
- Raspberries - 0
- Strawberries-, ½ cup - 1
- Tangerines, 1 medium - 1
- Tomatoes, medium - 4
- Watermelon, cubed, 1 cup - 3

## HERBS, SPICES & SEASONINGS (1 TSP. DRIED)

- Allspice, ground - 2
- Basil - 1
- Bay leaf - negligible
- Celery seed - 4
- Chili powder - 26
- Cinnamon, ground - 1
- Cloves, ground - 5
- Coriander seed - 1
- Cumin seed - 3
- Curry powder - 1
- Ginger, ground - 1
- MSG - 492
- Nutmeg, ground - negligible
- Onion powder - 1
- Oregano - negligible
- Paprika - 1
- Parsley - 2
- Pepper, black - 1
- Pepper, cayenne - 7
- Rosemary - 1
- Saffron - 1
- Sage - negligible
- **Salt - 2,325 mg per teaspoon! DO NOT USE!**
- Sugar - negligible
- Tarragon - 1
- Thyme - 1
- Vanilla extract - 0
- Vinegar - negligible

## MEATS & POULTRY (3 OZ RAW, UNPROCESSED)

- **Beef**
  - Chuck - 65
  - Flank - 60
  - Kidney - 53
  - Liver - 62
  - Porterhouse - 47
  - Rib roast - 45
  - Round Steak - 44
  - Rump - 64
  - Sirloin - 44
  - T-Bone - 47
- **Chicken**
  - Breast - 58
  - Dark meat, roasted - 79
  - White meat, roasted - 43
- **Duck**
  - Duck, meat only - 64
- **Hot Dogs - 600 - 800 varies by brand**
- **Lamb**
  - Leg - 50
  - Loin - 49
  - Rib - 47
  - Shoulder - 55



**MEATS & POULTRY (3 OZ RAW, UNPROCESSED) (CONTINUED)**

- **Pork**
  - Bacon - 621
  - Blade - 60
  - Canadian bacon - 1,197
  - Ham, cured, canned - 837
  - Ham, fresh, lean part only - 61
  - Leg - 47
  - Loin - 54
  - Sirloin - 37
  - Spareribs - 65
  - Tenderloin - 42
- Quail - 43
- Rabbit - 37
- Sausage - 600 - 900 varies by brand
- Squab - 43
- **Turkey, meat only**
  - Breast - 51
  - Dark meat, roasted - 67
  - White meat, roasted - 54
- **Veal**
  - Breast - 55
  - Chuck - 58
  - Flank - 49
  - Loin - 57
  - Round - 58
- Venison - 77

**NUTS, UNSALTED (¼ CUP)**

- Almonds, raw - 4
- Brazil nuts, raw - 1
- Cashews, dry roasted - 6
- Coconut, dried - 4
- Hazelnuts, raw - 1
- Macadamia, dry roasted - 2
- Peanuts, dry roasted - 6
- Pecans, raw - negligible
- Pine nuts, raw - 2
- Pistachio, dry roasted - 2
- Walnuts, raw - negligible

**SALADS**

- **Salad dressings (2 tablespoons)**
  - Blue Cheese - 328
  - Buttermilk, mix - 250
  - Caesar - 290
  - Caesar, fat free - 330
  - French - 438
  - French, low fat - 252
  - Italian - 231
  - Italian, low fat - 236
  - Italian, mix - 300
  - Italian, zesty - 510
  - Ranch - 287
  - Ranch, fat free - 350
  - Ranch, lite - 300
  - Ranch, mix - 210
  - Roquefort - 328
  - Russian - 260
  - Thousand Island - 224
  - Thousand Island, low-fat - 300
  - Vinegar & Oil - 0
- **Toppings**
  - Bacon bits, 1 tablespoon - 220
  - Croutons, plain, 0.5 oz - 100
  - Croutons, seasoned, 0.5 oz - 175

## SAUCES

- **Gravy**
  - Au Jus, canned, ¼ cup - 30
  - Au Jus, mix, 1 tsp. - 348
  - Beef gravy, canned, ¼ cup - 326
  - Brown gravy, mix, ¼ cup - 291
  - Chicken gravy, canned, ¼ cup - 343
  - Chicken gravy, mix, ¼ cup - 332
  - Mushroom gravy, canned, ¼ cup - 340
  - Mushroom gravy, mix, ¼ cup - 350
  - Onion gravy, mix, ¼ cup - 251
  - Turkey gravy, canned, ¼ cup - 344
  - Turkey gravy, mix, ¼ cup - 307
- **Pasta Sauces**
  - Alfredo, ½ cup - 1,080
  - Cheese, ½ cup - 650
  - Marinara, ready to eat, ½ cup - 515
  - Pesto, basil, ¼ cup - 730
  - Pesto, sun dried tomato, ¼ cup - 710
  - Spaghetti sauce, mix, ½ cup - 848
- **Other Sauces**
  - Barbecue, grilling, 2 tablespoon - 416
  - Bean, 1 tablespoon - 475
  - Cheese, ready to serve, ¼ cup - 522
  - Cheese, mix, ¼ cup - 897
  - Chili/garlic sauce, 1 tsp. - 155
  - Clam, red, ½ cup - 510
  - Cocktail, 1 tablespoon - 210
  - Curry, 2 tablespoons - 144
  - Chili/garlic sauce, 1 tsp. - 155
  - Clam, red, ½ cup - 510
  - Cocktail, 1 tablespoon - 210
  - Curry, 2 tablespoons - 144
  - Oyster, 1 tablespoon - 675
  - Peanut, 1 tablespoon - 675
  - Pizza, ready to eat, ¼ cup - 410
  - Plum, 1 tablespoon - 140
  - Salsa, 2 tablespoons - 139
  - Sloppy Joe, canned, ¼ cup - 360
  - Soy sauce, 1 tablespoon - 914
  - Soy sauce, light, 1 tablespoon - 660
  - Steak, 1 tablespoon - 262
  - Stir-fry, 1 tablespoon - 570
  - Sweet & sour, 1 tablespoon - 130
  - Tartar, 1 tablespoon - 130
  - Teriyaki, 1 tablespoon - 260
  - Teriyaki, light, 1 tablespoon - 260
  - Worcestershire, 1 tsp. - 55

