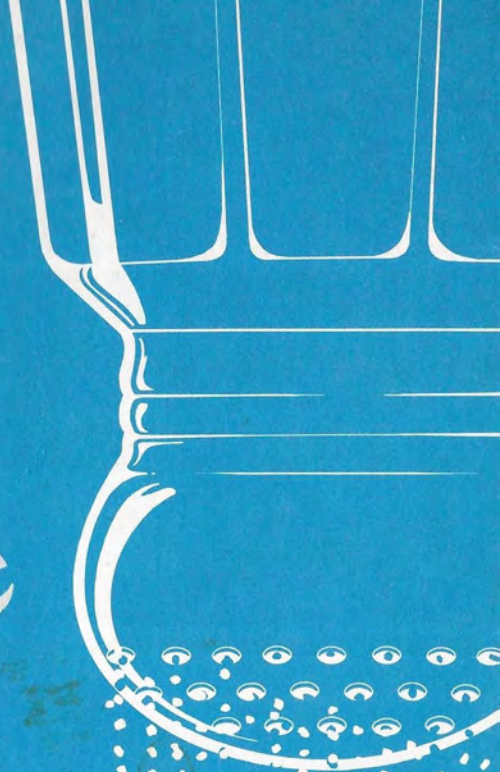


Wegmans®

please
pass
up

the
Salt



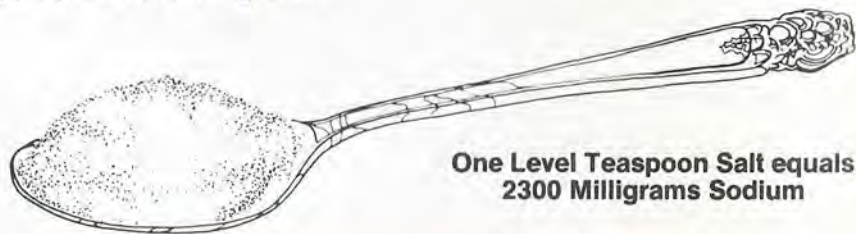
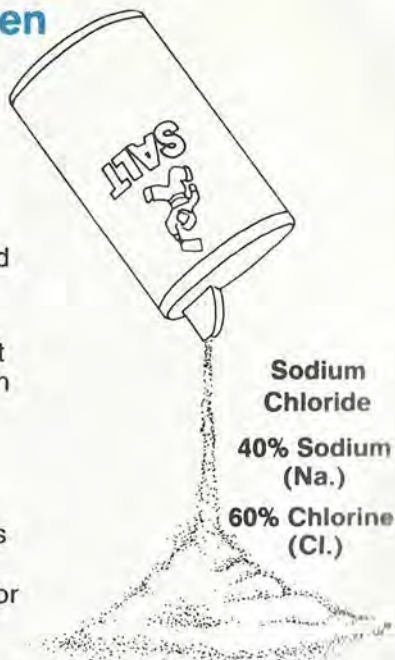
There's a difference between salt and sodium

Salt and sodium are not the same, but because the two words are used interchangeably, people are often confused about the difference.

Sodium is not salt. Sodium is a mineral that combines with chlorine to form table salt. In proper balance in the body, sodium is essential to life and good health.

Ordinary table salt is a naturally occurring compound used primarily for seasoning. Its chemical name is Sodium Chloride. Salt contains about 40% sodium and is the major source of sodium in our diet.

Salt may be sold by the pound and measured by the pinch or by the teaspoon in our kitchen, but sodium levels in food are expressed in units of a gram called milligrams (mg.). One gram (g.) equals 1000 milligrams.



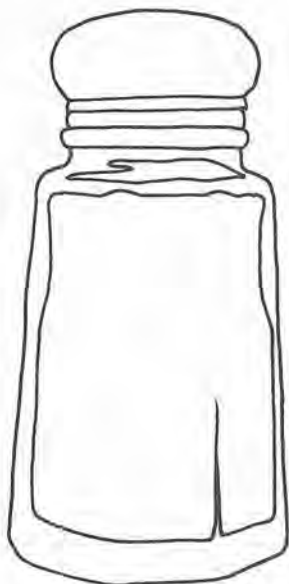
Why should we cut down on salt?

Although a small amount of sodium (about $\frac{1}{2}$ gram) is essential to the normal functioning of the human body, it is estimated that the average person consumes closer to four or five grams a day. It is widely believed that a large amount of dietary sodium and its effect on high blood pressure (also called hypertension), may lead to heart attack, stroke or kidney failure.

Because we get most of our dietary sodium from salt, health professionals are advising us to eat less salt. This booklet has been prepared for people who are trying to limit the amount of salt and sodium in their diets.

Salt in our food

The Salt Shaker: Saltiness is an acquired taste. It's estimated that about $\frac{1}{4}$ of our sodium intake comes from the salt we add to food in the kitchen. We sprinkle it from the shaker at the table and add it to cooking water and other dishes while preparing them.



Commercially Prepared Foods: Salt is added, often in large amounts, to processed or prepared convenience foods such as soups and salad dressings, canned or dry dinner mixes, packaged cookies and crackers, bouillon, sauces and condiments, and dessert mixes. Many canned vegetables are also seasoned with salt.

Pickled foods such as sauerkraut, olives, relishes, dills and gherkins are packed in vinegar and/or brine (heavily salted water), making them exceptionally high in sodium.

Cheeses contain salt for preserving as well as for flavor.

Smoked or canned meat and fish products such as tuna, ham, bacon, cold cuts, corned beef and sausage are well seasoned with salt. Deli roast beef and turkey breast are often cooked with salt.

