USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Sodium, Na (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: November 09, 2015 11:34 EST

NDB_No	Description	Sodium, Na(mg) Value Per
02047	Salt, table	38,758.00
18372	Leavening agents, baking soda	27,360.00
19225	Desserts, rennin, tablets, unsweetened	26,050.00
06075	Soup, beef broth or bouillon, powder, dry	26,000.00
06076	Soup, beef broth, cubed, dry	24,000.00
06081	Soup, chicken broth cubes, dry	24,000.00
06080	Soup, chicken broth or bouillon, dry	23,875.00
02074	Seasoning mix, dry, sazon, coriander & annatto	17,000.00
06115	Gravy, au jus, dry	11,588.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	10,600.00
43497	Jellyfish, dried, salted	9,690.00
02073	PACE, Dry Taco Seasoning Mix	8,068.00
06094	Soup, onion, dry, mix	8,031.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	7,893.00
06179	Sauce, fish, ready-to-serve	7,851.00
02075	Seasoning mix, dry, taco, original	7,203.00
15018	Fish, cod, Atlantic, dried and salted	7,027.00
16125	Soy sauce made from hydrolyzed vegetable protein	6,820.00
06122	Gravy, mushroom, dry, powder	6,580.00
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	6,008.00
06127	Gravy, unspecified type, dry	5,730.00
16124	Soy sauce made from soy (tamari)	5,586.00
16123	Soy sauce made from soy and wheat (shoyu)	5,493.00
06124	Gravy, pork, dry, powder	5,356.00
06958	Gravy, instant beef, dry	5,203.00
06957	Gravy, brown instant, dry	5,053.00
06101	Soup, cream of vegetable, dry, powder	4,957.00
06118	Gravy, brown, dry	4,843.00
02076	Seasoning mix, dry, chili, original	4,616.00

NDB_No	Description	Sodium, Na(mg) Value Per
83110	Fish, mackerel, salted	4,450.00
06126	Gravy, turkey, dry	4,392.00
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	4,331.00
06123	Gravy, onion, dry, mix	4,186.00
06120	Gravy, chicken, dry	4,152.00
06959	Gravy, instant turkey, dry	4,090.00
06112	Sauce, teriyaki, ready-to-serve	3,833.00
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	3,750.00
16112	Miso	3,728.00
15002	Fish, anchovy, european, canned in oil, drained solids	3,668.00
01255	Egg, whole, raw, frozen, salted, pasteurized	3,663.00
06128	Soup, chicken noodle, dry, mix	3,643.00
16424	Soy sauce made from soy and wheat (shoyu), low sodium	3,598.00
01160	Egg, yolk, raw, frozen, salted, pasteurized	3,487.00
27064	Wasabi	3,390.00
43406	Yeast extract spread	3,380.00
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	3,326.00
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	2,903.00
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	2,890.00
16132	Tofu, salted and fermented (fuyu)	2,873.00
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	2,873.00
02009	Spices, chili powder	2,867.00
11975	Grape leaves, canned	2,853.00
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	2,838.00
13350	Beef, cured, dried	2,790.00
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	2,751.00
06176	Sauce, oyster, ready-to-serve	2,733.00
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	2,695.00
10165	Pork, cured, salt pork, raw	2,684.00
19408	Snacks, pork skins, barbecue-flavor	2,667.00
06168	Sauce, ready-to-serve, pepper or hot	2,643.00
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	2,541.00
06969	Potato soup, instant, dry mix	2,400.00
02054	Capers, canned	2,348.00
01093	Milk, dry, nonfat, calcium reduced	2,280.00
07071	Salami, dry or hard, pork	2,260.00

NDB_No	Description	Sodium, Na(mg) Value Per
13345	Beef, cured, breakfast strips, cooked	2,253.00
10860	Pork, cured, bacon, cooked, baked	2,193.00
18637	KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry	2,182.00
32008	Pasta mix, classic cheeseburger macaroni, unprepared	2,152.00
21314	McDONALD'S, Spicy Buffalo Sauce	2,140.00
06631	Sauce, hot chile, sriracha	2,124.00
11384	Potatoes, au gratin, dry mix, unprepared	2,095.00
32017	Pasta mix, Italian four cheese lasagna, unprepared	2,093.00
19002	Snacks, beef jerky, chopped and formed	2,081.00
07973	Turkey bacon, microwaved	2,021.00
15179	Fish, salmon, chinook, smoked, (lox), regular	2,000.00
07230	OSCAR MAYER, Salami (hard)	1,976.00
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	1,930.00
06983	Soup, ramen noodle, chicken flavor, dry	1,923.00
07926	Salami, Italian, pork	1,890.00
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	1,858.00
06583	Soup, ramen noodle, any flavor, dry	1,855.00
32010	Pasta mix, Italian lasagna, unprepared	1,850.00
20116	Noodles, japanese, somen, dry	1,840.00
19041	Snacks, pork skins, plain	1,818.00
01039	Cheese, roquefort	1,809.00
01227	Cheese, dry white, queso seco	1,808.00
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	1,805.00
01032	Cheese, parmesan, grated	1,804.00
43275	Cheese, pasteurized process, American, low fat	1,789.00
10861	Pork, cured, bacon, cooked, microwaved	1,783.00
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	1,778.00
19184	Puddings, chocolate, dry mix, instant	1,771.00
43212	Bacon bits, meatless	1,770.00
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	1,765.00
07072	Salami, dry or hard, pork, beef	1,756.00
07069	Salami, cooked, beef and pork	1,740.00
06982	Soup, ramen noodle, beef flavor, dry	1,727.00
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	1,715.00
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	1,705.00
01146	Cheese, parmesan, shredded	1,696.00

NDB_No	Description	Sodium, Na(mg) Value Per
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	1,684.00
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	1,680.00
43146	Eggplant, pickled	1,674.00
01042	Cheese, pasteurized process, American, fortified with vitamin D	1,671.00
01253	Cheese, pasteurized process, American, without added vitamin D	1,671.00
11632	Peppers, jalapeno, canned, solids and liquids	1,671.00
27048	Sauce, steak, tomato based	1,647.00
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	1,644.00
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	1,638.00
28324	Pancakes, whole wheat, dry mix, incomplete	1,632.00
01048	Cheese spread, pasteurized process, American	1,625.00
06175	Sauce, hoisin, ready-to-serve	1,615.00
42230	Salad Dressing, coleslaw dressing, reduced fat	1,600.00
42258	Cheese product, pasteurized process, cheddar, reduced fat	1,587.00
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	1,586.00
07057	Pepperoni, beef and pork, sliced	1,582.00
11386	Potatoes, scalloped, dry mix, unprepared	1,578.00
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	1,562.00
09195	Olives, pickled, canned or bottled, green	1,556.00
01047	Cheese food, pasteurized process, swiss	1,552.00
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	1,540.00
07915	Sausage, Polish, beef with chicken, hot	1,540.00
32009	Pasta mix, classic beef, unprepared	1,537.00
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	1,536.00
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	1,532.00
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	1,532.00
19407	Snacks, beef sticks, smoked	1,531.00
01204	Cheese, parmesan, dry grated, reduced fat	1,529.00
42205	Cheese, pasteurized process, cheddar or American, fat-free	1,528.00
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	1,523.00
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	1,518.00
27058	Sauce, barbecue, OPEN PIT, original	1,517.00
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	1,517.00
10152	Pork, cured, ham, whole, separable lean only, unheated	1,516.00
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	1,500.00
15012	Fish, caviar, black and red, granular	1,500.00

NDB_No	Description	Sodium, Na(mg) Value Per
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	1,499.00
19318	Puddings, banana, dry mix, instant	1,499.00
19705	Puddings, banana, dry mix, instant, with added oil	1,499.00
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	1,496.00
19418	Snacks, sesame sticks, wheat-based, salted	1,488.00
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	1,483.00
16104	Bacon, meatless	1,465.00
16535	WORTHINGTON Stripples, frozen, unprepared	1,463.00
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	1,463.00
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	1,454.00
19202	Puddings, vanilla, dry mix, instant	1,441.00
01254	Cheese food, pasteurized process, American, without added vitamin D	1,441.00
07209	OSCAR MAYER, Chicken Breast (honey glazed)	1,438.00
01038	Cheese, romano	1,433.00
31034	Peppers, hot pickled, canned	1,430.00
43379	Cheese, pasteurized process, swiss, low fat	1,430.00
18084	Bread stuffing, cornbread, dry mix	1,429.00
07921	Bacon and beef sticks	1,420.00
18299	Pancakes, whole-wheat, dry mix, incomplete	1,419.00
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	1,411.00
18081	Bread stuffing, bread, dry mix	1,405.00
36612	DENNY'S, golden fried shrimp	1,400.00
01267	Cheese, mexican, queso cotija	1,400.00
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	1,390.00
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	1,389.00
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	1,386.00
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	1,385.00
07971	Bologna, meat and poultry	1,379.00
01033	Cheese, parmesan, hard	1,376.00
07039	Lebanon bologna, beef	1,374.00
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	1,374.00
01044	Cheese, pasteurized process, swiss	1,370.00
11335	Peppers, sweet, green, canned, solids and liquids	1,369.00
11916	Peppers, sweet, red, canned, solids and liquids	1,369.00
20025	Cornmeal, yellow, self-rising, degermed, enriched	1,348.00
20325	Cornmeal, white, self-rising, degermed, enriched	1,348.00

NDB_No	Description	Sodium, Na(mg) Value Per
43278	Cheese, american cheddar, imitation	1,345.00
27059	Sauce, peanut, made from peanut butter, water, soy sauce	1,338.00
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	1,338.00
06972	Sauce, tomato chili sauce, bottled, with salt	1,338.00
32000	Rice and vermicelli mix, beef flavor, unprepared	1,337.00
18376	Bread crumbs, dry, grated, seasoned	1,336.00
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	1,335.00
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	1,335.00
07001	Barbecue loaf, pork, beef	1,334.00
19330	Puddings, lemon, dry mix, instant	1,332.00
10153	Pork, cured, ham, whole, separable lean only, roasted	1,327.00
07088	Honey roll sausage, beef	1,322.00
13353	Beef, cured, luncheon meat, jellied	1,322.00
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	1,319.00
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1,319.00
32011	Yellow rice with seasoning, dry packet mix, unprepared	1,316.00
01061	Cheese, American, nonfat or fat free	1,316.00
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	1,310.00
01252	Cheese product, pasteurized process, American, vitamin D fortified	1,309.00
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	1,309.00
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	1,308.00
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	1,303.00
07078	Thuringer, cervelat, summer sausage, beef, pork	1,300.00
01258	Egg, white, dried, stabilized, glucose reduced	1,299.00
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	1,298.00
07004	Sausage, Berliner, pork, beef	1,297.00
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	1,297.00
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	1,295.00
07045	Luncheon meat, pork, canned	1,289.00
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	1,288.00
01046	Cheese food, pasteurized process, American, vitamin D fortified	1,284.00
10150	Pork, cured, ham, whole, separable lean and fat, unheated	1,284.00
01173	Egg, white, dried	1,280.00
07026	Ham, chopped, canned	1,280.00
07028	Ham, sliced, packaged (96% fat free, water added)	1,279.00
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	1,278.00

