



UNIVERSITY of MARYLAND
UPPER CHESAPEAKE HEALTH

Let's Go Shopping!



Grocery Guide - Sodium (Salt) Content in Foods

Less than 10 mg of sodium per serving

- Fruit and fruit juices (fresh, frozen, or canned)
- Honey
- Hot cereals such as oatmeal, wheat and oat bran (1 cup with no salt added, regular cooking, not instant)
- Jelly beans (10 large)
- Macaroni, noodles, rice and barley (1 cup cooked in unsalted water)
- Salt-free herbs and spices
- Shredded wheat or puffed rice type cereals (1 cup)
- Sugar
- Unsalted nuts
- Unsalted peanut butter
- Unsalted butter or margarine
- Unsalted dry curd cottage cheese (1/2 cup)
- Vegetables
- Vinegar



10 - 40 mg of sodium per serving

- Beets (1/2 cup)
- Beet greens (1/3 cup)
- Carrots (1 cup)
- Celery (2 stalks)
- Club soda (8 oz.)
- Granola type cereal (1/2 cup)
- Kale
- Soda pop
- Spinach (1/2 cup cooked)
- Vanilla wafers (2 cookies)
- White wine (4 oz.)



How to Roast Beets

INGREDIENTS

- 3 lbs beets
- 4 garlic cloves, skins on, crushed
- 5 sprigs fresh thyme
- 1 Tbsp olive oil
- 1/8 tsp salt
- 1/8 tsp freshly ground black pepper

PREPARATION

Preheat oven to 350°. In a baking pan, arrange beets in a single layer. Add crushed garlic around beets. Top beets with thyme, and drizzle with olive oil.

Add salt and black pepper. Cover with foil, and bake about 60 to 80 minutes, or until fork tender. Roasting time may vary depending on size of the beets.

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For more low salt/low sodium recipes, visit umuch.org/heart and click on Healthy eCooking.

40-65 mg of sodium per serving

- Beef, pork, lamb, and fresh poultry (3 oz.)
- Corn tortilla (1)
- Egg (1)
- Fish (fresh, 3 oz.)
- Fruit-filled cookies (1)
- Shrimp (2 oz.)



65-120 mg of sodium per serving

- Clams, steamed (3 oz.)
- Ice cream (1/2 cup)
- Mayonnaise (1 Tbsp.)
- Milk (evaporated, 1/2 cup)
- Milk (whole or skim, 1 cup)
- Mustard, chili, and hot sauce (1 tsp.)
- Yogurt (1 cup)



120-175 mg of sodium per serving

- Bread (some types, 1 slice)
- Chocolate covered peanut butter cups (2 cups)
- English muffin (1/2)
- Ketchup and steak sauce (1 tsp.)
- Olives (ripe, 5)
- Sardines (1 large)
- Peanut butter (regular, 2 Tbps.)



175-350 mg of sodium per serving

- Buttermilk (1 cup)
- Cheese (grated packaged, 1/4 cup)
- Clams (canned, 1/4 cup)
- Cereal (ring, nugget and flaked, 2/3 to 1 cup)
- Tuna (canned 3 oz.)
- Vegetables (canned, 1/2 cup)



350-500 mg of sodium per serving

- Beans (canned)
- Cheese (2 oz. of cheddar, 3/4 cup of cottage cheese, 1/2 cup of parmesan, 1.5 oz. of processed cheese, 2 oz. of Swiss cheese)
- Cottage cheese (low fat, 1/2 cup)
- Pancake (1, 6-inch)
- Tomato juice (canned, 3/4 cup)



Cocoa Crusted Pork Loin - Sodium 177 mg

INGREDIENTS

- 1 Tbsp cocoa powder, unsweetened
- 1 tsp instant coffee
- 1/2 tsp ground cinnamon
- 1/2 tsp chili powder
- 1 lb boneless pork tenderloin, fat trimmed
- 1 Tbsp olive oil
- 1 cup fat free, reduced-sodium chicken broth (gluten free, if needed)
- 1 tsp cornstarch
- 1 Tbsp water
- 1 tsp trans fat free margarine

PREPARATION

Preheat oven to 400°.

In a small bowl, combine cocoa powder, instant coffee, cinnamon and chili powder. Rub the pork with the oil. Dust the pork with the cocoa mixture.

Lightly coat a heavy oven-proof skillet with nonstick cooking spray. Heat the skillet over high heat until hot. Place the tenderloin in the pan and sear on all sides. Transfer the skillet to the oven and roast for 15 minutes, or until the tenderloin reaches 145° on a meat thermometer. Remove the skillet from the oven. Place the meat on a cutting board and allow to rest for 5 minutes. Transfer the skillet with the meat juices to the stovetop.

Add the broth to skillet and deglaze by boiling over medium-high heat, scraping up any brown bits, for 1 minute. Transfer broth to a small saucepan and simmer until reduced to about 1/2 cup, 10 to 15 minutes. In a cup, stir together cornstarch and water and add to the broth. Bring to a boil and cook for 1 minute. Remove from heat and stir in margarine. Serve pork with sauce.