Sodium is also found naturally in foods

Nearly all foods contain some natural sodium. A few foods may be limited on a medically prescribed diet because of their relatively high levels of natural sodium. As a rule, however, the amount of sodium contained in unseasoned, non-processed foods is low.

Sodium can be added to foods that do not contain salt

Sodium is a part of many other ingredients added to prepared foods that often have no salty taste. These ingredients serve different purposes.

Some are used in large enough amounts and add significantly to the sodium content of the finished product. Others may be used in minute quantities and the amount of sodium provided is far less critical for people who are not following a strict, medically prescribed, low sodium diet. Examples of sodium compounds added to foods are:

- Monosodium glutamate (also called MSG)...
A flavor enhancer
- Baking soda (sodium bicarbonate)...Used to
leaven (make rise) quick breads and cakes
- Sodium saccharin...An artificial sweetener
- Sodium nitrate...A curing agent for meat
- Sodium propionate...A mold inhibitor found in
bakery products
- Sodium citrate...An acidity controller found in
soft drinks, fruit drinks, jams and jellies

Sodium and over-the-counter medications

Medications can be another unexpected source of sodium in the diet. For example, just two Alka Seltzer tablets contain 1064 milligrams of sodium. Check with your doctor concerning the use of seltzers (Alka Seltzer, Bromo Seltzer), antacids, laxatives, bicarbonate of soda, pain relievers and other preparations.



What will the label tell about sodium content?

The **Ingredient Statement** found on most labels will list the presence of salt and/or any other sodium compounds. Look for the words "sodium" or "soda". Ingredients will always be listed in descending order (by weight) of their predominance in the product.

INGREDIENTS: WHEAT BRAN, SUGAR, MALT FLAVORING, SALT, SODIUM, AS-CORBATE (C), VITAMIN A PALMITATE, REDUCED IRON, ZINC OXIDE, ASCORBIC

INGREDIENTS:
PREPARED WHITEBEANS, WATER, BROWN SUGAR, WHITE SUGAR, SALT, BACON, SPICES & FLAVORING, VINEGAR, CARMEL COLOR, BAKING SODA

Some product labels may not show a list of ingredients. These foods must follow a general recipe (called Standards of Identity) set up by the federal government, and ingredient listings are not required.

Nutritional label: Many food labels give basic nutritional information following government guidelines.

The sodium content per serving must be added to all nutrition labels of products that do not contain meat.

The Food and Drug Administration has also established the following guidelines for sodium claims:

- | | |
|------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| Sodium Free- | Food contains less than 5 mg. sodium per serving. |
| Very Low Sodium- | Food contains 35 mg. sodium or less per serving. |
| Low Sodium- | Food contains 140 mg. sodium or less per serving. |
| Reduced Sodium- | Describes food whose sodium content has been reduced by 75%. This label must also provide the sodium content of the food it is replacing. |

Unsalted, No Salt Added or Without Added Salt-

Used only if no salt is added to a food that is normally processed with salt.

Hints for preparing meals using less salt

Invest in a good cookbook giving low sodium recipes.

Examples of recommended cookbooks are:

Hypertension Cookbook by Joyce Margie and James Hunt

Cooking Without a Grain of Salt by Elma Bagg

Salt-Free Cooking with Herbs and Spices by June Roth

Cooking Without Your Salt Shaker prepared by The American Heart Association. Available through your local Chapter of The American Heart Association

The Fat & Sodium Control Cookbook by A. Payne & C. Callahan

The Sodium Content of Your Food USDA Home & Garden Bulletin No. 233. Available from U.S. Government Printing Office, Washington, D.C.

Single copies of the following are available without charge upon request:

"Delicious Low Sodium Diets" and **"Unsalted Snacking In a Nutshell"** Nabisco Brands, Inc., Consumer Information, East Hanover, New Jersey 07936

"Low Sodium Spice Tips" American Spice Trade Association, 580 Sylvan Avenue, Englewood Cliffs, New Jersey 07632 (Send self-addressed stamped business envelope).

"Low Sodium Recipes" Quaker Oats Kitchens; 231 South Green St., 5th Floor, Dept. F; Chicago, IL 60607

"Pass the Salt" Sunkist Growers. Dept. S-83-3, Box 7888, Van Nuys, California 91409 (Send self-addressed stamped business envelope).

"Straight Talk About Salt" Salt Institute, 206 N Washington St., Alexandria, Virginia, 22314 (Send self-addressed stamped business envelope).

"Your Sodium Intake: Some Basic Steps in the Right Direction" Consumer Nutrition Center, Campbell Soup Company, Campbell Place, Camden, New Jersey 08101

Season foods with herbs, spices, flavored powders (not salts) and lemon juice instead of salt.

Plain frozen vegetables (without sauces) are often not salted and can be used in place of canned vegetables.

(Frozen peas and lima beans are graded in brine, however, and will contain more sodium than fresh).

Regular canned vegetables can be drained and heated in tap water to reduce their salt content.

Bake your own cakes, cookies and quick breads using sodium-free baking powder. It is available in the Grocery Diet Section.

Low sodium non-fat dry milk (may be ordered through the Pharmacy) can be used instead of fluid milk for cooking and/or drinking.

Salt Sense contains $\frac{1}{3}$ less sodium per measure than other brands of salt.

Salt substitutes are available, but they are often potassium salts and are not suitable for some people. Check with a doctor or dietitian before using a salt substitute.

Better yet, learn to enjoy the true flavors of unsalted foods.

