

# SODIUM CONTENT OF A SAMPLE DAILY MENU

## Milligrams (mg) of sodium

### Breakfast

3 slices bacon	450
2 scrambled eggs	160
1 plain bagel	450
2 tablespoons light plain cream cheese	140
6 oz. orange juice	0

### Total Breakfast

1,200 mg of sodium

### Lunch

Ham and cheese sandwich (2 oz. sliced ham-480, 1 slice American cheese-250, 2 slices whole wheat bread-340)	1,070
1 tablespoon mayonnaise	90
2 teaspoons mustard	110
1 pickle spear	320
½ cup canned chunky chicken noodle soup	485
2 saltine crackers	75
16 oz. Rockstar®	250

### Total Lunch

2,400 mg of sodium

### Dinner (Fast Food)

Spicy crispy chicken drumstick	440
Spicy crispy chicken breast	1,250
1 biscuit	520
BBQ baked beans	680
Cole slaw	160
Dutch apple pie slice	300
16 oz. 7up®	50

### Total Dinner

3,400 mg sodium

### GRAND TOTAL

7,000 mg of sodium!

*Source:* Values taken from nutrition information labels of brands available at most local grocery stores. Fast food values found at [www.kfc.com/nutrition/PDF/kfc\\_nutrition.pdf](http://www.kfc.com/nutrition/PDF/kfc_nutrition.pdf) (Totals have been rounded).

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Nutrition Services • Alameda County Public Health Department

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# WHERE'S THE LIMIT?

## Sodium Content of a Sample Daily Menu