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Chicken Pot Pie - Sodium 231 mg

INGREDIENTS

- 3/4 cup all-purpose flour
- 3 cups reduced-sodium chicken broth
- 1 1/2 lb boneless, skinless chicken breasts, fat trimmed, cut into bite-size pieces
- 2 tsp olive oil
- 2 leeks, white and light green parts only, halved lengthwise, rinsed well and thinly sliced
- 2 medium carrots, peeled and cut into 1/4-inch-thick coins
- 1/3 cup vermouth or white wine
- 1 cup skim milk
- 6 oz asparagus (about 10 stalks), spears cut into 1-inch pieces
- 1 cup frozen peas, thawed
- 2 Tbsp chopped fresh parsley
- 1 tsp lemon zest
- 1/8 tsp ground white pepper, optional
- 6 sheets phyllo dough
- 3 Tbsp trans fat free margarine, melted

PREPARATION

Preheat oven to 400°. Line a rimmed baking sheet with foil; set aside. In a bowl, whisk 1/2 cup flour and broth; set aside. Lightly coat a large saucepan with nonstick cooking spray and heat over medium-high heat. Add the chicken and cook until it is lightly browned, about 3 minutes. Transfer chicken to a 13 x 9-inch baking dish and set aside.

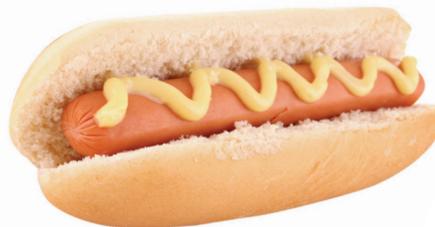
Return the saucepan to medium heat and add oil. Add the leeks and carrots and sauté for 4 minutes, or until leeks are tender. Add the vermouth and simmer until it has evaporated, about 1 minute. Add the flour-broth mixture, milk, and remaining 1/4 cup flour, and simmer until thick and bubbly, about 5 minutes. Add the chicken, asparagus, peas, parsley and lemon zest, and return to a simmer. Cook, stirring frequently, until the chicken is just cooked through, about 4 minutes. Season with white pepper, if using, and transfer to the baking dish.

Lay 1 sheet of phyllo dough on a clean work surface; cover the remaining phyllo sheets with a towel. Brush the phyllo sheet lightly with margarine. Lay the phyllo on top of the filling. Repeat with remaining phyllo sheets and margarine, loosely stacking the phyllo over the chicken filling. Transfer the pie to the prepared baking sheet and bake until the phyllo is deep golden brown and crispy, and the filling is bubbly, about 30 minutes.

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500-800 mg of sodium per serving

- Chicken broth, canned and reduced sodium (1 cup)
- Chili beans (1/2 cup)
- Cornbread (2 inch square)
- Hot dog (beef and chicken - 1)
- Pork sausage (2 links)
- Pot pie (beef and chicken, 1/3 of 9-inch)
- Salad dressing (average, 2 Tbsp.)
- Soups (some canned, 1 cup)
- Soy sauce (lower sodium, 1 Tbsp.)
- Stuffing mix (boxed and prepared, 1/2 cup)



More than 800 mg of sodium per serving

- Baking soda (1 tsp.)
- Bouillon cube (1 cube)
- Chicken broth (canned, regular, 1 cup)
- Chocolate pudding (instant, 1 cup)
- Corned beef (3 oz.)
- Dill pickle (1 large)
- Ham (lean, 3 oz.)
- Lunch meats (2 oz.)
- Macaroni and cheese (packaged, 1 cup)
- Main dishes (canned or frozen)
- Pork and beans (canned, 1 cup)
- Sauerkraut (2/3 cup)
- Soup (canned, 1 cup)
- Soy sauce (regular, 1 Tbsp)
- Spaghetti sauce (bottled, 1 cup)



Examples of LOW SODIUM spices, herbs, seasonings, and condiments

- Allspice
- Basil
- Bay leaves
- Black pepper
- Cayenne pepper
- Celery powder
- Chili powder
- Chives
- Cinnamon
- Cloves
- Cocoa powder
- Cumin
- Curry
- Dill
- Dry mustard
- Extracts (vanilla, almond etc.)
- Fresh garlic
- Garlic powder
- Ginger
- Lemon juice
- Low sodium ketchup
- “Mrs. Dash” seasoning
- Nutmeg
- Onion powder
- Oregano
- Paprika
- Parsley
- Pimento
- Red pepper
- Sage
- Tabasco (1 Tbsp. only)
- Thyme
- Vinegar