If you use an artificial sweetener, a product called Equal contains no sodium. It's stocked on the grocery shelf with sugars and other artificial sweeteners.

Foods List

This list of foods is provided to help make your shopping and menu planning tasks easier. **Some salted and sodium rich foods are also listed for comparison purposes.** All products may not be available in all stores.

Sodium content and serving size are listed whenever possible. The number of milligrams (mg.) listed for each product is an average. Exact values can differ among samples, varieties and brands.

THIS IS NOT A DIET INSTRUCTION! A diet to meet special needs must be prescribed by a doctor and provided by a dietitian.

It's important to read the label every time you purchase a product. Manufacturers may change the ingredients used to prepare the product. If so, the label will also be changed.

Products may be found on the shelf that are not included on this list, and the list may include products no longer stocked. As new products become available, Wegmans will continue to evaluate its selection.

SYMBOLS:

mg.=milligram

g.=gram

oz.=ounce

fl. oz.=fluid ounce

TBSP.=tablespoon

tsp.=teaspoon

D=stocked in Grocery Diet Section

OW=available through the Olde

World Shop

R=stocked in Pharmacy

---- =information not available

* =SODIUM WATCH!

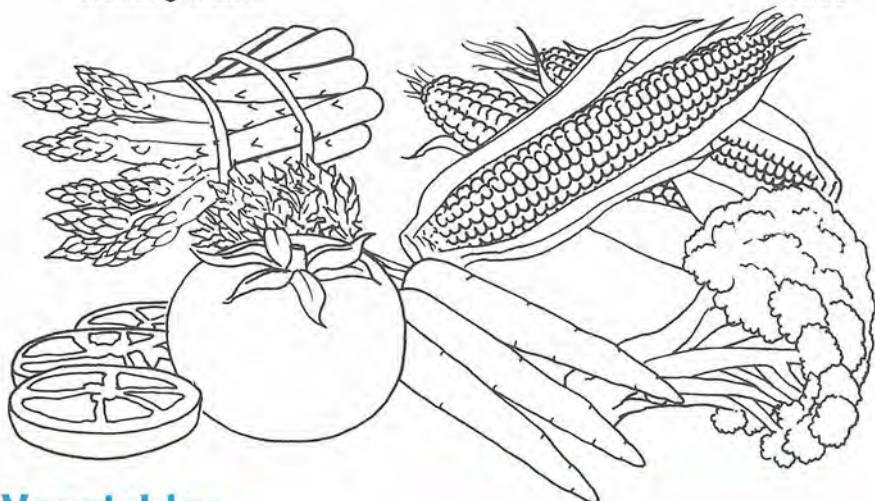
**Beverages & Juices**

	Serving Size	Sodium Content
Apple Juice	8 fl. oz.	5 mg.
Beer	12 fl. oz.	25 mg.
Club Soda	8 fl. oz.	39 mg.
Club Soda, Anderson's No Salt Added	8 fl. oz.	3 mg.
Club Soda, Wegmans No Salt Seltzer	8 fl. oz.	Under 10 mg.
Coffee	6 fl. oz.	1 mg.
Mineral Water		
Poland	8 fl. oz.	1 mg.
OW Perrier Sparkling	8 fl. oz.	1 mg.
OW San Pellegrino	8 fl. oz.	11 mg.
Orange Juice	8 fl. oz.	3 mg.
Soft drink sweetened with Nutrasweet	6 fl oz.	35 mg.
Soft Drink sweetened with sugar	8 fl. oz.	20 mg.
Soft Drink sweetened with sodium saccharin	8 fl. oz.	55 mg.
Tea	6 fl. oz.	Trace
Iced Tea, instant lemon flavor sweetened with sodium saccharin	8 fl. oz.	15 mg.
Tomato Juice	8 fl. oz.	480 mg. *
D Tomato Juice, Featherweight unsalted	6 fl. oz.	10 mg.
Tomato Juice, Hunts no salt	6 fl. oz.	20 mg.

Beverages & Juices Cont.

Serving Size Sodium Content

	Serving Size	Sodium Content
V-8 Tomato Juice Cocktail	6 fl. oz.	640 mg. *
V-8 Unsalted		
Tomato Juice Cocktail	6 fl. oz.	60 mg.
OS Vegetable Juice Cocktail, R.W Knudson	6 fl. oz.	42 mg.
OS Water, Evian Spring	8 fl. oz.	4 mg.
Water, Great Bear Salt & Mineral free bottled drinking water	----	Trace