## SNACKS

- Beef jerky, 1 large piece - 438
- Chex mix, 2/3 cup - 288
- Corn-based, extruded, chips, plain, 1oz - 179
- Corn-based, extruded, chips, BBQ 1oz - 216
- Corn-based, puff or twists, cheese 1 oz - 298
- Fruit leather rolls - 67
- Popcorn, air popped, 1 cup - 0
- Popcorn, oil popped, 1 cup - 97
- Pork skins, plain, 1 oz - 521

## SOUPS, STEWS & CHILI

- **Bouillon & broth (1 cup)**
  - Beef bouillon - 864
  - Beef broth - 782
  - Chicken bouillon - 1,152
  - Chicken broth - 763
  - Chicken broth, reduced sodium - 450
  - Vegetable broth - 980
- **Chili (1 cup)**
  - Chili mix - 460
  - Chili with beans - 1,337
  - Chili without beans - 1,150
- **Soup (1 cup)**
  - Beef stew - 1,250
  - Black bean - 1,198
  - Chicken noodle - 1,160
  - Chicken with rice - 815
  - Chicken gumbo - 954
  - Clam chowder, Manhattan - 578
  - Clam chowder, New England - 992
  - Cream of celery - 949
  - Cream of chicken - 986
  - Cream of mushroom - 918
  - Cream of potato - 1,000
  - Minestrone - 864
  - Onion - 1,053
  - Oyster stew - 1,041
  - Split pea with ham - 965
  - Tomato - 744
  - Vegetable - 791

## VEGETABLES, CANNED

- **Artichoke (½ cup)**
  - Artichoke hearts - 420
  - Artichoke hearts, marinated - 320
- Asparagus (½ cup) - 346
- **Beans & legumes (½ cup)**
  - Baked beans - 504
  - Black beans - 480
  - Butter beans - 405
  - Cannellini (white beans) - 270
  - Chickpeas (garbanzo beans) - 359
  - Great Northern beans - 300
  - Green beans - 311
  - Kidney beans (red beans) - 444
  - Lentils - 236
  - Lima beans - 405
  - Navy beans - 587
  - Pinto beans - 353
  - Soybeans - 204
  - Wax beans - 360
- Beets (½ cup) - 310
- Carrots (½ cup) - 300
- **Corn (½ cup)**
  - Whole kernel corn - 273
  - Whole kernel corn, 50% less sodium - 176
- **Green beans (1/2 cup)**
  - Green beans - 311
  - Green beans, 50% less sodium - 176
- Peas & carrots (½ cup) - 332
- Mushrooms (½ cup) - 400
- Peas (½ cup) - 310
- Potatoes (2/3 cup) - 450
- Pumpkin (½ cup) - 6
- Sauerkraut (½ cup) - 661
- Spinach (½ cup) - 373

### VEGETABLES, CANNED (CONTINUED)

- Sweet potato (½ cup) - 53
- Yam - 30
- **Tomatoes**
  - Chopped, ½ cup - 290
  - Chopped, with spices, ½ cup - 600
  - Crushed, ½ cup - 304
  - Diced, ½ cup - 290
- Diced with spices, ½ cup - 600
- Puree, ¼ cup - 249
- Paste, 2 tablespoons - 259
- Sauce, ¼ cup - 371
- Stewed, ½ cup - 282
- Whole, ½ cup - 270
- Zucchini, Italian style - 427

### VEGETABLES, DRIED (½ CUP COOKED)

- Kidney beans - 2
- Lentils - 13
- Lima beans - 3
- Navy beans - 1
- Split peas - 12

### VEGETABLES, FRESH (½ CUP RAW)

- Acorn squash - 2
- Alfalfa sprouts - 1
- Artichoke, 1 medium, steamed - 79
- Asparagus - 1
- Bamboo shoots - 10
- Bean sprouts - 20
- Beans, green - 3
- Beets - 49
- Bell peppers - 2
- Broccoli - 12
- Brussels sprouts - 11
- Butternut squash - 3
- Cabbage - 14
- Cauliflower - 8
- Celery - 54
- Chilies - 5
- Chives - 2
- Chow Mein vegetables - 422
- Corn - 12
- Cucumbers - 1
- Eggplant - 2
- Garlic, 1 clove - 1
- Ginger - 6
- Hubbard squash - 4
- Leeks - 11
- Lettuce - 2
- Mushrooms - 1
- Onions - 2
- Parsley - 12
- Parsnips - 7
- Peas, edible pod - 4
- Peas, green - 3
- Potatoes, medium, baked - 16
- Pumpkins - 1
- Radishes - 14
- Shallots - 10
- Spaghetti squash - 9
- Spinach - 22
- Squash, summer - 1
- Squash, winter - 2
- Sweet potatoes - 9
- Tomatoes - 4
- Turnips - 44
- Water chestnuts - 8