

Salt Fast Facts

- Adults should only consume 2300 mg or less of sodium each day.
- Your body only needs 200 mg per day to function properly.
- Fresh foods contain the least amount of sodium per serving.
- Americans consume 75% of their sodium from processed foods.



The Colors of Salt

**You may be surprised at the amount
of salt you eat everyday!**

M-2944 (9/16)





Yellow Foods

- American Cheese 1 oz 406 mg
- Fat Free Italian Dressing 2 tbs 430 mg
- Mustard 1 tsp 63 mg
- Chick Peas, Canned 1/2 cup 359 mg
- Chicken Bouillon 1 cup 1152 mg



Green Foods

- Lima Beans, Canned 1/2 cup 405 mg
- Dill Pickle 1 large 833 mg
- Relish 1 tbs 240 mg



- Peas, Canned 1/2 cup 310 mg

Red Foods

- Spaghetti Sauce Mix 1/2 cup 848 mg
- Ketchup 1 tbs 180 mg
- BBQ Sauce 2 tbs 416 mg
- Chili with Beans 1 cup 1337 mg
- Tomato Sauce 1 cup 744 mg



Brown Foods

- Baked Beans 1/2 cup 504 mg
- Soy Sauce 1 tbs 914 mg



- Pretzels 1 oz 580 mg
- Bologna 2 oz 500 mg
- Teriyaki Sauce 1 tbs 690 mg

White Food

- Alfredo Sauce 1/2 cup 1080 mg
- Table Salt 1 tsp 2300 mg
- Cottage Cheese 1/2 cup 425 mg
- Fat Free Ranch Dressing 2 tbs 350 mg
- Parmesan Cheese, Grated 1 oz 454 mg