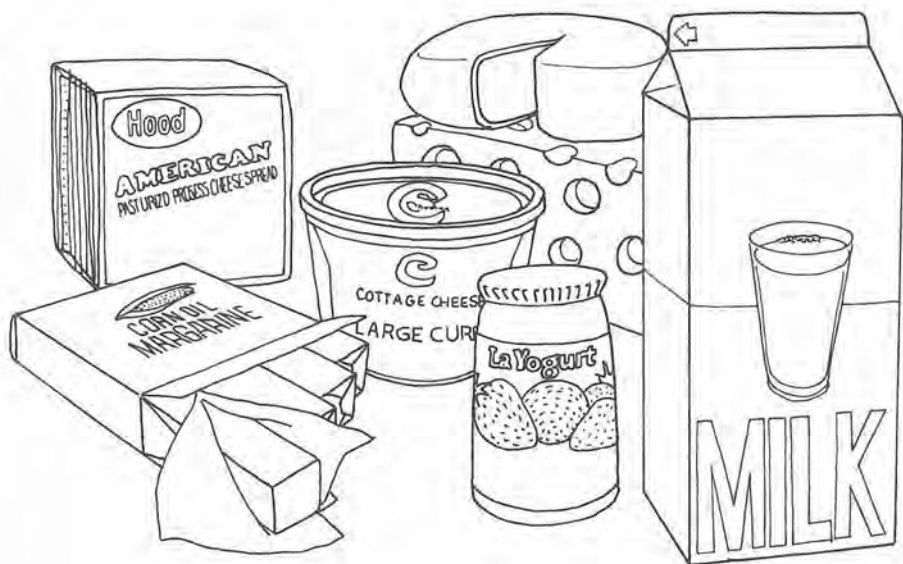
Vegetables

Serving Size Sodium Content

	Artichoke	1 large	86 mg.
	Asparagus, fresh	6 spears	2 mg.
	Asparagus, canned	4 spears	190 mg. *
	Beets, cooked	½ cup	36 mg.
	Beets, Wegmans No Salt Added	1 cup	110 mg.
D	Beets, Featherweight unsalted	½ cup	55 mg.
	Beet greens, cooked	½ cup	76 mg.
	Broccoli, cooked	¾ cup	10 mg.
	Cabbage, raw shredded	1 cup	20 mg.
	Carrots	1 medium	35 mg.
	Carrots, canned	¾ cup	236 mg *
	Carrots, Wegmans No Salt Added	1 cup	70 mg.
	Cauliflower, cooked	1 cup	11 mg.
	Cauliflower, frozen	1 cup	16 mg.

Vegetables Cont.
Serving Size Sodium Content

	Celery	1 stalk	65 mg.
	Celery, diced	1 cup	130 mg. *
	Corn, fresh or frozen	½ cup	1 mg.
	Corn, canned cream style	½ cup	300 mg. *
	Corn, canned whole kernel	½ cup	195 mg. *
	Corn, whole kernel, Wegmans No Salt Added	1 cup	Under 10 mg.
D	Corn, Featherweight unsalted	½ cup	Under 10 mg.
	Corn, Green Giant Niblets No salt	½ cup	10 mg.
	Cucumber	1 large	10 mg.
	Eggplant, diced	½ cup	2 mg.
	Green Beans, cut raw	½ cup	3 mg.
	Green Beans, canned	½ cup	150 mg. *
	Green Beans, frozen	½ cup	3 mg.
	Green Beans, Wegmans No Salt Added	1 cup	Under 10 mg.
D	Green Beans, Featherweight unsalted	½ cup	Up To 10 mg.
	Lettuce, Iceberg	¼ head	12 mg.
	Mushrooms, fresh sliced	½ cup	5 mg.
	Mushrooms, with liquid	4 oz. can	452 mg. *
	Onions, chopped	1 TBSP.	1 mg.
	Onions, cooked	½ cup	7 mg.
	Parsley, chopped	1 TBSP.	4 mg.
	Parsley, dry	1 tsp.	5 mg.
	Peas, raw	½ cup	1 mg.
	Peas, frozen	½ cup	90 mg.
	Peas, canned	½ cup	200 mg. *
	Peas, Wegmans No Salt Added	1 cup	Under 10 mg.
D	Peas, Featherweight unsalted	½ cup	Under 10 mg.
	Pepper, green bell	1 large	13 mg.
	Potato, white	1 medium	5 mg.
	Spinach, raw	1 cup	30 mg.
	Spinach, frozen	½ cup	59 mg.
	Spinach, canned	½ cup	212 mg. *
	Squash, summer, cooked	½ cup	1 mg.
	Squash, winter, cooked	½ cup	1 mg.
	Sweet Potato	1 medium	5 mg.
	Tomato, fresh	1 medium	5 mg.
	Tomatoes, canned	½ cup	155 mg. *
	Tomatoes, stewed, Hunt's No Salt	4 oz.	20 mg.
D	Tomatoes, Featherweight unsalted	½ cup	Under 10 mg.
	Tomatoes, Whole, Wegmans No Salt	½ cup	15 mg.
D	Mixed Vegetables, Featherweight unsalted	½ cup	20 mg.



Dairy Products

	Serving Size	Sodium Content
American Cheese Food	1 oz.	337 mg. *
Butter, lightly salted	1 TBSP.	117 mg. *
Butter, Land-O-Lakes Sweet, unsalted	1 TBSP.	2 mg.
Buttermilk (salt is added)	8 fl. oz.	238 mg. *
Buttermilk, Friendship No Salt Added	8 fl. oz.	125 mg.
Cheddar Cheese	1 oz.	176 mg. *
OW Cheddar Cheese, unsalted	1 oz.	6 mg.
OW Chedda-Delight	1 oz.	100 mg.

Dairy Products Cont.