NDB_No	Description	Sodium, Na(mg) Value Per
10184	Pork, cured, ham, extra lean and regular, canned, unheated	1,276.00
18010	Biscuits, plain or buttermilk, dry mix	1,276.00
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	1,269.00
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	1,267.00
04705	Salad dressing, caesar, fat-free	1,265.00
13358	Beef, cured, smoked, chopped beef	1,258.00
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	1,255.00
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	1,250.00
07212	OSCAR MAYER, Ham (chopped with natural juice)	1,249.00
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	1,247.00
20323	Cornmeal, white, self-rising, bolted, plain, enriched	1,247.00
07050	Mortadella, beef, pork	1,246.00
07030	Ham, minced	1,245.00
06307	Sauce, barbecue, KRAFT, original	1,242.00
07003	Beerwurst, beer salami, pork	1,240.00
07960	Bologna, chicken, pork	1,240.00
19047	Snacks, pretzels, hard, plain, salted	1,240.00
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	1,240.00
22998	Rice and vermicelli mix, chicken flavor, unprepared	1,238.00
01136	Egg, white, dried, powder, stabilized, glucose reduced	1,238.00
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	1,237.00
07019	Chorizo, pork and beef	1,235.00
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	1,231.00
07040	Liver cheese, pork	1,225.00
07060	Luxury loaf, pork	1,225.00
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	1,223.00
07091	New england brand sausage, pork, beef	1,220.00
13346	Beef, cured, corned beef, brisket, raw	1,217.00
14654	Beverages, nutritional shake mix, high protein, powder	1,214.00
18966	Crackers, saltines, whole wheat (includes multi-grain)	1,214.00
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	1,212.00
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	1,210.00
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	1,210.00
43015	Salad dressing, caesar dressing, regular	1,209.00
11941	Pickles, cucumber, sour	1,208.00
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	1,203.00

NDB_No	Description	Sodium, Na(mg) Value Per
15159	Mollusks, clam, mixed species, cooked, moist heat	1,202.00
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	1,201.00
07934	Kielbasa, Polish, turkey and beef, smoked	1,200.00
07944	Turkey, white, rotisserie, deli cut	1,200.00
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	1,200.00
43214	Butter replacement, without fat, powder	1,200.00
07033	Ham and cheese spread	1,197.00
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	1,197.00
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	1,193.00
20082	Wheat flour, white, all-purpose, self-rising, enriched	1,193.00
32024	Rice mix, cheese flavor, dry mix, unprepared	1,193.00
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	1,188.00
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	1,187.00
07090	Luncheon sausage, pork and beef	1,182.00
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	1,181.00
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	1,181.00
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	1,180.00
07201	OSCAR MAYER, Bologna (beef)	1,179.00
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	1,179.00
20113	Noodles, chinese, chow mein	1,174.00
07077	Smoked link sausage, pork and beef, nonfat dry milk added	1,173.00
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	1,173.00
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	1,173.00
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	1,170.00
18965	Crackers, cheese, reduced fat	1,167.00
07062	Picnic loaf, pork, beef	1,164.00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	1,163.00
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	1,160.00
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	1,160.00
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	1,160.00
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	1,159.00
01135	Egg, white, dried, flakes, stabilized, glucose reduced	1,156.00
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	1,155.00
01185	Parmesan cheese topping, fat free	1,150.00
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	1,150.00
18961	Crackers, cream, GAMESA SABROSAS	1,148.00

NDB_No	Description	Sodium, Na(mg) Value Per
43021	Salad dressing, caesar, low calorie	1,148.00
01004	Cheese, blue	1,146.00
06142	Sauce, sofrito, prepared from recipe	1,145.00
07029	Ham, sliced, regular (approximately 11% fat)	1,143.00
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	1,141.00
07068	Salami, cooked, beef	1,140.00
21422	KFC, Popcorn Chicken	1,140.00
32029	Rice mix, white and wild, flavored, unprepared	1,140.00
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	1,135.00
04015	Salad dressing, russian dressing	1,133.00
01165	Cheese, mexican, queso anejo	1,131.00
13357	Beef, cured, sausage, cooked, smoked	1,131.00
04636	Salad dressing, italian dressing, fat-free	1,129.00
07061	Mother's loaf, pork	1,127.00
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	1,126.00
36016	Restaurant, family style, shrimp, breaded and fried	1,125.00
07052	Pastrami, turkey	1,123.00
08092	Cereals, QUAKER, corn grits, instant, plain, dry	1,121.00
04640	Salad dressing, ranch dressing, reduced fat	1,120.00
07959	Bologna, chicken, pork, beef	1,120.00
43215	Salad dressing, buttermilk, lite	1,120.00
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	1,117.00
07015	Brotwurst, pork, beef, link	1,112.00
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	1,111.00
42129	Bologna, beef and pork, low fat	1,108.00
28253	SUNSHINE, CHEEZ-IT, Snack Mix	1,107.00
07070	Salami, cooked, turkey	1,107.00
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	1,106.00
02046	Mustard, prepared, yellow	1,104.00
42137	Salad dressing, peppercorn dressing, commercial, regular	1,103.00
01259	Cheese spread, American or Cheddar cheese base, reduced fat	1,102.00
04688	Salad dressing, spray-style dressing, assorted flavors	1,102.00
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	1,101.00
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	1,099.00
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	1,098.00
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	1,096.00

NDB_No	Description	Sodium, Na(mg) Value Per
11958	Pickle relish, hamburger	1,096.00
21004	Fast foods, biscuit, with egg and ham	1,093.00
11944	Pickle relish, hot dog	1,091.00
07950	Frankfurter, meat	1,090.00
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	1,090.00
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	1,090.00
18243	Croutons, seasoned	1,089.00
10146	Pork, cured, ham, patties, unheated	1,088.00
07933	Chicken breast, oven-roasted, fat-free, sliced	1,087.00
32018	Spanish rice mix, dry mix, unprepared	1,085.00
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	1,082.00
07016	Cheesefurter, cheese smokie, pork, beef	1,082.00
01115	Whey, sweet, dried	1,079.00
07964	Frankfurter, meat and poultry, cooked, grilled	1,079.00
13355	Beef, cured, pastrami	1,078.00
16591	WORTHINGTON Leanies, frozen, unprepared	1,078.00
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	1,076.00
07031	Ham salad spread	1,075.00
42140	Salad dressing, italian dressing, reduced calorie	1,074.00
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	1,072.00
15137	Crustaceans, crab, alaska king, cooked, moist heat	1,072.00
07011	Bologna, turkey	1,071.00
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	1,070.00
21419	KFC, biscuit	1,070.00
07254	Turkey bacon, unprepared	1,069.00
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	1,069.00
10185	Pork, cured, ham, extra lean and regular, canned, roasted	1,068.00
06981	Soup, bouillon cubes and granules, low sodium, dry	1,067.00
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	1,066.00
07968	Kielbasa, fully cooked, grilled	1,062.00
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	1,060.00
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	1,059.00
07937	Bologna, pork, turkey and beef	1,055.00
10898	Pork, pickled pork hocks	1,050.00
36605	CRACKER BARREL, country fried shrimp platter	1,050.00
11667	Seaweed, spirulina, dried	1,048.00

NDB_No	Description	Sodium, Na(mg) Value Per
07969	Kielbasa, fully cooked, pan-fried	1,046.00
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	1,045.00
18225	Crackers, rye, sandwich-type with cheese filling	1,044.00
19322	Puddings, coconut cream, dry mix, instant	1,040.00
07058	Pickle and pimiento loaf, pork	1,040.00
07932	Chicken breast, fat-free, mesquite flavor, sliced	1,040.00
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	1,040.00
07027	Ham, chopped, not canned	1,039.00
10851	HORMEL, Cure 81 Ham	1,038.00
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	1,038.00
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	1,036.00
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	1,036.00
07928	Sausage, chicken, beef, pork, skinless, smoked	1,034.00
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	1,032.00
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	1,032.00
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	1,030.00
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	1,028.00
06150	Sauce, barbecue	1,027.00
07024	Frankfurter, chicken	1,027.00
07241	OSCAR MAYER, Wieners (beef franks)	1,025.00
19005	Snacks, corn-based, extruded, cones, plain	1,022.00
28283	KEEBLER, ZESTA, Saltines, Original	1,021.00
15131	Fish, whitefish, mixed species, smoked	1,019.00
10857	HORMEL Canadian Style Bacon	1,016.00
07007	Bologna, beef	1,013.00
07073	Sandwich spread, pork, beef	1,013.00
07949	Frankfurter, meat, heated	1,013.00
27056	Sauce, barbecue, BULL'S-EYE, original	1,012.00
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	1,011.00
07925	Pastrami, beef, 98% fat-free	1,010.00
36611	DENNY'S, mozzarella cheese sticks	1,008.00
28135	KEEBLER, TOASTEDS, Onion Crackers	1,006.00
16122	Soy protein isolate	1,005.00
04706	Dressing, honey mustard, fat-free	1,004.00
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	1,003.00
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	1,002.00

NDB_No	Description	Sodium, Na(mg) Value Per
31014	PACE, Jalapenos Nacho Sliced Peppers	1,000.00
01265	Cheese, cheddar, nonfat or fat free	1,000.00
01266	Cheese, Swiss, nonfat or fat free	1,000.00
04016	Salad dressing, sesame seed dressing, regular	1,000.00
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	1,000.00
07032	Ham and cheese loaf or roll	1,000.00
06627	Sauce, pesto, ready-to-serve, shelf stable	998.00
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	997.00
43366	Turkey, wing, smoked, cooked, with skin, bone removed	996.00
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	996.00
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	996.00
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	996.00
04114	Salad dressing, italian dressing, commercial, regular	993.00
10998	Canadian bacon, cooked, pan-fried	993.00
07022	Frankfurter, beef, unheated	992.00
07953	Pork sausage, link/patty, fully cooked, microwaved	990.00
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	990.00
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	988.00
22943	SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)	988.00
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	988.00
10128	Pork, cured, breakfast strips, raw or unheated	987.00
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	986.00
27051	Sauce, cocktail, ready-to-serve	983.00
42280	Frankfurter, meat and poultry, low fat	983.00
07924	Bratwurst, pork, beef and turkey, lite, smoked	982.00
06971	Sauce, worcestershire	980.00
21142	Fast food, biscuit	979.00
18230	Crackers, standard snack-type, sandwich, with cheese filling	978.00
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	978.00
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	977.00
07014	Braunschweiger (a liver sausage), pork	977.00
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	977.00
07962	Frankfurter, meat and poultry, unheated	976.00
21008	Fast foods, biscuit, with ham	974.00
18214	Crackers, cheese, regular	973.00
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	973.00

