

Sodium Comparison

The DASH Eating Plan

In today's fast paced world, it is not surprising that more and more Americans are investing in easy, ready-made food. Although not all processed food is high in fat and sodium, most tend to be and all are higher than their fresh counterpart. The table below lists many different processed foods and gives their sodium content to help you become aware of the hidden sodium in our diet. Checkout a few of the items and make comparisons of frozen to canned vegetables.

Item	Sodium	Item	Sodium
VIP Frozen Mandarin Stir Fry Vegetables (1/2 cup)	25 mg	Chef's Choice Beef Stir Fry (1 2/3 cups)	950 mg
Frozen Broccoli	0 mg	Campbell's Chicken Noodle Soup (1 cup)	890 mg
Frozen Green Beans	0 mg	Canned Green Beans (1/2 cup)	300 mg
Green Giant Niblets, 1	5 mg	Canned Corn (1/2 cup)	360 mg
Lima Beans, (1/2 cup)	240 mg	Refried Beans (1/2 cup)	490 mg
Pasta Secrets Zesty Garlic Mix (1 cup)	320 mg	Campbell's Chunky Savory Chicken with White and Wild Rice (1 C)	840 mg
Generic Frozen Hashbrowns (1 cup)	50 mg	Canned Olives (5)	115 mg
Vanilla Ice Cream (1/2 cup)	50 mg	Cream of Mushroom Soup (1 cup)	870 mg
Smart Ones Lasagna Florentine (1 individual serving)	650 mg	StarKist Tuna in Water (2 oz.)	250 mg
Contessa Shrimp Primavera (1 1/2 cups)	780 mg	Elmonty Chimichanga (1 each)	480 mg
Lunchables (crackers, meat, and cheese; 1 each)	1260 mg	Ego Waffles (2 buttermilk)	420 mg
Rhodes Whole Wheat Rolls (1)	190 mg	Tony's Pizza (1/4 supreme)	790 mg
Banquet Pot Pie (1)	950 mg	Stouffers Pot Pie	1170 mg
Condensed Tomato Soup (1 cup)	740 mg	Prego Vegetarian Lasagna	900 mg
Stouffers Vegetarian Lasagna	820 mg	Hungry Man Fried Chicken Meal (1)	1940 mg

Although cooking fresh fruits, vegetables, and meat from scratch takes more time, it can really cut down on the amount of sodium that you consume. Try doubling a recipe and having it again another night later in the week to save time.