	Serving Size	Sodium Content
OW Colby Cheese, very low sodium	1 oz.	6 mg.
Creamed Cottage Cheese	½ cup	459 mg. *
Cottage Cheese		
Friendship, unsalted	4 oz.	31 mg.
Cream Cheese	1 oz.	84 mg.
OW Cream Cheese, Fleur de Lait		
Reduced Salt	1 oz.	30 mg.
Egg	1 large	70 mg.
Farmer Cheese,		
Friendship unsalted	1 oz.	2 mg.
Gouda Cheese	1 oz.	232 mg. *
OW Gouda Cheese		
(w/salt substitute)	1 oz.	10 mg.
OW Stow Mills Rennetless Low Salt		
Swiss, Cheddar & Monterey Jack	1 oz.	12.5 mg.
Lorraine & Alpine Lace Cheeses (Deli)	1 oz.	35 mg.
OW Muenster Cheese, low sodium	1 oz.	77 mg.
Margarine	1 TBSP.	134 mg. *
OW Margarine, Hain Safflower No salt	1 TBSP	2 mg.
Margarine, Mazola, unsalted	1 TBSP.	1 mg. per 100 g.
Margarine, Fleischmann		
unsalted	1 TBSP.	1.4 mg.
Milk, homogenized	8 fl. oz.	111 mg. *
Milk, skim	8 fl. oz.	117 mg. *
Half & Half Cream	1 TBSP.	6 mg.
Poly Rich Coffee Creamer		
(in frozen foods)	1 TBSP.	5 mg.
Provolone, low sodium	1 oz.	140 mg.
Ricotta Cheese, whole milk	4 oz.	96 mg.
Ricotta, Polly-O No salt added	2 oz.	20 mg.
Slim Jack	1 oz.	90 mg.
Sour Cream	½ cup	60 mg.
Swiss Cheese	1 oz.	74 mg.
Swiss, Wegmans		
(w/salt substitute)	1 oz.	9 mg.
OW Swiss Cheese, no salt added	1 oz.	8 mg.
OW Swiss (w/salt substitute)	1 oz.	9 mg.
OW Heidi Ann Swiss Style	1 oz.	32 mg.
Yogurt, plain whole milk	½ cup	53 mg.

NOTE:

100 grams equals about 3½ ounces by weight
1000 milligrams equals 1 gram

SYMBOLS:

mg. = Milligram

g. = Gram

oz. = Ounce

fl. oz. = Fluid Ounce

TBSP. = Tablespoon

tsp. = Teaspoon

D = stocked in Grocery Diet Section

OW = available through the Olde
World Shop

R = stocked in Pharmacy

--- = information not available

* = SODIUM WATCH!



Prepared Foods

Serving Size

Sodium Content

OW	Unsalted almond butter & cashew butter		----
	Bouillon	1 cube	424 mg.*
D	Bouillon, Featherweight chicken & beef (w/salt substitute)	1 tsp.	10 mg.
	Bouillon, MBT Low Sodium chicken & beef (w/salt substitute)	1 pkt.	7-8 mg.
OW	Bouillon, Morga unsalted vegetable		----
D	Catsup	1 TBSP.	127 mg.*
D	Catsup, Featherweight unsalted	1 TBSP.	5 mg.
OW	Catsup, Hain's Imitation	1 TBSP.	14 mg.
D	Chili Sauce, Featherweight unsalted	1 TBSP.	3 mg.
D	Featherweight Beef Raviolis	8 oz. can	109 mg.
D	Featherweight Beef Stew	7¼ oz. can	50 mg.
D	Featherweight Chicken Stew	7¼ oz. can	45 mg.
D	Featherweight Chili & Beans	8 oz. can	64 mg.
D	Featherweight Lamb Stew	7 ¼ oz. can	45 mg.
D	Featherweight Spaghetti & Meatballs	8 oz. can	55 mg.

		Serving Size	Sodium Content
D	Featherweight Spanish Rice	7¼ oz. can	31 mg.
	Featherweight Dumplings w/Chicken	8 oz. can	45 mg.
	Jams & Jellies	1 TBSP.	3 mg.
	Ketchup - see Catsup		
	Honey	1 TBSP.	1 mg.
OW	Eggless no salt mayonnaise, Hain	1TBSP	5 mg
OW	Mayonnaise, Hain unsalted	1 TBSP	5 mg
D	(Mayo) Featherweight Soyamaise unsalted, eggless	1 TBSP.	3 mg.
	Mayonnaise	1 TBSP.	78 mg.*
	Molasses (light)	1 TBSP.	3 mg.
	Mustard, prepared	1 TBSP.	195 mg.*
D	Mustard, Featherweight unsalted	1 TBSP.	.5 mg.
	Mustard, Reine unsalted		
	Dijon	1 TBSP.	1 mg.
	Olives, ripe	4 olives	350 mg.*
OW	Peanut Butter, Erewhon unsalted	2 TBSP.	2 mg.
	Peanut Butter, Peter Pan unsalted	1 TBSP.	Under 10 mg.
OW	Peanut Butter, fresh ground without salt		Trace
	Peanut Butter	1 TBSP.	95 mg.*
	Pickles, dill	1 large	1428 mg.*
	Pickles, Vlasic ½ Salt dills	1 oz.	120-200 mg.
D	Pickles, Featherweight dill	1 pickle	5 mg.
	Pickles, Bread & Butter	about 12 pickles	673 mg.*
	Pickles, Tree Bread & Butter No Salt Added	1 oz.	Less than 10 mg.
D	Pickles, Featherweight Cucumber	5-6 slices	under 5 mg.
D	Salad Dressing, Cellu Imitation French	1 TBSP.	6 mg.
	Salad Dressing, French	1 TBSP.	230 mg.*
OW	Salad Dressing, Cardinis No Salt Added (3 var.)	4 TBSP.	65-90 mg.
	Salad dressing mixes, unsalted, Hain (5 var.)		----
	Sauces:		
OW	Salsa Picante, no salt (mild & hot), Enrico	2 oz.	122 mg

