

# **Sodium and low-Carb Diets**

***Healthy amount of sodium for people over 50 with high blood pressure:  
1300 mg per day, from all sources. (Institute of Medicine, 2005)***

## **Mg sodium in 12 oz of beverage:**

Fresca - 36  
Tab - 42  
Sprite Zero - 36  
Coca Cola Zero - 42  
Schweppe's Diet Tonic Water - 98  
Celestial Seasonings Herb Teas (Sleepytime; Morning Thunder; Raspberry Zinger, etc) - 0

## **Mg sodium in chicken/fish:**

Chicken, 1/2 breast, skinless, roasted - 64  
Chicken, 1 thigh, skinless, roasted - 46  
Tuna, light, packed in water, 2 oz - 190  
Shrimp, frozen, peeled, 3 oz - 190

## **Mg sodium in meat (3 oz is size of one deck of cards):**

Chuck steak 3 oz - 65  
Bacon, 3 oz - 621  
Pork Spareribs, 3 oz - 65  
Beef jerky, 1 large piece - 438

## **Mg of sodium in dairy (1 oz is size of a pair of dice):**

Parmesan, 1 oz - 454  
Cheddar 1 oz - 176  
Mozzarella, part skim, 1 oz - 150  
Cream cheese, light, 2 Tb - 150  
Egg, large - 63  
Milk, 2%, 1 cup - 100  
Margarine, 1 Tablespoon - 105

## **Mg of sodium in dressings/seasonings:**

Salad dressing, Italian, fat free, 2 Tb - 430  
Salad dressing, Ranch, lite, 2 Tb - 303  
Salad dressing, oil + vinegar - 0  
One dill pickle, thumb sized - 359  
Bacos Bits, 2 tsp - 160  
Buffalo Wing seasoning, 2 tsp - 440 (+ 6 gm carbs)  
Mrs Dash 1/4 tsp - 0 (+ 0 carbs)  
Mrs Dash marinade, 1 Tb - 0 (+ 2 gm carbs)  
Monosodium glutamate (MSG), 1 tsp - 492  
Table salt, 1 tsp - 2,325  
Table salt, 1/4 tsp - 581