
SODIUM (Na⁺) CONTENT OF SEASONING AND COMMON FOODS

ITEM	AMOUNT	Na ⁺ (mg)
Salt	1 tsp.	2196
Seasoning packet	1 pk.	2000
Chicken flavored powder	1 tsp.	900
MSG	1 tsp.	687
Shrimp paste	1 tsp.	474
Soy Sauce	1 tsp.	440
Bean paste	1 tsp.	390
Fish sauce	1 tsp.	363
Maggi sauce	1 tsp.	261
Oyster sauce	1 tsp.	225
Hoisin sauce	1 tsp.	170
Chicken broth (canned)	1 cup	1000
Shrimp flavored noodle	1 cup	760
Instant Noodle	1 cup	430
Cup-O-Noodle	1 cup	1560
Rice/Noodle/Oatmeal	1 cup	1
Bread	1 slice	138
Milk	8oz.	125
Ham	3oz.	1098
Fish	3oz.	80
Pork / Beef / Chicken	3oz.	50
Fruit	1 small	1
Squash	1 cup	1
Broccoli	1 cup	15
Carrots	1 cup	51
Spinach	1 cup	90
Celery	1 cup	132

If you are on a sodium-restricted diet, do not exceed 2000 mg of sodium a day.

*1 cup = 8oz