	Soups:		
	Campbell's Tomato	4 oz. cond.	660 mg.*
D	Campbell's Special Request Tomato (1/3 less salt)	4 oz. cond.	430 mg.*
	Campbell's Low sodium Tomato	10 1/2 oz. can	40 mg.
	Campbell's Cr. of Mush.	4 oz. cond.	820 mg.*
D	Campbell's Special Request Cream of Mush.	4 oz. cond.	530 mg.*
	Campbell's Veg Beef	4 oz. cond.	820 mg.*
D	Campbell's Special Request Veg. Beef	4 oz. cond.	520 mg.*
D	Campbell's Low Sodium Veg. Beef	10 3/4 oz. can 4 oz. cond.	60 mg. 910 mg.*
	Campbell's Natural Goodness Chicken Broth (1/3 less sodium than Campbell's Swanson brand)		
	Campbell's Chicken Noodle Campbell's Special Request Chicken Noodle	4 oz. cond.	600 mg.*
D	Campbell's Low Sodium Chicken Noodle	10 3/4 oz. can	85 mg.
D	Featherweight Cream of Mushroom	1/2 can	30 mg.
D	Featherweight Tomato	1/2 can	10 mg.
D	Featherweight Veg. Beef	1/2 can	20 mg.
OW	Hain No Salt Added Dry Soup Mixes (6 var.)	8 fl. oz.	25-125 mg.
	Soy Sauce	1 TBSP	1046 mg.*
	Soy Sauce, LaChoy Lite	1/2 TSP.	110 mg.*
	Spaghetti Sauce, Sano unsalted	4 oz.	40 mg.
D	Spaghetti Sauce, Featherweight	5 oz. (1/3 jar)	under 10 mg.
	Syrup, Aunt Jemima Pancake	2 fl. oz.	2 mg.
	Tomato Sauce, Hunt's No Salt	4 oz.	25 mg.

Tomato pastes are usually packed without added salt.

Check label

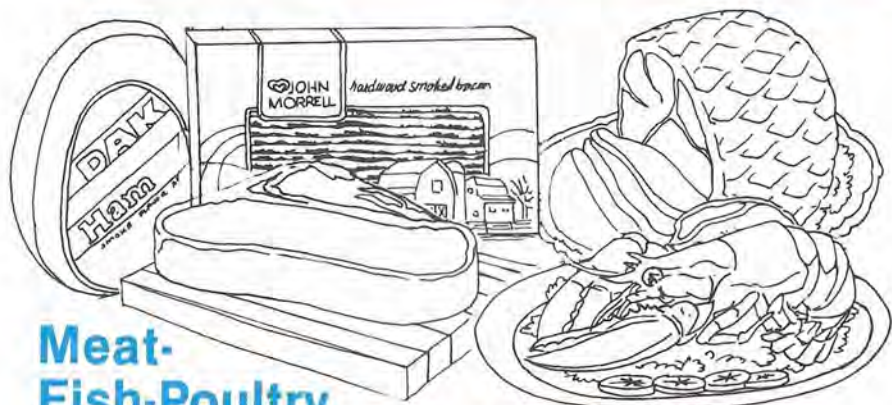
Worcestershire sauce

6 oz.

1 TBSP.

65 mg.

165 mg.*



Meat-Fish-Poultry

	Serving Size	Sodium Content
Beef, cooked without salt	4 oz.	74 mg.
Beef liver, cooked without salt	4 oz.	98 mg.
Bacon, fried crisp	3 slices	250 mg.*
Bologna	4 oz.	1479 mg.*
Deli Cold Cuts, Lil' Russer		
1/3 less salt, 4 var. (w/salt substitute)	1 oz.	200-225 mg.*
Frankfurter	4 oz.	1247 mg.*
Ham, baked	4 oz.	850 mg.*
Lamb, cooked without salt	4 oz.	86 mg.
Pork, cooked without salt	4 oz.	80 mg.
Salt Pork	4 oz.	1320 mg.*
Veal, cooked without salt	4 oz.	103 mg.
Chicken, roasted without salt	4 oz.	83 mg.
Duck, roasted without salt	4 oz.	44 mg.
Turkey, roasted without salt	4 oz.	75 mg.
Turkey Breast, No Salt Added (Deli)	4 oz.	80 mg.
Cod, raw	4 oz.	61 mg.
Haddock, raw	4 oz.	77 mg.
Lobster, cooked, moist heat	4 oz.	431 mg.*
Monkfish, raw	4 oz.	20 mg.
Ocean Perch, raw	4 oz.	85 mg.
Orange Roughy, raw	4 oz.	72 mg.
Pollock, raw	4 oz.	97 mg.

Meat-Fish-Poultry Cont.

Serving Size

Sodium Content

OW	Haddon House Sardines in unsalted water		----
	Scallops, Bay & Sea, raw	4 oz.	183 mg.*
	Shark, raw	4 oz.	137 mg.
	Shrimp, raw	4 oz.	168 mg.*
	Squid, raw	4 oz.	49 mg.
	Trout, raw	4 oz.	59 mg.
	Tunafish, chunk light in salted water	6½ oz.	1610 mg.*
	Tunafish, chunk light in oil	6½ oz.	1472 mg.*
	Tunafish, Star Kist unsalted	2 oz.	50 mg.
	Tunafish, Chicken of the Sea 50% less salt	2 oz.	135 mg.
D	Tunafish, Featherweight in unsalted water	6½ oz. can	95 mg.
OW	Tunafish, Health Valley in unsalted water	7 oz. can	100 mg.
	Whitefish, raw	4 oz.	57 mg.



Desserts & Snacks

Serving Size

Sodium Content

Candies:			
	Marshmallow	1 piece	under 1 mg.
	Milk chocolate	1 oz.	25 mg.
	Mint Lifesavers	1 piece	under 1 mg.
	Reese's Peanut Butter Cups	1 oz.	99 mg.*
Cakes:			
D	Estee Low Sodium Cake & Brownie Mixes	1/.10 piece	120 mg.
	Betty Crocker Chocolate Icing	1/12 can	113 mg.*
	Duncan Hines Yellow Mix	1/12 cake	347 mg.*

Desserts & Snacks Cont.