NDB_No	Description	Sodium, Na(mg) Value Per
13347	Beef, cured, corned beef, brisket, cooked	973.00
28065	KEEBLER, CLUB, Minis Original Crackers	972.00
28331	Crackers, flavored, fish-shaped	970.00
06002	Soup, black bean, canned, condensed	970.00
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	969.00
43326	Pork, cured, ham, low sodium, lean and fat, cooked	969.00
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	969.00
01113	Whey, acid, dried	968.00
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	967.00
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	967.00
01045	Cheese food, cold pack, American	966.00
07051	Olive loaf, pork	964.00
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	964.00
04017	Salad dressing, thousand island, commercial, regular	962.00
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	962.00
07008	Bologna, beef and pork	960.00
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	958.00
18011	Biscuits, plain or buttermilk, dry mix, prepared	955.00
04023	Salad dressing, thousand island dressing, reduced fat	955.00
13344	Beef, cured, breakfast strips, raw or unheated	955.00
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	954.00
07020	Corned beef loaf, jellied	953.00
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	952.00
19007	Snacks, corn-based, extruded, onion-flavor	950.00
21421	KFC, Crispy Chicken Strips	948.00
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	947.00
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	947.00
10132	Pork, cured, feet, pickled	946.00
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	945.00
04073	Margarine, regular, hard, soybean (hydrogenated)	943.00
18009	Biscuits, plain or buttermilk, frozen, baked	942.00
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	942.00
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	942.00
18228	Crackers, saltines (includes oyster, soda, soup)	941.00
07034	Headcheese, pork	941.00
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	941.00

NDB_No	Description	Sodium, Na(mg) Value Per
42153	Salad dressing, blue or roquefort cheese dressing, light	939.00
43020	Salad dressing, blue or roquefort cheese, low calorie	939.00
28069	KEEBLER, CLUB, Reduced Fat Crackers	938.00
07930	Yachtwurst, with pistachio nuts, cooked	936.00
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	936.00
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	936.00
04704	Salad dressing, poppyseed, creamy	933.00
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	932.00
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	930.00
07038	Knackwurst, knockwurst, pork, beef	930.00
07065	Pork and beef sausage, fresh, cooked	929.00
07927	Sausage, Italian, turkey, smoked	928.00
07970	Kielbasa, fully cooked, unheated	928.00
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	924.00
07081	Turkey breast, sliced, prepackaged	922.00
07952	Bologna, chicken, turkey, pork	922.00
21417	POPEYES, Mild Chicken Strips, analyzed 2006	922.00
22948	SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included)	922.00
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	919.00
15042	Fish, herring, Atlantic, kippered	918.00
01019	Cheese, feta	917.00
07929	Sausage, turkey, hot, smoked	916.00
01043	Cheese, pasteurized process, pimento	915.00
07963	Frankfurter, meat and poultry, cooked, boiled	914.00
07025	Frankfurter, turkey	911.00
07075	Sausage, smoked link sausage, pork and beef	911.00
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	910.00
21310	McDONALD'S, Barbeque Sauce	910.00
28068	KEEBLER, CLUB, Original Crackers	909.00
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	909.00
07010	Bologna, pork	907.00
11935	Catsup	907.00
18339	Popovers, dry mix, enriched	906.00
18447	Popovers, dry mix, unenriched	906.00
31033	Ginger root, pickled, canned, with artificial sweetener	906.00
43331	Salad dressing, bacon and tomato	905.00

NDB_No	Description	Sodium, Na(mg) Value Per
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	904.00
21313	McDONALD'S, Hot Mustard Sauce	902.00
32016	Macaroni or noodles with cheese, microwaveable, unprepared	902.00
04639	Salad dressing, ranch dressing, regular	901.00
07938	Ham, honey, smoked, cooked	900.00
07974	Bacon, turkey, low sodium	900.00
16420	Soy protein concentrate, produced by acid wash	900.00
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	900.00
18221	Crackers, melba toast, rye (includes pumpernickel)	899.00
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	898.00
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	898.00
21059	Fast foods, shrimp, breaded and fried	897.00
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	897.00
04638	Salad dressing, ranch dressing, fat-free	897.00
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	897.00
13348	Beef, cured, corned beef, canned	897.00
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	896.00
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	895.00
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	893.00
04021	Salad dressing, italian dressing, commercial, reduced fat	891.00
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	890.00
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	890.00
19040	Snacks, popcorn, cheese-flavor	889.00
16107	Sausage, meatless	888.00
18227	Crackers, rye, wafers, seasoned	887.00
28136	KEEBLER, TOASTEDS, Sesame Crackers	887.00
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	886.00
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	884.00
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	884.00
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	884.00
28067	KEEBLER, CLUB, Multigrain Crackers	883.00
28292	Crackers, multigrain	883.00
07935	Oven-roasted chicken breast roll	883.00
18621	NABISCO, NABISCO RITZ Crackers	882.00
07002	Beerwurst, beer salami, pork and beef	881.00
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	881.00

NDB_No	Description	Sodium, Na(mg) Value Per
07905	Frankfurter, beef, pork, and turkey, fat free	880.00
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	879.00
07083	Sausage, Vienna, canned, chicken, beef, pork	879.00
22950	SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included)	879.00
18927	Crackers, cheese, sandwich-type with cheese filling	878.00
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	878.00
28066	KEEBLER, CLUB, Minis Multigrain Crackers	876.00
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	876.00
01035	Cheese, provolone	876.00
07059	Polish sausage, pork	876.00
07957	Pork and turkey sausage, pre-cooked	876.00
14196	Beverages, Cocoa mix, no sugar added, powder	876.00
21361	McDONALD'S, Sausage Biscuit	875.00
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	875.00
28137	KEEBLER, TOASTEDS, Wheat Crackers	875.00
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	874.00
36024	CRACKER BARREL, chicken tenderloin platter, fried	874.00
01168	Cheese, low fat, cheddar or colby	873.00
11669	Seaweed, wakame, raw	872.00
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	871.00
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	871.00
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	870.00
15041	Fish, herring, Atlantic, pickled	870.00
15152	Crustaceans, shrimp, mixed species, canned	870.00
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	869.00
21010	Fast foods, biscuit, with crispy chicken fillet	868.00
21522	McDONALD'S, Southern Style Chicken Biscuit	868.00
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	868.00
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	868.00
04022	Salad dressing, russian dressing, low calorie	868.00
06599	PACE, Enchilada Sauce	867.00
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	867.00
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	867.00
43017	Salad dressing, green goddess, regular	867.00
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	866.00
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	865.00

NDB_No	Description	Sodium, Na(mg) Value Per
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	864.00
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	863.00
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	862.00
36012	Restaurant, family style, fried mozzarella sticks	861.00
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	861.00
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	861.00
07041	Liver sausage, liverwurst, pork	860.00
18142	Cake, pudding-type, yellow, dry mix	860.00
21256	BURGER KING, Chicken Strips	859.00
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	859.00
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	857.00
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	855.00
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	854.00
25037	Snacks, pita chips, salted	854.00
04367	Salad dressing, french dressing, fat-free	853.00
07043	Roast beef, deli style, prepackaged, sliced	853.00
07945	Frankfurter, beef, heated	852.00
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	852.00
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	851.00
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	850.00
05285	Turkey, diced, light and dark meat, seasoned	850.00
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	850.00
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	850.00
18457	Crackers, saltines, fat-free, low-sodium	849.00
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	849.00
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	848.00
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	848.00
07916	Sausage, Polish, pork and beef, smoked	848.00
07917	Sausage, pork and beef, with cheddar cheese, smoked	848.00
07922	Bratwurst, beef and pork, smoked	848.00
19434	Cheese puffs and twists, corn based, baked, low fat	847.00
07013	Bratwurst, pork, cooked	846.00
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	846.00
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	846.00
06598	PACE, Cilantro Chunky Salsa	844.00
21003	Fast foods, biscuit, with egg and bacon	844.00

NDB_No	Description	Sodium, Na(mg) Value Per
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	843.00
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	843.00
25025	Snacks, soy chips or crisps, salted	842.00
01007	Cheese, camembert	842.00
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	841.00
18112	Cake, pudding-type, german chocolate, dry mix	841.00
18233	Crackers, wheat, sandwich, with cheese filling	839.00
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	839.00
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	839.00
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	839.00
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	839.00
04020	Salad dressing, french dressing, reduced fat	838.00
05300	Turkey sticks, breaded, battered, fried	838.00
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	838.00
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	838.00
36001	APPLEBEE'S, Double Crunch Shrimp	838.00
36004	APPLEBEE'S, mozzarella sticks	838.00
18222	Crackers, melba toast, wheat	837.00
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	837.00
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	837.00
04120	Salad dressing, french dressing, commercial, regular	836.00
15136	Crustaceans, crab, alaska king, raw	836.00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	835.00
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	835.00
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	833.00
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	833.00
36022	APPLEBEE'S, crunchy onion rings	833.00
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	833.00
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	832.00
06006	Soup, bean with frankfurters, canned, condensed	831.00
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	830.00
22947	SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included)	830.00
18215	Crackers, cheese, sandwich-type with peanut butter filling	829.00
04676	Margarine-like spread, SMART BEAT Smart Squeeze	829.00
06930	Sauce, cheese, ready-to-serve	828.00
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	828.00

NDB_No	Description	Sodium, Na(mg) Value Per
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	828.00
04641	Salad dressing, mayonnaise, light	827.00
07074	Smoked link sausage, pork	827.00
07920	Swisswurst, pork and beef, with swiss cheese, smoked	827.00
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	826.00
28142	KEEBLER, TOWN HOUSE, Original Crackers	826.00
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	825.00
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	824.00
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	823.00
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	823.00
18087	Cake, angelfood, dry mix	822.00
07954	Beef sausage, pre-cooked	822.00
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	821.00
42161	Bologna, beef, low fat	821.00
07044	USDA Commodity, luncheon meat, canned	820.00
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	820.00
01022	Cheese, gouda	819.00
16531	WORTHINGTON Prosage Links, frozen, unprepared	819.00
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	817.00
21007	Fast foods, biscuit, with egg, cheese, and bacon	816.00
07939	Frankfurter, pork	816.00
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	816.00
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	815.00
21009	Fast foods, biscuit, with sausage	814.00
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	814.00
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	814.00
07064	Pork sausage, link/patty, cooked, pan-fried	814.00
06604	PACE, Red Taco Sauce	813.00
07956	Beef sausage, fresh, cooked	813.00
21129	Fast foods, hush puppies	813.00
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	813.00
32020	Chicken, thighs, frozen, breaded, reheated	813.00
01018	Cheese, edam	812.00
11945	Pickle relish, sweet	811.00
07967	Pork sausage, link/patty, fully cooked, unheated	810.00
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	810.00

