



Calories and Sodium in Common Ingredients

Fats and Oils							
Food Name	Amount	Calories (kcal)	Sodium (mg)	Food Name	Amount	Calories (kcal)	Sodium (mg)
Vegetable oil (olive, canola, sunflower)	1 tbsp/ 15 mL	122	0	Non-hydrogenated margarine	1 tbsp/ 15 mL	105	160
Butter, -salted	1 tbsp/ 15 mL	103	83	Mayonnaise -regular	1 tbsp/ 15 mL	58	106
-unsalted		103	2	-light		39	102
Shortening or Lard	1 tbsp/ 15 mL	115-117	0	Ghee	1 tbsp/ 15 mL	130	0
Coconut oil	1 tbsp/ 15 mL	119	0	Coconut milk	1 tbsp/ 15 mL	30	2
Cream cheese -regular	1 tbsp/ 15 mL	50	47	Sour cream -14% M.F.	1 tbsp/ 15 mL	26	10
-light		31	72	-5% M.F.)		22	11
Salad dressing -oil-based	1 tbsp/ 15 mL	43	246	Salad dressing -creamy	1 tbsp/ 15 mL	71	120
-oil-based, light		27	195	-creamy, light		32	148
Bacon grease	1 tbsp/ 15 mL	110	18	Gravy, beef, canned	1 tbsp/ 15 mL	33	83

Condiments, Sauces, Soups and Broth							
Food Name	Amount	Calories (kcal)	Sodium (mg)	Food Name	Amount	Calories (kcal)	Sodium (mg)
Salt, table	1 tsp/ 5mL	0	2373	Seasoned salt -onion/garlic/celery	1 tsp/ 5mL	0	968
-Soy sauce -regular	1 tbsp/ 15 mL	9	914	Teriyaki sauce -regular	1 tbsp/ 15 mL	16	700
-light		20	608	-light		16	325
Mustard	1 tbsp/ 15 mL	10	179	Ketchup	1 tbsp/ 15 mL	15	169
Relish, sweet	1 tbsp/ 15 mL	14	166	Sweet & sour sauce	1 tbsp/ 15 mL	20	59
Chili sauce	1 tbsp/ 15 mL	20	257	Hot sauce	1 tbsp/ 15 mL	3	381
Olives, canned, jumbo	1	7	75	Pickles, dill	1 (9.5 cm long)	8	569
Salsa	1 tbsp/ 15 mL	5	100	Tomato sauce, canned	½ cup/ 125 mL	31	678
Steak sauce	1 tbsp/ 15 mL	9	218	Chicken broth, cube,	1 cube	21	2520
Chicken broth -regular	1 cup/ 250 mL	41	806	Chicken soup, canned -regular	1 cup/ 250 mL	65	675
-low sodium		41	76	-reduced-sodium		65	450

Grain Products and Snack foods							
Food Name	Amount	Calories (kcal)	Sodium (mg)	Food Name	Amount	Calories (kcal)	Sodium (mg)
Brown rice, cooked	½ cup/ 125 mL	115	5	Bread, whole wheat	1 slice/ 35g	86	165
Seasoned rice in package, cooked	½ cup/ 125 mL	130	606	Croissant	1 medium	231	424
Potato chips	10 chips	108	105	French fries	10 fries	132	108

Sugars and Sweets							
Food Name	Amount	Calories (kcal)	Sodium (mg)	Food Name	Amount	Calories (kcal)	Sodium (mg)
Sugar				Ice cream			
-white	1 tbsp/ 15 mL	49	0	-16% M.F.	½ cup/ 125 mL	282	69
-brown		54	3	-11% M.F.		145	56
-icing		30	0	- frozen yogurt		117	58
Honey	1 tbsp/ 15 mL	65	1	Maple syrup	1 tbsp/ 15 mL	55	2
Whipped cream, 35%M.F., sweetened	½ cup/ 125 mL	209	21	Frosting/Icing	½ cup/ 125 mL	523	230

Milk, Meat, and Alternatives							
Food Name	Amount	Calories (kcal)	Sodium (mg)	Food Name	Amount	Calories (kcal)	Sodium (mg)
Milk				Cheese, grated			
-3.3% M.F.	1 cup/ 250 mL	157	111	-31% M.F.	1 cup/ 250 mL	481	741
-2% M.F.		129	121	-18% M.F.		337	866
-1% M.F.		108	113	-processed		449	1778
-0.1% M.F. (skim)		88	109				
Yogurt,				Cheese, processed slice	1 slice	117	462
-4% M.F. or more	1 cup/ 250 mL	373	110				
-2% M.F. or less		261	128				
Ground beef				Almonds, roasted			
-regular	75 g/ 2.5 oz	223	65	-salted	25 nuts/ 32 g	196	109
-extra-lean		165	56	-unsalted		193	0
Ground turkey	75 g/ 2.5 oz	147	63	Vegetarian burger patty	1 patty/ 70 g	124	398
Turkey, deli meat, thinly sliced	75 g/ 2.5 oz	84	900	Salami, Italian, pork	75 g/ 2.5 oz	319	1418
Bacon				Egg			
-pork	75 g/ 2.5 oz	400	1821	-2 whole	100 g	153	132
-turkey		286	1714	-3 whites		48	164
Chicken, roasted				Salmon			
-white meat, no skin	75 g/ 2.5 oz	119/ 190	56/ 65	-baked	75 g/ 2.5 oz	136	42
-dark meat & skin				-smoked, lox		88	1500
Tuna, canned				Beans/ lentils,			
-in oil, salted	75 g/ 2.5 oz	148	266	-canned, no salt	½ cup/ 125 mL	142	6
-in water, no salt		87	38	-canned w liquid		151	379