Serving Size

Sodium Content

		Serving Size	Sodium Content
	Cookies:		
D	Estee No Salt Added	1 cookie	2-5 mg.
	Oreo	3 cookies	240 mg.*
	Vanilla wafers	7 cookies	115 mg.*
	Corn Chips, Health Valley unsalted	1 oz.	1 mg.
	Gelatin:		
	D Estee brand		0 mg.
	Jell-O Cherry	½ cup	80 mg.*
	Knox unflavored	1 env.	0 mg.
	Crackers:		
	Graham	1 piece	48 mg.*
OW	Hain unsalted (4 var.)	11 crackers	5-50 mg.
OW	Health Valley unsalted (4 var.)	1 oz.	3-10 mg.
OW	Hol-Grain Unsalted Rice Wafers	1 wafer	under 10 mg.
OW	Hol-Grain Unsalted Whole Wheat Wafers	1 wafer	under 10 mg.
	Keebler Low Sodium Waldorf		Trace
	Oyster	12 crackers	90 mg.*
	Ritz	1 cracker	32 mg.*
	Estee Crackers		0 mg.
	Saltines, unsalted tops	1 cracker	25 mg.
	Saltines, salted tops	1 cracker	43 mg.*
OW	Stoned Wheat Thins, Health Valley	1 oz.	under 10 mg.
	Snackbread whole wheat crackers, salt free		----
	Triscuits	1 cracker	34 mg.*
OW	Venus Unsalted Wheat Wafers	4 wafers	2 mg.
	Ice Cream, Sealtest Vanilla	½ cup	48 mg.
	Ice Milk, Light & Lively Vanilla	½ cup	54 mg.
	Peanuts, unsalted dry roast	1 oz.	under 10 mg.
	Peanuts, Planters salted dry roast	1 oz.	340 mg.*
	Peanuts, Planters salted oil roast	1 oz.	220 mg.*
	Popcorn, plain popped	1 cup	trace
D	Popcorn, Featherweight unsalted	½ box (1 oz.)	7 mg.
	Popcorn, Pop Secret unsalted microwave	----	----

Desserts & Snacks Cont.

Serving Size

Sodium Content

		Serving Size	Sodium Content
	Potato Chips	1 oz.	215 mg.*
S	Potato Chips, Erewhon unsalted		15 mg. per 100 g.
OW	Potato Chips, Health Valley unsalted	1 oz.	5 mg.
	Potato Chips, Bachman no salt	1 oz.	20 mg.
D	Pudding, Estee low sodium (3 flavors)	½ cup	15 mg.
	Pretzels, Bachman sodium-free		----
OW	Pretzels, Erewhon Whole Wheat, unsalted		----
OW	Pretzels, Health Valley unsalted	1 oz.	5 mg.
OW	Pretzels, Barbara's Whole Wheat No Salt Added	1 oz.	10 mg.
D	Pretzels, Estee unsalted	5 pretzels	under 5 mg.
	Pretzels, unsalted (in bulk grocery)		----
OW	Rice Cakes, Arden unsalted	2 crackers	1 mg.
OW	Sesame Sticks, Flavor Tree low sodium	1 oz.	8 mg.
	Sherbet, Orange	½ cup	44 mg.
D	Stell d'Oro Unsalted Pastries (11 var.)	1 piece	1-5 mg.



Breads, Cereals, Rice & Dry Beans

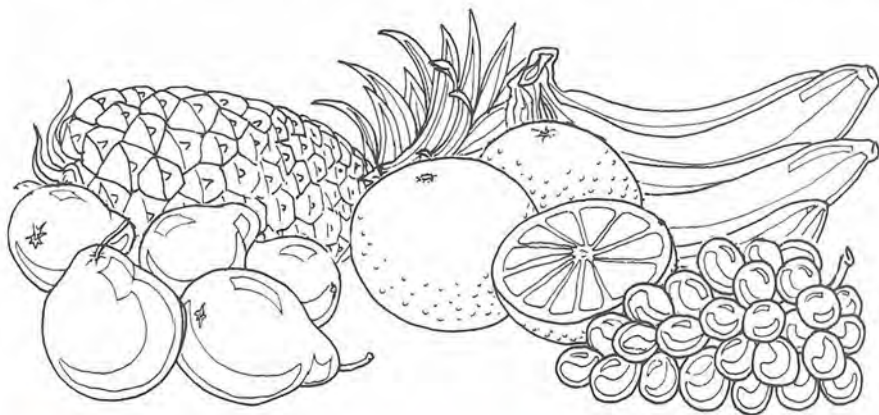
	Serving Size	Sodium Content
Barley, dry	2 TBSP.	1 mg.