NDB_No	Description	Sodium, Na(mg) Value Per
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	809.00
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	809.00
36015	Restaurant, family style, chicken fingers, from kid's menu	809.00
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	809.00
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	809.00
11937	Pickles, cucumber, dill or kosher dill	809.00
07942	Pate, truffle flavor	807.00
18234	Crackers, wheat, sandwich, with peanut butter filling	807.00
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	806.00
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	806.00
42171	Salad dressing, french dressing, reduced calorie	804.00
28303	Crackers, cheese, whole grain	802.00
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	801.00
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	801.00
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	801.00
01020	Cheese, fontina	800.00
01024	Cheese, limburger	800.00
01144	Egg substitute, powder	800.00
04708	Mayonnaise, reduced fat, with olive oil	800.00
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	800.00
36034	Restaurant, family style, chicken tenders	800.00
05353	USDA Commodity, chicken fajita strips, frozen	799.00
36027	DENNY'S, chicken strips	798.00
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	797.00
27052	Dip, salsa con queso, cheese and salsa- medium	796.00
07900	Turkey, pork, and beef sausage, low fat, smoked	796.00
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	795.00
15174	Mollusks, scallop, mixed species, imitation, made from surimi	795.00
18280	Muffins, corn, dry mix, prepared	795.00
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	794.00
20114	Noodles, japanese, soba, dry	792.00
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	792.00
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	790.00
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	789.00
43142	Radishes, hawaiian style, pickled	789.00
19320	Puddings, banana, dry mix, regular	788.00

NDB_No	Description	Sodium, Na(mg) Value Per
19706	Puddings, banana, dry mix, regular, with added oil	788.00
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	788.00
42193	Salad Dressing, mayonnaise-like, fat-free	788.00
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	788.00
04635	Salad dressing, thousand island dressing, fat-free	788.00
06026	Soup, chili beef, canned, condensed	788.00
06736	Soup, cream of chicken, canned, condensed, single brand	788.00
19063	Snacks, tortilla chips, taco-flavor	787.00
36020	T.G.I. FRIDAY'S, chicken fingers	787.00
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	786.00
07021	Dutch brand loaf, chicken, pork and beef	786.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	785.00
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	785.00
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	785.00
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	785.00
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	784.00
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	783.00
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	782.00
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	782.00
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	781.00
42155	Cheese, monterey, low fat	781.00
06603	PACE, Picante Sauce	781.00
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	780.00
36031	DENNY'S, onion rings	780.00
43078	Beverage, milkshake mix, dry, not chocolate	780.00
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	779.00
01209	Cheese, Mexican, blend, reduced fat	776.00
18950	Crackers, wheat, reduced fat	776.00
21130	Fast foods, onion rings, breaded and fried	776.00
21509	BURGER KING, Onion Rings	776.00
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	774.00
06044	Soup, mushroom with beef stock, canned, condensed	773.00
27054	Dip, TOSTITOS, salsa con queso, medium	773.00
42178	Mayonnaise, made with tofu	773.00
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	772.00
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	772.00

NDB_No	Description	Sodium, Na(mg) Value Per
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	772.00
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	772.00
16094	Peanuts, valencia, oil-roasted, with salt	772.00
21401	Fast foods, chicken tenders	769.00
18097	Cake, pudding-type, chocolate, dry mix	767.00
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	767.00
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	766.00
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	766.00
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	765.00
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	765.00
27055	Sauce, barbecue, SWEET BABY RAY'S, original	765.00
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	764.00
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	764.00
11672	Potato pancakes	764.00
15035	Fish, haddock, smoked	763.00
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	763.00
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	763.00
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	763.00
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	763.00
36005	APPLEBEE'S, chicken tenders, from kids' menu	763.00
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	761.00
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	761.00
18566	Artificial Blueberry Muffin Mix, dry	760.00
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	760.00
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	760.00
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	760.00
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	760.00
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	759.00
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	759.00
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	759.00
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	758.00
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	758.00
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	758.00
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	757.00
07006	Bockwurst, pork, veal, raw	756.00
28050	KEEBLER, Club & Cheddar Sandwich Crackers	756.00

NDB_No	Description	Sodium, Na(mg) Value Per
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	755.00
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	754.00
19710	Puddings, vanilla, dry mix, regular, with added oil	754.00
18332	Pie crust, standard-type, dry mix	753.00
21102	Fast foods, chicken fillet sandwich, plain with pickles	753.00
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	753.00
21526	CHICK-FIL-A, chicken sandwich	753.00
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	753.00
28280	SUNSHINE, CHEEZ-IT, Original Crackers	753.00
01041	Cheese, tilsit	753.00
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	752.00
01228	Cheese, fresh, queso fresco	751.00
04610	Margarine, regular, 80% fat, composite, stick, with salt	751.00
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	751.00
10130	Canadian bacon, unprepared	751.00
16088	Peanuts, all types, cooked, boiled, with salt	751.00
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	750.00
18972	Bread, cheese	750.00
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	750.00
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	750.00
18086	Cake, angelfood, commercially prepared	749.00
28308	Crackers, standard snack-type, with whole wheat	748.00
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	747.00
18949	Crackers, whole-wheat, reduced fat	745.00
21415	POPEYES, biscuit	745.00
21488	Fast foods, quesadilla, with chicken	745.00
21340	McDONALD'S, Sausage Burrito	744.00
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	744.00
42179	Frankfurter, beef, low fat	744.00
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	744.00
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	744.00
07089	Sausage, Italian, pork, cooked	743.00
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	743.00
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	743.00
42304	Cheese, mozzarella, nonfat	743.00
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	742.00

NDB_No	Description	Sodium, Na(mg) Value Per
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	742.00
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	742.00
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	741.00
22945	SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included)	741.00
22949	SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included)	741.00
36023	APPLEBEE'S, chicken tenders platter	740.00
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	740.00
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	739.00
07063	Pork sausage, link/patty, unprepared	739.00
15106	Fish, sturgeon, mixed species, smoked	739.00
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	738.00
36008	T.G.I. FRIDAY'S, fried mozzarella	738.00
21306	Fast foods, griddle cake sandwich, sausage	737.00
21328	McDONALD'S, Sausage McGRIDDLES	737.00
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	737.00
15075	Fish, sablefish, smoked	737.00
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	736.00
09193	Olives, ripe, canned (small-extra large)	735.00
09194	Olives, ripe, canned (jumbo-super colossal)	735.00
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	733.00
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	733.00
14067	Beverages, Protein powder soy based	733.00
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	733.00
18079	Bread crumbs, dry, grated, plain	732.00
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	732.00
07056	Peppered loaf, pork, beef	732.00
07931	Beerwurst, pork and beef	732.00
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	732.00
06061	Soup, tomato beef with noodle, canned, condensed	731.00
07036	Sausage, Italian, pork, raw	731.00
18403	Waffles, plain, frozen, ready -to-heat, toasted	730.00
27066	Sauce, horseradish	730.00
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	730.00
18333	Pie crust, standard-type, dry mix, prepared, baked	729.00
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	729.00
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	729.00

NDB_No	Description	Sodium, Na(mg) Value Per
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	729.00
18144	Cake, yellow, enriched, dry mix	728.00
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	727.00
18229	Crackers, standard snack-type, regular	726.00
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	726.00
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	725.00
43112	Beans, chili, barbecue, ranch style, cooked	725.00
01182	USDA Commodity, cheese, cheddar, reduced fat	725.00
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	725.00
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	725.00
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	725.00
07912	Roast beef spread	724.00
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	724.00
18976	KASHI, TLC, Country Cheddar Crackers	724.00
06048	Soup, oyster stew, canned, condensed	722.00
07018	Chicken spread	722.00
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	722.00
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	721.00
18030	Bread, french or vienna, toasted (includes sourdough)	720.00
27028	PACE, Salsa Verde	719.00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	719.00
06597	PACE, Chipotle Chunky Salsa	719.00
06605	PACE, Thick & Chunky Salsa	719.00
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	719.00
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	719.00
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	718.00
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	718.00
43144	Cabbage, mustard, salted	717.00
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	717.00
16536	WORTHINGTON Wham (roll), frozen, unprepared	717.00
07936	Bologna, pork and turkey, lite	716.00
01023	Cheese, gruyere	714.00
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	714.00
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	714.00
18080	Bread sticks, plain	713.00
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	712.00

NDB_No	Description	Sodium, Na(mg) Value Per
21013	Fast foods, croissant, with egg, cheese, and ham	711.00
43131	Luncheon slices, meatless	711.00
06164	Sauce, salsa, ready-to-serve	711.00
01027	Cheese, mozzarella, whole milk, low moisture	710.00
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	710.00
43016	Salad dressing, coleslaw	710.00
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	709.00
43128	Chicken, meatless	709.00
06147	Soup, beef mushroom, canned, condensed	709.00
16519	WORTHINGTON Super Links, canned, unprepared	708.00
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	708.00
21246	WENDY'S, Chicken Nuggets	708.00
21311	McDONALD'S, Creamy Ranch Sauce	708.00
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	707.00
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	707.00
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	707.00
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	706.00
06025	Soup, chicken vegetable, canned, condensed	706.00
06071	Soup, vegetable beef, canned, condensed	706.00
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	706.00
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	706.00
01166	Cheese, mexican, queso asadero	705.00
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	705.00
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	705.00
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	705.00
18235	Crackers, whole-wheat	704.00
01229	Cheese, white, queso blanco	704.00
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	704.00
01186	Cheese, cream, fat free	702.00
06016	Soup, cream of chicken, canned, condensed	702.00
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	702.00
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	702.00
04686	Salad dressing, honey mustard dressing, reduced calorie	701.00
36052	Restaurant, Mexican, cheese quesadilla	701.00
18284	Muffins, wheat bran, dry mix	700.00
01010	Cheese, cheshire	700.00

NDB_No	Description	Sodium, Na(mg) Value Per
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	700.00
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	700.00
07911	Liverwurst spread	700.00
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	700.00
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	700.00
18232	Crackers, wheat, regular	699.00
18242	Croutons, plain	698.00
06028	Soup, clam chowder, manhattan, canned, condensed	698.00
06158	Soup, tomato bisque, canned, condensed	698.00
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	698.00
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	698.00
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	698.00
05282	Pate de foie gras, canned (goose liver pate), smoked	697.00
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	697.00
07054	Pate, goose liver, smoked, canned	697.00
07055	Pate, liver, not specified, canned	697.00
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	696.00
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	696.00
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	695.00
06032	Soup, beef broth bouillon and consomme, canned, condensed	694.00
06091	CAMPBELL'S Red and White, Beef Broth, condensed	694.00
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	694.00
06017	Soup, chicken gumbo, canned, condensed	693.00
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	693.00
21358	McDONALD'S, Sausage McMUFFIN	693.00
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	692.00
36036	Restaurant, family style, onion rings	692.00
06011	Soup, cheese, canned, condensed	692.00
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	692.00
06043	Soup, cream of mushroom, canned, condensed	691.00
15227	Crustaceans, crab, queen, cooked, moist heat	691.00
19057	Snacks, tortilla chips, nacho cheese	691.00
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	691.00
22902	Pizza, meat topping, thick crust, frozen, cooked	690.00
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	690.00
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	690.00