Examples of HIGH SODIUM spices, herbs, seasonings, and condiments

- Alfredo mixes
- Barbeque sauce
- Celery salt
- Cocktail sauce
- Dry meat marinade mixes
- Dry salad dressing mixes
- Fish sauce
- Garlic salt
- Generic sauce mixes
- Horseradish
- Kosher salt
- Lite salt
- Lite soy sauce
- Meat tenderizer
- MSG
- Onion salt
- Old Bay
- Pickle relish
- Plum sauce
- Poultry seasoning
- Regular ketchup
- Salt
- Salt sense
- Sea salt
- Seasoned salt
- Soy sauce
- Steak sauce
- Stir fry sauce
- Taco sauce
- Taco seasoning
- Teriyaki sauce
- Worcestershire sauce

Examples of sodium content of fast food

Burgers, Fries & Breakfast

- Big Mac 1040 mg
- Regular cheese burger 750 mg
- Regular hamburger 520 mg
- Quarter Pounder w/Cheese 1190 mg
- Small fries 160 mg
- Large fry 350 mg
- Filet of fish 640 mg
- Snack wraps 650-1080 mg
- Chicken nuggets 360-900 mg
- Small regular cola 10 mg
- Small diet cola 20 mg
- Sweet tea (medium) 10 mg
- Chocolate chip cookies (1) 90 mg
- Egg McMuffin 820 mg
- Sausage McMuffin 850 mg
- Big Breakfast w/Hotcakes 2150 mg
- Big Breakfast w/Large biscuit 2260 mg
- Hash browns 310 mg
- Fruit Yogurt Parfait 85 mg

Pizza

- Cheese pizza (1 slice) 530 mg
- Pepperoni pizza (1 slice) 590 mg
- Veggie pizza (1 slice) 520 mg
- PZone (1/2) Classic/cheese 1070 mg
- PZone (1/2) Meat 1370 mg

Chinese (generic)

- Egg Drop Soup (1 cup) 1179 mg
- Beef and Broccoli (5 oz.) 730 mg
- Fortune cookies (1) 0 mg
- Lo Mein Stir Fry (1) entrée 1516 mg
- General Tso' Chicken (frozen) 960 mg

Desserts (generic)

- Vanilla ice cream (1/2 cup) 35 mg
- Chocolate ice cream (1/2 cup) 45 mg
- Chocolate cake (1/8th) 115 mg
- Brownie (generic brand) 153 mg
- Chocolate chip cookies (3) 105 mg

Lemon Yogurt Cookies - Sodium: 76mg

INGREDIENTS

- 1 1/2 cups all-purpose flour
- 1 cup whole wheat flour
- 1/2 tsp baking soda
- 1 tsp baking power
- 1 tsp salt
- 1 1/2 cups granulated sugar
- 1/2 cup low fat lemon yogurt
- 1 large egg, lightly beaten
- 2 egg whites, lightly beaten
- 1/3 cup canola oil
- 1/2 tsp finely grated lemon zest
- 1 tsp fresh lemon juice

PREPARATION

Preheat oven to 375°. Line baking sheets with parchment paper.

In a medium bowl, combine flours, baking soda, baking powder and salt; set aside. In a large bowl, combine sugar, yogurt, egg, egg whites, oil, lemon zest and lemon juice and stir until well blended. Add dry ingredients and stir until combined.

Drop by teaspoons, 2 inches apart, on prepared baking sheets. Bake 9 to 12 minutes, or until edges are slightly brown. Cool for 1 minute; transfer to a wire rack to cool completely.

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Examples of HIGH SODIUM Foods

- Anchovies
- Bacon
- Baked beans
- Beef jerky
- Biscuit/pancake mixes
- Bologna
- Bouillon cubes/broth
- Braunschweiger
- Breaded meat (frozen)
- Breakfast sausage
- Buttermilk/canned milk
- Canned vegetables
- Chipped ham
- Corn chips/potato chips
- Corned beef
- Dried beef (jarred)
- Herring (jarred)
- Hot cereal (instant)
- Hot dogs/hot sausage
- Knockwurst/Kielbasa
- Macaroni and cheese (boxed)
- Pastrami
- Pepperoni
- Pickled loaf
- Pickled meat and eggs
- Pickles
- Pimento loaf
- Pizza sauce
- Popcorn (regular microwaved)
- Pot pies (frozen)
- Salami
- Sardines
- Sauerkraut
- Soup (canned regular)
- Spaghetti sauce
- Stewed tomatoes
- Stuffing mixes
- Tomatoes/tomato sauce (canned)
- Tuna, salmon, chicken (canned)
- Vegetable juice
- Vienna sausage
- Waffles (frozen)

Buy Local at one of these farmer's markets:

Bel Air Farmer's Market:

District Court House Parking Lot
Intersection of Thomas & Bond Streets
2 South Bond Street, Bel Air
Saturdays, 7 - 11 am

Kelly Fields Parking Lot
Corner of Route 24
and Boulton Street, Bel Air
Tuesdays, 9 am - 1 pm



Edgewood Farmer's Market:

MARC Train Station
2127 Old Edgewood Road, Edgewood
Thursdays, 3 - 6 pm

Havre de Grace Farmer's Market:

Pennington Avenue
Between Washington Street and Union Avenue
Saturdays, 9 am - 12 noon

For more markets and events, visit www.harfordfarms.com.

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