**Breads, Cereals,
Rice & Dry Beans Cont.**
Serving Size
Sodium Content
Breads:

	Stella Doro unsalted Bread Sticks	----	----
OW	Devonsheer Melba Toast (plain, rye, wheat)	1 slice	1 mg.
OW	Lifestream Bread, Fruit Cake, No Salt or Leavening		----
	Old London unsalted Melba toast	3 slices	5 mg.
	Rye bread	2 slices	256 mg. *
	Shiloh 5 Grain, No salt	1 slice	1 mg.
	Wegmans Low Sodium bread	2 slices	15 mg.
	White bread	2 slices	234 mg. *
	Whole wheat bread	2 slices	242 mg. *
	Cereals:		
	All Bran	1/3 cup	160 mg. *
	Corn Chex	1 cup	325 mg. *
	Corn flakes	1 cup	280 mg. *
D	Corn flakes, Featherweight unsalted	1¼ cup	under 10 mg.
	Cream of Rice, cooked	¾ cup	under 10 mg.
OW	Cream of Rye, no salt added		----
D	Crisp Rice, Featherweight	1 cup	125 mg.
OW	Familia	4 oz.	5 mg. *
	Fruit Loops	1 cup	125 mg. *
OW	Granola with Bran, Erewhon salt free		----
OW	Granola cereal, Good Shepherd	¼ cup	15-20 mg.
	Grape Nuts	¼ cup	195 mg. *
OW	Health Valley Cereal	¼ cup	7 mg.
	Maypo, dry	¼ cup	2 mg.
	Nabisco Quick Cream of Wheat, dry	¼ TBSP.	65 mg.
	Nabisco Instant Cream of Wheat, dry	2½ TBSP.	under 10 mg.
	Nabisco Mix & Eat Cream of Wheat	1 packet	265 mg. *
	Nabisco Shredded Wheat	1 biscuit	under 10 mg.
	Nabisco Spoon Size Shredded Wheat	2/3 cup	10 mg.
	Nabisco Toasted Wheat & Raisins (No salt added)	1 oz.	under 10 mg.
	Pillsbury Farina		0 mg.
	Oatmeal, dry	1/3 cup	under 10 mg.

Breads, Cereals, Rice & Dry Beans Cont.

	Serving Size	Sodium Content
Quaker Instant Oatmeal	1 packet	225 mg. *
Quaker Puffed Rice	1 cup	under 10 mg.
Quaker Puffed Wheat	1 cup	under 10 mg.
Quaker Quick Grits, cooked	¾ cup	under 10 mg.
Rice Krispies	1 cup	305 mg. *
Sunshine Shredded Wheat	1 biscuit	under 10 mg.
Total	1 cup	375 mg. *
Wheatena, dry	¼ cup	2 mg.
Corn Meal	1 cup	1 mg.
Dry beans	½ cup	19 mg.
Egg noodles, dry	1 cup	3 mg.
Macaroni, dry	1 cup	2 mg.
OW Pancake mix, Fearn, dry	½ cup	4 mg.
Rice		Trace



Fruit

	Serving Size	Sodium Content
Apple		2 mg.
Applesauce	1 cup	5 mg.
Avocado	1 medium	10 mg.
Banana	6" long	1 mg.
Cantaloupe, diced	1 cup	28 mg.
Cranberries, raw	1 cup	2 mg.
Grapefruit	½ medium	1 mg.
Grapes	1 cup	under 10 mg.
Orange		1 mg.
Peach	1 medium	1 mg.
Peaches, canned in syrup	2 halves	2 mg.
Pineapple, juice pack	1 cup	3 mg.
Prunes	10 large	8 mg.

Fruit Cont.

Serving Size

Sodium Content

Pumpkin, canned puree	1 cup	3 mg.
Raisins	½ cup	1 mg.
Strawberries	10 large	1 mg.
Strawberries, frozen w/sugar	10 oz. box	3 mg.
Watermelon, cubes or balls	1 cup	2 mg.



Miscellaneous

Serving Size

Sodium Content

	Accent (MSG)	1 tsp.	750 mg. *
	Antacid, Lo-Sal		0 mg.
	Artificial Sweetener, Equal (sodium free aspartame)		----
R	Artificial Sweetener, Sakrin (sodium free saccharin)		----
D	Baking Powder, Featherweight low sodium		----
	Baking powder	1 tsp.	370 mg. *
	Baking soda	1 tsp.	1000 mg. *
	Flour, all purpose	1 cup	2 mg.
	Flour, self rising	1 cup	1100 mg. *
	Flour, whole wheat	1 cup	4 mg.
	Lanolac Low Sodium Dry Milk (Pharmacy)		
	Meat Tenderizer, Lawry's unsalted	1 tsp.	under 10 mg.
	Salt, regular table (plain or iodized)	1 tsp	2300 mg. *
OW	Sea Salt	1 tsp.	2300 mg. *
	Salt Substitutes:		
D	Adolphs, plain & seasoned	1 tsp.	.5 mg.
D	Featherweight plain	¼ tsp.	13 mg.
D	Featherweight seasoned	¼ tsp.	6 mg.
	Lawry's seasoned	¼ tsp.	5 mg.

Miscellaneous Cont.**Serving Size****Sodium Content**

OW	Mortons, plain & seasoned No-Salt	1 tsp.	.5 mg. under 10 mg. per 100 g.
	Sugar, beet or cane		trace
OW	Tofu (soy bean curd)	4 oz.	4 mg.
	Vegetable oil and shortening		0 mg.
	Seasonings, unsalted:		
	Mrs. Dash Seasoning Blend	1 tsp	5 mg
OW	Slim Fixin's		
OW	Parsley Patch (6 varieties)		
OW	Health Valley all purpose		
OW	Spike		
OW	Vegit		

Sources of Information

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Manufacturers' analysis data and package nutritional labels

...A special thank you to all the area nutritionists who
helped us develop this booklet!

**If you have any questions,
please don't hesitate to contact**

Prepared by Department of Consumer Affairs
Wegmans

1500 Brooks Ave.

P.O. Box 844

Rochester, N.Y. 14692-0844

Telephone: (716) 464-4760

TDD (716) 328-8360

Toll Free 1 (800) 462-6140

Designed by Wegmans Advertising Department

10th Edition

April 1989

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