NDB_No	Description	Sodium, Na(mg) Value Per
01008	Cheese, caraway	690.00
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	690.00
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	690.00
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	690.00
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	690.00
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	690.00
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	689.00
42190	Pork sausage rice links, brown and serve, cooked	689.00
06602	PACE, Organic Picante Sauce	688.00
18223	Crackers, milk	687.00
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	685.00
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	685.00
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	685.00
43297	Pork, oriental style, dehydrated	685.00
01161	Cheese substitute, mozzarella	685.00
06056	Soup, cream of shrimp, canned, condensed	685.00
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	685.00
16579	GARDENBURGER Original, frozen, unprepared	684.00
18295	Pancakes, buckwheat, dry mix, incomplete	684.00
21118	Fast foods, hotdog, plain	684.00
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	684.00
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	683.00
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	683.00
01271	Cheese, mozzarella, low moisture, part-skim, shredded	682.00
18935	Waffle, plain, frozen, ready-to-heat, microwave	682.00
19324	Puddings, coconut cream, dry mix, regular	682.00
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	682.00
43384	Beef, bologna, reduced sodium	682.00
06019	Soup, chicken noodle, canned, condensed	681.00
06049	Soup, pea, green, canned, condensed	680.00
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	680.00
07005	Blood sausage	680.00
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	680.00
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	679.00
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	679.00
07979	Sausage, pork, turkey, and beef, reduced sodium	679.00

NDB_No	Description	Sodium, Na(mg) Value Per
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	679.00
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	678.00
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	678.00
10894	Pork, cured, ham, separable fat, boneless, heated	677.00
20086	Wheat flour, white, tortilla mix, enriched	677.00
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	677.00
36044	ON THE BORDER, Mexican rice	677.00
36051	ON THE BORDER, cheese quesadilla	677.00
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	676.00
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	676.00
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	674.00
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	674.00
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	674.00
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	673.00
18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	672.00
21005	Fast Foods, biscuit, with egg and sausage	672.00
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	672.00
06004	Soup, bean with pork, canned, condensed	672.00
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	672.00
06731	Soup, bean with bacon, condensed, single brand	672.00
15077	Fish, salmon, chinook, smoked	672.00
16528	WORTHINGTON Dinner Roast, frozen, unprepared	671.00
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	671.00
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	671.00
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	671.00
18017	Biscuits, mixed grain, refrigerated dough	670.00
42117	Imitation cheese, american or cheddar, low cholesterol	670.00
04687	Margarine-like spread, BENECOL Light Spread	670.00
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	670.00
06001	Soup, cream of asparagus, canned, condensed	669.00
06149	Soup, chicken mushroom, canned, condensed	669.00
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	669.00
18270	Hush puppies, prepared from recipe	668.00
21020	Fast foods, english muffin, with cheese and sausage	668.00
21344	McDONALD'S, Double Cheeseburger	668.00
22973	Corn dogs, frozen, prepared	668.00

NDB_No	Description	Sodium, Na(mg) Value Per
27049	Sauce, tartar, ready-to-serve	667.00
90240	Mollusks, scallop, (bay and sea), cooked, steamed	667.00
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	667.00
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	667.00
16532	WORTHINGTON Prosage Roll, frozen, unprepared	667.00
01029	Cheese, mozzarella, low moisture, part-skim	666.00
07972	Meatballs, frozen, Italian style	666.00
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	666.00
22972	Pulled pork in barbecue sauce	666.00
18135	Cake, pudding-type, white, enriched, dry mix	665.00
18419	Cake, pudding-type, white, unenriched, dry mix	665.00
18960	Crackers, snack, GOYA CRACKERS	665.00
07958	Turkey sausage, fresh, cooked	665.00
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	664.00
18061	Bread, rye, toasted	664.00
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	664.00
21362	McDONALD'S, Sausage Biscuit with Egg	664.00
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	663.00
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	663.00
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	663.00
10123	Pork, cured, bacon, unprepared	662.00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	661.00
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	661.00
06584	Soup, broccoli cheese, canned, condensed, commercial	661.00
11439	Sauerkraut, canned, solids and liquids	661.00
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	660.00
21242	WENDY'S, Jr. Hamburger, with cheese	660.00
18617	NABISCO, NABISCO GRAHAMS Crackers	659.00
18977	KASHI, TLC, Toasted Asiago Crackers	659.00
22928	Burrito, beef and bean, microwaved	659.00
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	659.00
04133	Salad dressing, french, home recipe	658.00
04146	Salad dressing, french, cottonseed, oil, home recipe	658.00
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	658.00
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	658.00
18114	Cake, gingerbread, dry mix	657.00

NDB_No	Description	Sodium, Na(mg) Value Per
18420	Cake, yellow, unenriched, dry mix	657.00
18952	Tostada shells, corn	657.00
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	657.00
04611	Margarine, regular, 80% fat, composite, tub, with salt	657.00
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	657.00
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	656.00
06601	PACE, Lime & Garlic Chunky Salsa	656.00
18045	Bread, pumpernickel, toasted	655.00
21002	Fast foods, biscuit, with egg	655.00
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	655.00
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	654.00
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	654.00
21121	Fast foods, roast beef sandwich, plain	653.00
21527	ARBY'S, roast beef sandwich, classic	653.00
01009	Cheese, cheddar	653.00
04018	Salad dressing, mayonnaise type, regular, with salt	653.00
06009	Soup, beef noodle, canned, condensed	653.00
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	653.00
07067	Poultry salad sandwich spread	653.00
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	653.00
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	653.00
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	652.00
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	652.00
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	651.00
16534	WORTHINGTON Stakelets, frozen, unprepared	651.00
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	650.00
18346	Rolls, dinner, rye	650.00
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	650.00
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	648.00
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	648.00
04630	Margarine Spread, approximately 48% fat, tub	646.00
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	646.00
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	646.00
06023	Soup, chicken with rice, canned, condensed	645.00
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	645.00
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	645.00

NDB_No	Description	Sodium, Na(mg) Value Per
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	645.00
01270	Cheese, cheddar, sharp, sliced	644.00
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	644.00
19437	Snacks, potato chips, fat free, salted	643.00
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	643.00
01001	Butter, salted	643.00
12157	Nuts, walnuts, dry roasted, with salt added	643.00
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	642.00
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	642.00
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	642.00
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	642.00
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	642.00
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	640.00
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	640.00
12585	Nuts, cashew nuts, dry roasted, with salt added	640.00
07919	Sausage, turkey, breakfast links, mild	639.00
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	639.00
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	639.00
18365	Waffles, plain, frozen, ready-to-heat	638.00
21259	BURGER KING, Original Chicken Sandwich	638.00
28162	KELLOGG'S, Corn Flakes Crumbs	638.00
21101	Fast foods, cheeseburger; triple, regular patty; plain	637.00
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	637.00
06046	Soup, cream of onion, canned, condensed	637.00
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	637.00
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	637.00
14063	Beverages, chocolate powder, no sugar added	636.00
14080	Beverages, rich chocolate, powder	636.00
14309	Beverages, OVALTINE, Classic Malt powder	636.00
14315	Beverages, OVALTINE, chocolate malt powder	636.00
28023	KELLOGG'S, SIMPLY EGGO, Original	636.00
19206	Puddings, vanilla, dry mix, regular	635.00
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	635.00
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	635.00
04025	Salad dressing, mayonnaise, regular	635.00
06063	Soup, tomato rice, canned, condensed	635.00

NDB_No	Description	Sodium, Na(mg) Value Per
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	633.00
06169	Sauce, ready-to-serve, pepper, TABASCO	633.00
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	633.00
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	633.00
19415	Snacks, potato sticks	633.00
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	633.00
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	633.00
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	632.00
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	632.00
05354	USDA Commodity, turkey taco meat, frozen, cooked	632.00
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	631.00
18021	Bread, boston brown, canned	631.00
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	630.00
43135	Sandwich spread, meatless	630.00
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	630.00
06051	Soup, pea, split with ham, canned, condensed	630.00
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	630.00
01006	Cheese, brie	629.00
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	629.00
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	629.00
28302	Cookies, graham crackers, plain or honey, lowfat	629.00
18290	Pancakes, plain, dry mix, complete, prepared	628.00
21090	Fast foods, cheeseburger; single, regular patty, with condiments	628.00
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	628.00
01030	Cheese, muenster	628.00
01260	Cheese, cheddar, reduced fat	628.00
01026	Cheese, mozzarella, whole milk	627.00
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	627.00
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	627.00
21233	McDONALD'S, Cheeseburger	626.00
43154	Alcoholic beverage, wine, cooking	626.00
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	625.00
36058	OLIVE GARDEN, chicken parmigiana without pasta	625.00
06600	PACE, Green Taco Sauce	625.00
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	624.00
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	624.00

NDB_No	Description	Sodium, Na(mg) Value Per
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	624.00
21355	McDONALD'S, McCHICKEN Sandwich	624.00
18133	Cake, sponge, commercially prepared	623.00
07913	Salami, pork, beef, less sodium	623.00
06013	Soup, chicken broth, canned, condensed	621.00
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	621.00
18385	Bread, wheat germ, toasted	621.00
18932	Waffles, buttermilk, frozen, ready-to-heat	621.00
21092	Fast foods, cheeseburger; double, regular patty; plain	621.00
01028	Cheese, mozzarella, part skim milk	619.00
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	619.00
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	619.00
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	618.00
36002	APPLEBEE'S, french fries	618.00
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	617.00
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	617.00
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	617.00
21357	McDONALD'S, Egg McMUFFIN	617.00
21395	Fast foods, cheeseburger; double, regular patty; with condiments	617.00
01167	Cheese, mexican, queso chihuahua	617.00
10895	Pork, cured, ham, separable fat, boneless, unheated	616.00
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	616.00
01208	Cheese, provolone, reduced fat	615.00
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	615.00
05312	Chicken, wing, frozen, glazed, barbecue flavored	615.00
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	615.00
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	615.00
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	615.00
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	614.00
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	614.00
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	613.00
12539	Seeds, sunflower seed kernels, toasted, with salt added	613.00
16508	LOMA LINDA Tender Bits, canned, unprepared	613.00
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	613.00
21487	Fast foods, taco with chicken, lettuce and cheese, soft	613.00
27057	Sauce, barbecue, KC MASTERPIECE, original	613.00

NDB_No	Description	Sodium, Na(mg) Value Per
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	612.00
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	612.00
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	611.00
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	611.00
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	611.00
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	610.00
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	610.00
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	607.00
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	607.00
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	607.00
36018	APPLEBEE'S, fish, hand battered	607.00
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	607.00
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	606.00
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	606.00
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	605.00
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	605.00
18532	ARCHWAY Home Style Cookies, Iced Molasses	605.00
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	605.00
18453	Cake, yellow, light, dry mix	604.00
36000	APPLEBEE'S, 9 oz house sirloin steak	604.00
01011	Cheese, colby	604.00
06053	Soup, cream of potato, canned, condensed	604.00
06341	CAMPBELL'S, Cream of Potato Soup, condensed	604.00
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	603.00
06626	Sauce, pesto, ready-to-serve, refrigerated	603.00
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	603.00
18060	Bread, rye	603.00
18029	Bread, french or vienna (includes sourdough)	602.00
21012	Fast foods, croissant, with egg, cheese, and bacon	602.00
21105	Fast foods, fish sandwich, with tartar sauce	602.00
21251	BURGER KING, Cheeseburger	602.00
21258	BURGER KING, Premium Fish Sandwich	602.00
18065	Bread, wheat, toasted	601.00
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	601.00
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	601.00
15157	Mollusks, clam, mixed species, raw	601.00

