

# Food sources of sodium



## BCCH Intestinal Rehabilitation Program

4480 Oak Street, Vancouver, BC V6H 3V4

604-875-2345 1-888-300-3088

www.bcchildrens.ca

The following tables show you which foods are good sources of sodium.

### Vegetables and fruit

Food	Serving Size	Sodium (mg)
Tomato sauce, all varieties, canned	125 mL (½ cup)	585 – 721
Olives, canned	4 olives	463
Pickles	1 small	299 – 447
Vegetables, all varieties, canned	125 mL (½ cup)	245 – 439
Tomato juice / vegetable cocktail	125 mL (½ cup)	226 – 325
Pizza sauce	60 mL (¼ cup)	123

### Grain products

Food	Serving Size	Sodium (mg)
Cream of wheat	125 mL (½ cup)	264
Bagel, all varieties	½ bagel	222 – 310
Crackers, salted	30 g (1 oz)	192 – 282
Bread, all varieties	1 slice	182 – 211
Oatmeal	125 mL (½ cup)	154 – 171
Breakfast cereal, all varieties	30 g	92 – 231

### Meat and alternatives

Food	Serving Size	Sodium (mg)
Bacon, all varieties	30 g (1 oz)	461 – 768
Beef jerky	30 g (1 oz)	390
Deli meat	30 g (1 oz)	375
Ham	30 g (1 oz)	248 – 450
Beans, baked or refried, canned	60 mL (¼ cup)	221 – 321
Sausage, all varieties	30 g (1 oz)	217 – 567
Meat and poultry, canned	30 g (1 oz)	140 – 426
Mackerel or cod, salted	30 g (1 oz)	541 – 2117
Fish, smoked	30 g (1 oz)	201 – 308
Legumes, canned	60 mL (¼ cup)	168 – 219
Nuts or peanuts, salted	60 mL (¼ cup)	152 – 282
Chicken fingers or fish sticks	30 g (1 oz)	120 – 167
Fish, canned	30 g (1 oz)	74 – 125
Salted nut or peanut butter	30 mL (1 Tbsp)	55 – 197

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## Milk and alternatives

Food	Serving Size	Sodium (mg)
Cheese spread	30 mL (2 Tbsp)	633
Processed cheese slices	30 g (1 oz)	427 – 576
Feta cheese	30 g (1 oz)	275
Cheese sauce	30 mL (2 Tbsp)	250 – 450
Cottage cheese	125 mL (½ cup)	235 – 485
Cheese, other	30 g (1 oz)	183 – 263
Buttermilk	125 mL (½ cup)	136 – 246

## Others

Food	Serving Size	Sodium (mg)
Salt	5 mL (1 tsp)	1720 – 2373
Seasoned salt	5 mL (1 tsp)	1550
Soup, canned or dehydrated	125 mL (½ cup)	368 – 585
Soy sauce	5 mL (1 tsp)	300 – 415
Pretzels, salty snacks	30 g (1 oz)	140 – 372
Ketchup, yellow mustard, relish	15 mL (1 Tbsp)	138 – 174
Gravy, canned or dehydrated	30 mL (2 Tbsp)	122 – 181

## How much extra sodium should I give my child?

Aim to give:

- \_\_\_\_\_ mg of sodium from food
- \_\_\_\_\_ portions of sodium rich foods

## My child's favorite sodium containing foods are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Contact information

Your Dietitian is: Debby S Martins

If you have any questions or concerns, call:  
 (604) 875-2345, local 5886