NDB_No	Description	Sodium, Na(mg) Value Per
01021	Cheese, gjetost	600.00
01025	Cheese, monterey	600.00
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	600.00
19401	Snacks, cornnuts, barbecue-flavor	600.00
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	600.00
21006	Fast foods, biscuit with egg and steak	600.00
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	600.00
27047	Sauce, salsa, verde, ready-to-serve	600.00
42303	Cheese, muenster, low fat	600.00
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	599.00
32012	Pizza rolls, frozen, unprepared	599.00
18220	Crackers, melba toast, plain	598.00
18377	Cookies, oatmeal, prepared from recipe, without raisins	598.00
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	598.00
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	598.00
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	598.00
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	597.00
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	597.00
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	597.00
28255	KEEBLER, ZESTA, Export Sodas Crackers	597.00
18044	Bread, pumpernickel	596.00
18107	Coffeecake, cinnamon with crumb topping, dry mix	596.00
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	596.00
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	596.00
08305	Cereals ready-to-eat, Post, Waffle Crisp	596.00
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	595.00
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	594.00
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	594.00
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	594.00
27029	PACE, Tequila Lime Salsa	594.00
27030	PACE, Triple Pepper Salsa	594.00
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	594.00
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	594.00
07955	Turkey sausage, fresh, raw	593.00
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	593.00
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	593.00

NDB_No	Description	Sodium, Na(mg) Value Per
28368	SCHAR, Gluten-Free, Classic White Rolls	593.00
08002	Cereals ready-to-eat, POST, ALPHA-BITS	592.00
15156	Mollusks, abalone, mixed species, cooked, fried	591.00
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	591.00
21398	Fast foods, cheeseburger; single, large patty; with condiments	591.00
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	591.00
32032	Sausage, egg and cheese breakfast biscuit	591.00
18007	Bagels, oat bran	590.00
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	590.00
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	590.00
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	590.00
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	590.00
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	589.00
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	589.00
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	589.00
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	589.00
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	589.00
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	588.00
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	588.00
06985	Gravy, HEINZ Home Style, savory beef	587.00
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	587.00
22917	Burrito, beef and bean, frozen	587.00
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	587.00
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	586.00
28015	KELLOGG'S, EGGO, Waffles, Homestyle	586.00
28386	PEPPERIDGE FARM, Pumpernickel Bread	586.00
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	586.00
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	585.00
28017	KASHI, TLC, Pita Crisps, Sea Salt	585.00
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	585.00
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	584.00
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	584.00
01002	Butter, whipped, with salt	583.00
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	583.00
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	583.00
18990	AUSTIN, PB & J Crackers, sandwich-type	582.00

NDB_No	Description	Sodium, Na(mg) Value Per
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	582.00
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	582.00
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	582.00
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	581.00
07965	Pork sausage, link/patty, reduced fat, unprepared	581.00
42151	Vegetable oil-butter spread, reduced calorie	581.00
18016	Biscuits, plain or buttermilk, prepared from recipe	580.00
18157	Cookies, chocolate wafers	580.00
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	580.00
21319	McDONALD'S, Hash Brown	580.00
04631	Margarine-like, vegetable oil spread, fat-free, tub	580.00
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	580.00
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	579.00
21235	McDONALD'S, QUARTER POUNDER with Cheese	579.00
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	578.00
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	578.00
18535	ARCHWAY Home Style Cookies, Molasses	577.00
21014	Fast foods, croissant, with egg, cheese, and sausage	577.00
21143	CHICK-FIL-A, Chick-n-Strips	577.00
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	577.00
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	577.00
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	577.00
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	577.00
06125	Gravy, turkey, canned, ready-to-serve	577.00
01210	Egg Mix, USDA Commodity	576.00
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	576.00
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	575.00
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	575.00
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	575.00
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	575.00
16202	PACE, Traditional Refried Beans	575.00
18349	Rolls, french	574.00
06042	Soup, mushroom barley, canned, condensed	573.00
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	572.00
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	572.00
18368	Wonton wrappers (includes egg roll wrappers)	572.00

NDB_No	Description	Sodium, Na(mg) Value Per
19909	Sweeteners, sugar substitute, granulated, brown	572.00
21359	McDONALD'S, Sausage McMUFFIN with Egg	572.00
25000	Snacks, popcorn, microwave, 94% fat free	571.00
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	571.00
28310	Cookies, shortbread, reduced fat	571.00
28327	Crackers, water biscuits	571.00
03209	Babyfood, crackers, vegetable	571.00
08074	Cereals ready-to-eat, RALSTON TASTEEOS	571.00
08106	Cereals, CREAM OF WHEAT, instant, dry	571.00
08506	Cereals ready-to-eat, RALSTON Corn Flakes	571.00
06121	Gravy, mushroom, canned	570.00
07914	Sausage, Italian, sweet, links	570.00
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	570.00
21063	Fast foods, burrito, with beans and beef	570.00
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	570.00
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	569.00
16147	Veggie burgers or soyburgers, unprepared	569.00
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	568.00
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	568.00
21387	BURGER KING, Hash Brown Rounds	568.00
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	568.00
18092	Cake, pudding-type, carrot, dry mix	567.00
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	567.00
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	567.00
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	567.00
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	567.00
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	566.00
11658	Spinach souffle	566.00
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	566.00
18344	Rolls, dinner, egg	566.00
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	566.00
21026	Fast foods, potatoes, hash browns, round pieces or patty	566.00
21309	McDONALD'S, Chicken McNUGGETS	566.00
21508	WEND'YS, Crispy Chicken Sandwich	566.00
18076	Bread, whole-wheat, commercially prepared, toasted	565.00
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	565.00

NDB_No	Description	Sodium, Na(mg) Value Per
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	565.00
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	565.00
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	564.00
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	564.00
19009	Snacks, KRAFT, CORNNUTS, plain	564.00
21266	TACO BELL, BURRITO SUPREME with chicken	564.00
43566	Snacks, tortilla chips, light (baked with less oil)	564.00
21061	Fast foods, burrito, with beans and cheese	563.00
21264	TACO BELL, Bean Burrito	563.00
05693	Chicken, broiler, rotisserie, BBQ, back meat only	563.00
15141	Crustaceans, crab, blue, canned	563.00
21506	BURGER KING, Double Cheeseburger	562.00
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	562.00
28349	Cookies, oatmeal, reduced fat	562.00
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	561.00
18973	Focaccia, Italian flatbread, plain	561.00
36033	Restaurant, family style, fish fillet, battered or breaded, fried	561.00
36049	ON THE BORDER, cheese enchilada	561.00
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	560.00
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	560.00
21486	Fast foods, taco with beef, cheese and lettuce, soft	560.00
21501	KASHI Pizza, Margherita, frozen, unprepared	560.00
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	560.00
01005	Cheese, brick	560.00
06116	Gravy, beef, canned, ready-to-serve	560.00
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	559.00
06998	Gravy, CAMPBELL'S, brown with onions	559.00
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	559.00
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	559.00
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	559.00
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	559.00
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	559.00
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	558.00
18226	Crackers, rye, wafers, plain	557.00
21315	McDONALD'S, Sweet 'N Sour Sauce	557.00
22963	Lean Pockets, Meatballs & Mozzarella	557.00

NDB_No	Description	Sodium, Na(mg) Value Per
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	557.00
21120	Fast foods, hotdog, with corn flour coating (corndog)	556.00
21225	Pizza, cheese topping, rising crust, frozen, cooked	556.00
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	556.00
06739	Soup, vegetable beef, canned, condensed, single brand	555.00
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	555.00
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	555.00
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	555.00
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	555.00
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	555.00
19423	Snacks, potato chips, fat-free, made with olestra	554.00
21388	Fast foods, miniature cinnamon rolls	554.00
42283	Snacks, potato chips, white, restructured, baked	554.00
05286	Turkey and gravy, frozen	554.00
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	554.00
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	553.00
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	553.00
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	553.00
36629	Restaurant, Chinese, orange chicken	553.00
21263	TACO BELL, Soft Taco with steak	551.00
11553	Tomato products, canned, sauce, with onions	551.00
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	551.00
18033	Bread, italian	550.00
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	550.00
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	550.00
43132	Meatballs, meatless	550.00
43137	Vegetarian meatloaf or patties	550.00
19043	Snacks, potato chips, sour-cream-and-onion-flavor	549.00
21341	McDONALD'S, BIG BREAKFAST	549.00
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	549.00
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	549.00
01134	Egg, whole, dried, stabilized, glucose reduced	548.00
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	548.00
21022	Fast foods, english muffin, with egg, cheese, and sausage	548.00
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	548.00
28388	PEPPERIDGE FARM, Deli Swirl Bread	548.00

NDB_No	Description	Sodium, Na(mg) Value Per
18050	Bread, reduced-calorie, oat bran, toasted	547.00
27063	Sauce, enchilada, red, mild, ready to serve	547.00
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	546.00
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	546.00
19042	Snacks, potato chips, barbecue-flavor	545.00
43109	Pretzels, soft	545.00
04606	Meat drippings (lard, beef tallow, mutton tallow)	545.00
08025	Cereals ready-to-eat, RALSTON CRISP RICE	545.00
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	545.00
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	545.00
18353	Rolls, hard (includes kaiser)	544.00
18963	Garlic bread, frozen	544.00
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	544.00
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	544.00
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	544.00
28354	ANDREA'S, Gluten Free Soft Dinner Roll	544.00
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	543.00
11555	Tomato products, canned, sauce, with herbs and cheese	543.00
06331	Gravy, FRANCO-AMERICAN, turkey, slow roast	542.00
18336	Pie crust, standard-type, prepared from recipe, baked	542.00
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	542.00
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	541.00
28275	MURRAY, Old Fashioned Gingersnaps Cookies	541.00
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	540.00
25001	Snacks, popcorn, microwave, low fat	540.00
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	540.00
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	540.00
08029	Cereals ready-to-eat, POST Bran Flakes	540.00
16150	Peanut butter, smooth, reduced fat	540.00
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	539.00
15144	Crustaceans, crab, queen, raw	539.00
21241	WENDY'S, Jr. Hamburger, without cheese	539.00
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	539.00
21525	PIZZA HUT, breadstick, parmesan garlic	539.00
18025	Bread, cracked-wheat	538.00
18184	Cookies, oatmeal, prepared from recipe, with raisins	538.00

NDB_No	Description	Sodium, Na(mg) Value Per
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	538.00
06151	Sauce, plum, ready-to-serve	538.00
18070	Bread, white, commercially prepared, toasted	537.00
28014	KELLOGG'S, EGGO, Waffles, French Toast	537.00
18041	Bread, pita, white, enriched	536.00
18413	Bread, pita, white, unenriched	536.00
36059	Restaurant, Italian, chicken parmesan without pasta	536.00
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	536.00
05327	Chicken breast tenders, breaded, uncooked	536.00
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	535.00
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	535.00
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	535.00
01034	Cheese, port de salut	534.00
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	534.00
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	534.00
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	534.00
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	534.00
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	534.00
21267	TACO BELL, BURRITO SUPREME with steak	534.00
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	533.00
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	533.00
05324	Chicken patty, frozen, cooked	532.00
06037	Soup, lentil with ham, canned, ready-to-serve	532.00
16518	WORTHINGTON Saucettes, canned, unprepared	532.00
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	531.00
21503	KASHI Pizza, Mediterranean, frozen, unprepared	531.00
18975	KASHI, TLC, Original 7-Grain Crackers	530.00
16524	WORTHINGTON Veja-Links, canned, unprepared	530.00
11414	Potato salad, home-prepared	529.00
15138	Crustaceans, crab, alaska king, imitation, made from surimi	529.00
18951	Waffles, chocolate chip, frozen, ready-to-heat	529.00
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	529.00
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	528.00
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	528.00
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	528.00
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	528.00

NDB_No	Description	Sodium, Na(mg) Value Per
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	528.00
36050	Restaurant, Mexican, cheese enchilada	528.00
36417	Restaurant, Mexican, spanish rice	528.00
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	528.00
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	528.00
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	527.00
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	527.00
18042	Bread, pita, whole-wheat	527.00
18388	Muffins, wheat bran, toaster-type with raisins, toasted	527.00
19411	Snacks, potato chips, plain, salted	527.00
22978	Chicken tenders, breaded, frozen, prepared	527.00
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	527.00
28195	MOTHER'S, Chocolate Chip Cookies	527.00
18085	Bread stuffing, cornbread, dry mix, prepared	526.00
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	526.00
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	526.00
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	526.00
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	526.00
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	525.00
28024	KELLOGG'S, EGGO, Waffles, Strawberry	525.00
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	525.00
06320	Gravy, CAMPBELL'S, chicken, fat free	525.00
06321	Gravy, CAMPBELL'S, golden pork	525.00
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	525.00
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	524.00
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	524.00
15030	Fish, gefiltefish, commercial, sweet recipe	524.00
18347	Rolls, dinner, wheat	524.00
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	524.00
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	524.00
36043	CARRABBA'S ITALIAN GRILL, lasagne	524.00
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	523.00
18390	Pancakes, buttermilk, prepared from recipe	522.00
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	522.00
18348	Rolls, dinner, whole-wheat	521.00
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	521.00

NDB_No	Description	Sodium, Na(mg) Value Per
22944	SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta	520.00
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	520.00
28009	KELLOGG'S, EGGO, Waffles, Blueberry	520.00
18117	Cake, pudding-type, marble, dry mix	519.00
19058	Snacks, tortilla chips, ranch-flavor	519.00
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	519.00
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	519.00
05284	Turkey, canned, meat only, with broth	518.00
05323	Chicken patty, frozen, uncooked	518.00
18189	Cookies, peanut butter, prepared from recipe	518.00
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	518.00
28230	MURRAY, SUGAR FREE, Shortbread Bites	518.00
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	518.00
36401	Restaurant, Latino, chicken and rice, entree, prepared	518.00
19433	Tortilla chips, low fat, baked without fat	517.00
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	517.00
01094	Milk, buttermilk, dried	517.00
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	517.00
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	517.00
16529	WORTHINGTON FriPats, frozen, unprepared	517.00
06010	Soup, cream of celery, canned, condensed	516.00
06030	Soup, clam chowder, new england, canned, condensed	516.00
06040	Soup, minestrone, canned, condensed	516.00
06045	Soup, onion, canned, condensed	516.00
06068	Soup, vegetarian vegetable, canned, condensed	516.00
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	516.00
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	516.00
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	516.00
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	516.00
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	516.00
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	516.00
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	516.00
36029	DENNY'S, fish fillet, battered or breaded, fried	516.00
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	515.00
18956	Keikitos (muffins), Latino bakery item	515.00
21089	Fast foods, cheeseburger; single, regular patty; plain	515.00

NDB_No	Description	Sodium, Na(mg) Value Per
28317	Bread, wheat, sprouted, toasted	515.00
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	515.00
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	515.00
06072	Soup, vegetable with beef broth, canned, condensed	515.00
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	515.00
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	515.00
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	515.00
19003	Snacks, corn-based, extruded, chips, plain	514.00
18053	Bread, reduced-calorie, rye	513.00
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	512.00
28295	Tortillas, ready-to-bake or -fry, whole wheat	512.00
28321	Rolls, hamburger, whole grain white, calcium-fortified	512.00
04703	Salad dressing, honey mustard, regular	512.00
18088	Cake, angelfood, dry mix, prepared	511.00
18367	Waffles, plain, prepared from recipe	511.00
21611	School Lunch, chicken nuggets, whole grain breaded	511.00
28389	PEPPERIDGE FARM, White Bread	511.00
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	510.00
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	510.00
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	510.00
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	510.00
32031	Salisbury steak with gravy, frozen	509.00
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	509.00
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	509.00
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	509.00
06317	Gravy, CAMPBELL'S, beef, fat free	508.00
06327	Gravy, FRANCO-AMERICAN, beef, slow roast, fat free	508.00
16507	LOMA LINDA Redi-Burger, canned, unprepared	508.00
18064	Bread, wheat	508.00
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	508.00
28375	VAN'S, Gluten Free, Totally Original Waffles	508.00
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	507.00
28272	MURRAY, Chocolate Creme Sandwich Cookies	507.00
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	507.00
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	507.00
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	507.00

NDB_No	Description	Sodium, Na(mg) Value Per
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	506.00
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	506.00
18126	Cake, shortcake, biscuit-type, prepared from recipe	506.00
19332	Puddings, lemon, dry mix, regular	506.00
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	506.00
28288	Bread, roll, Mexican, bollilo	506.00
18003	Bagels, egg	505.00
18292	Pancakes, plain, dry mix, incomplete, prepared	505.00
28346	Waffles, gluten-free, frozen, ready-to-heat	505.00
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	505.00
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	505.00
12140	Nuts, formulated, wheat-based, unflavored, with salt added	505.00
04028	Salad dressing, mayonnaise, imitation, milk cream	504.00
14192	Beverages, Cocoa mix, powder	504.00
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	504.00
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	503.00
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	503.00
36056	Restaurant, Mexican, cheese tamales	503.00
05277	Chicken, canned, meat only, with broth	503.00
06180	Soup, shark fin, restaurant-prepared	501.00
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	501.00
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	501.00
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	501.00
18172	Cookies, gingersnaps	501.00
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	500.00
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	500.00
08546	Rice and Wheat cereal bar	500.00
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	500.00
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	499.00
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	499.00
11118	Cabbage, kimchi	498.00
12563	Nuts, almonds, dry roasted, with salt added	498.00
04027	Salad dressing, mayonnaise, imitation, soybean	497.00
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	497.00
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	497.00
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	497.00

NDB_No	Description	Sodium, Na(mg) Value Per
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	495.00
18268	French toast, frozen, ready-to-heat	495.00
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	495.00
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	495.00
18350	Rolls, hamburger or hotdog, plain	494.00
21228	McDONALD'S, Hamburger	494.00
25060	Snack, Pretzel, hard chocolate coated	494.00
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	494.00
01164	Cheese sauce, prepared from recipe	493.00
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	493.00
28203	MOTHER'S, Iced Oatmeal Cookies	493.00
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	493.00
19422	Snacks, potato chips, reduced fat	492.00
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	492.00
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	492.00
43441	Rolls, pumpernickel	492.00
16203	PACE, Salsa Refried Beans	492.00
16204	PACE, Spicy Jalapeno Refried Beans	492.00
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	491.00
18208	Cookies, sugar, prepared from recipe, made with margarine	491.00
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	491.00
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	491.00
18069	Bread, white, commercially prepared (includes soft bread crumbs)	490.00
22955	Egg rolls, vegetable, frozen, prepared	490.00
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	490.00
43134	Vegetarian fillets	490.00
43572	Popcorn, microwave, low fat and sodium	490.00
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	490.00
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	489.00
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	489.00
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	488.00
19419	Snacks, corn cakes	488.00
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	488.00
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	488.00
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	488.00
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	488.00

NDB_No	Description	Sodium, Na(mg) Value Per
06402	Soup, black bean, canned, prepared with equal volume water	487.00
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	487.00
21108	Fast foods, hamburger; single, regular patty; with condiments	487.00
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	487.00
18040	Bread, oatmeal, toasted	486.00
18066	Bread, wheat bran	486.00
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	486.00
25038	Snacks, granola bars, soft, almond, confectioners coating	486.00
43598	Mayonnaise dressing, no cholesterol	486.00
15148	Crustaceans, lobster, northern, cooked, moist heat	486.00
16097	Peanut butter, chunk style, with salt	486.00
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	485.00
21364	McDONALD'S, Hotcakes and Sausage	484.00
18237	Cream puff shell, prepared from recipe	483.00
18338	Phyllo dough	483.00
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	483.00
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	483.00
06323	Gravy, CAMPBELL'S, turkey, fat free	483.00
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	483.00
05311	Chicken, canned, no broth	482.00
07951	Scrapple, pork	482.00
18402	Pie crust, standard-type, prepared from recipe, unbaked	482.00
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	482.00
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	482.00
36633	Restaurant, Chinese, sesame chicken	482.00
21096	Fast foods, cheeseburger; single, large patty; plain	481.00
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	481.00
15014	Fish, cisco, smoked	481.00
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	481.00
16517	WORTHINGTON Prime Stakes, canned, unprepared	480.00
21396	Fast foods, cheeseburger; double, large patty; with condiments	480.00
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	480.00
18057	Bread, reduced-calorie, white	479.00
18082	Bread stuffing, bread, dry mix, prepared	479.00
18269	French toast, prepared from recipe, made with low fat (2%) milk	479.00
18275	Muffins, blueberry, dry mix	479.00

NDB_No	Description	Sodium, Na(mg) Value Per
18980	KASHI, Original Waffle	479.00
19188	Puddings, chocolate, dry mix, regular	479.00
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	479.00
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	478.00
18967	Bread, white wheat	478.00
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	478.00
22954	Egg rolls, chicken, refrigerated, heated	478.00
06114	Gravy, au jus, canned	478.00
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	477.00
11736	Beet greens, cooked, boiled, drained, with salt	477.00
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	477.00
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	477.00
19198	Puddings, tapioca, dry mix	477.00
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	477.00
21507	WENDY'S, Double Stack, with cheese	477.00
28274	MURRAY, Honey Graham	477.00
18978	KASHI, Blueberry Waffle	476.00
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	476.00
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	476.00
28229	MURRAY, SUGAR FREE, Shortbread Cookies	476.00
01133	Egg, whole, dried	476.00
16167	USDA Commodity, Peanut Butter, smooth	476.00
06322	Gravy, CAMPBELL'S, mushroom	475.00
06324	Gravy, CAMPBELL'S, beef, microwavable	475.00
16007	Beans, baked, canned, with beef	475.00
19917	Candies, M&M MARS Pretzel Chocolate Candies	475.00
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	474.00
28263	KEEBLER, Grahams, Cinnamon Crisp	474.00
28316	Bread, wheat, sprouted	474.00
32025	Dumpling, potato- or cheese-filled, frozen	474.00
11549	Tomato products, canned, sauce	474.00
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	473.00
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	473.00
18180	Cookies, oatmeal, dry mix	473.00
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	473.00
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	473.00

NDB_No	Description	Sodium, Na(mg) Value Per
36412	Restaurant, Latino, tamale, pork	473.00
18946	Pie crust, refrigerated, regular, baked	472.00
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	472.00
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	472.00
11649	Tomato products, canned, sauce, spanish style	472.00
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	472.00
16500	LOMA LINDA Little Links, canned, unprepared	472.00
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	471.00
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	471.00
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	471.00
18974	KASHI, TLC, Honey Sesame Crackers	471.00
21505	Pizza, cheese topping, thin crust, frozen, cooked	471.00
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	471.00
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	471.00
43130	Frankfurter, meatless	471.00
18128	Cake, snack cakes, creme-filled, sponge	470.00
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	470.00
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	470.00
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	470.00
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	470.00
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	470.00
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	469.00
27027	PACE, Pico De Gallo	469.00
28043	KEEBLER, ANIMALS, Cookies	468.00
28046	KEEBLER, ANIMALS, Crackers	468.00
36030	DENNY'S, hash browns	468.00
36039	Restaurant, family style, hash browns	468.00
36601	Restaurant, Chinese, egg rolls, assorted	468.00
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	468.00
18239	Croissants, butter	467.00
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	467.00
18279	Muffins, corn, commercially prepared	467.00
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	467.00
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	467.00
21610	School Lunch, chicken patty, whole grain breaded	467.00
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	467.00

NDB_No	Description	Sodium, Na(mg) Value Per
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	467.00
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	467.00
19172	Gelatin desserts, dry mix	466.00
36041	Restaurant, Italian, lasagna with meat	466.00
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	466.00
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	466.00
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	465.00
28307	Bread, naan, plain, commercially prepared, refrigerated	465.00
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	465.00
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	464.00
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	464.00
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	464.00
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	464.00
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	464.00
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	464.00
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	463.00
11399	Potato puffs, frozen, oven-heated	463.00
18185	Cookies, peanut butter, commercially prepared, regular	463.00
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	463.00
36026	CRACKER BARREL, onion rings, thick-cut	463.00
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	462.00
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	462.00
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	462.00
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	462.00
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	461.00
21250	BURGER KING, Hamburger	461.00
18312	Pie, chocolate mousse, prepared from mix, no-bake type	460.00
21237	McDONALD'S, BIG MAC	460.00
22951	SWANSON, Chicken A La King	460.00
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	460.00
32005	Macaroni and cheese, box mix with cheese sauce, prepared	460.00
15230	Mollusks, octopus, common, cooked, moist heat	460.00
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	460.00
01159	Cheese, goat, soft type	459.00
18049	Bread, reduced-calorie, oat bran	459.00
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	459.00

NDB_No	Description	Sodium, Na(mg) Value Per
18177	Cookies, molasses	459.00
18351	Rolls, hamburger or hotdog, mixed-grain	458.00
18434	Crackers, cheese, low sodium	458.00
19421	Snacks, potato chips, cheese-flavor	458.00
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	458.00
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	458.00
06319	Gravy, CAMPBELL'S, country style sausage	458.00
06326	Gravy, CAMPBELL'S, turkey	458.00
06997	Gravy, CAMPBELL'S, beef	458.00
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	458.00
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	458.00
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	458.00
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	457.00
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	457.00
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	457.00
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	457.00
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	457.00
18297	Pancakes, special dietary, dry mix	456.00
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	456.00
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	456.00
28006	KELLOGG'S, CINNABON, Pancakes, Original	456.00
32007	Taquitos, frozen, beef and cheese, oven-heated	456.00
16511	WORTHINGTON Choplets, canned, unprepared	456.00
11660	Tomatoes, red, ripe, cooked, stewed	455.00
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	455.00
18075	Bread, whole-wheat, commercially prepared	455.00
18256	Doughnuts, yeast-leavened, with jelly filling	455.00
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	455.00
27046	Sauce, duck, ready-to-serve	455.00
21060	Fast foods, burrito, with beans	454.00
21144	CHICK-FIL-A, hash browns	454.00
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	454.00
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	454.00
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	454.00
06483	Soup, cream of chicken, dry, mix, prepared with water	454.00
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	454.00

NDB_No	Description	Sodium, Na(mg) Value Per
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	454.00
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	454.00
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	453.00
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	453.00
16054	Broadbeans (fava beans), mature seeds, canned	453.00
16510	WORTHINGTON Chili, canned, unprepared	453.00
21253	BURGER KING, WHOPPER, with cheese	453.00
32006	Taquitos, frozen, chicken and cheese, oven-heated	453.00
28286	Bread, paratha, whole wheat, commercially prepared, frozen	452.00
02029	Spices, parsley, dried	452.00
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	452.00
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	452.00
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	452.00
11551	Tomato products, canned, sauce, with mushrooms	452.00
14035	Beverages, ABBOTT, EAS soy protein powder	452.00
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	452.00
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	451.00
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	451.00
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	451.00
21064	Fast foods, burrito, with beans, cheese, and beef	451.00
21265	TACO BELL, BURRITO SUPREME with beef	451.00
19045	Snacks, potato chips, made from dried potatoes, reduced fat	450.00
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	450.00
36042	OLIVE GARDEN, lasagna classico	450.00
04601	Butter, light, stick, with salt	450.00
06332	Gravy, CAMPBELL'S, turkey, microwavable	450.00
18529	ARCHWAY Home Style Cookies, Frosty Lemon	449.00
22904	Chili con carne with beans, canned entree	449.00
28301	Cookies, peanut butter, commercially prepared, sugar free	448.00
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	448.00
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	447.00
18039	Bread, oatmeal	447.00
21224	Pizza, cheese topping, regular crust, frozen, cooked	447.00
25062	Snack, Mixed Berry Bar	447.00
28101	KEEBLER, Cinnamon Toast Grahams	447.00
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	447.00

NDB_No	Description	Sodium, Na(mg) Value Per
05326	Chicken breast tenders, breaded, cooked, microwaved	446.00
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	446.00
08610	Cereals ready-to-eat, KASHI Honey Sunshine	446.00
12156	Nuts, walnuts, glazed	446.00
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	445.00
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	445.00
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	445.00
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	445.00
19148	Candies, peanut brittle, prepared-from-recipe	445.00
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	445.00
22956	Lasagna, Vegetable, frozen, baked	445.00
18383	Bread, protein, (includes gluten), toasted	444.00
18386	Muffins, blueberry, toaster-type, toasted	444.00
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	444.00
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	444.00
28300	Cookies, oatmeal sandwich, with creme filling	444.00
27065	Dip, bean, original flavor	443.00
27068	Dip, FRITO'S, bean, original flavor	443.00
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	443.00
06358	Soup, tomato bisque, canned, prepared with equal volume milk	442.00
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	442.00
11324	Peas and onions, canned, solids and liquids	442.00
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	441.00
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	441.00
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	441.00
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	441.00
36403	Restaurant, Latino, empanadas, beef, prepared	440.00
03017	Babyfood, meat, turkey sticks, junior	440.00
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	440.00
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	440.00
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	439.00
18293	Pancakes, plain, prepared from recipe	439.00
18968	Bagels, wheat	439.00
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	439.00
28211	MURRAY, Chocolatey Chip Thins Cookies	439.00
18147	Cheesecake commercially prepared	438.00

NDB_No	Description	Sodium, Na(mg) Value Per
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	438.00
28345	Crackers, gluten-free, multi-seeded and multigrain	438.00
16172	Refried beans, canned, fat-free	438.00
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	438.00
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	437.00
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	437.00
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	437.00
16011	Beans, baked, canned, with pork and tomato sauce	437.00
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	437.00
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	437.00
21158	Fast foods, submarine sandwich, meatball marinara on white bread	437.00
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	437.00
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	437.00
18188	Cookies, peanut butter, refrigerated dough, baked	436.00
43276	Cheese spread, cream cheese base	436.00
36618	Restaurant, Chinese, general tso's chicken	435.00
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	435.00
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	434.00
21011	Fast foods, croissant, with egg and cheese	434.00
21106	Fast foods, fish sandwich, with tartar sauce and cheese	434.00
21232	McDONALD'S, FILET-O-FISH	434.00
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	434.00
28208	MOTHER'S, Peanut Butter Gauchos Cookies	434.00
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	433.00
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	433.00
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	433.00
06325	Gravy, CAMPBELL'S, chicken, microwavable	433.00
11373	Potatoes, au gratin, home-prepared from recipe using butter	433.00
11843	Potatoes, au gratin, home-prepared from recipe using margarine	433.00
15253	Salmon, sockeye, canned, total can contents	433.00
16092	Peanuts, spanish, oil-roasted, with salt	433.00
16096	Peanuts, virginia, oil-roasted, with salt	433.00
19187	Flan, caramel custard, dry mix	432.00
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	432.00
28064	KEEBLER, CLUB, Dash of Salt Crackers	432.00
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	432.00

NDB_No	Description	Sodium, Na(mg) Value Per
18281	Muffins, corn, toaster-type	430.00
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	430.00
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	430.00
28197	MOTHER'S, Coconut Cocadas Cookies	430.00
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	430.00
36625	Restaurant, Chinese, vegetable lo mein, without meat	430.00
16008	Beans, baked, canned, with franks	430.00
16171	Refried beans, canned, vegetarian	430.00
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	429.00
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	429.00
28305	Pancakes, plain, reduced fat	429.00
21386	BURGER KING, french toast sticks	428.00
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	428.00
11398	Potato puffs, frozen, unprepared	428.00
12652	Nuts, pistachio nuts, dry roasted, with salt added	428.00
21234	McDONALD'S, QUARTER POUNDER	427.00
21245	WENDY'S, Ultimate Chicken Grill Sandwich	427.00
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	427.00
28313	Rolls, hamburger or hot dog, whole wheat	427.00
35147	Tamales (Navajo)	427.00
22126	LOMA LINDA Big Franks, canned, unprepared	426.00
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	426.00
11961	Hearts of palm, canned	426.00
16098	Peanut butter, smooth style, with salt	426.00
06248	Soup, oyster stew, canned, prepared with equal volume milk	425.00
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	425.00
11264	Mushrooms, canned, drained solids	425.00
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	425.00
06328	Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free	424.00
06558	Soup, tomato bisque, canned, prepared with equal volume water	424.00
06999	Gravy, CAMPBELL'S, chicken	424.00
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	424.00
01156	Cheese, goat, hard type	423.00
03021	Babyfood, meat, meat sticks, junior	423.00
15147	Crustaceans, lobster, northern, raw	423.00
16059	Chili with beans, canned	423.00

NDB_No	Description	Sodium, Na(mg) Value Per
22962	LEAN POCKETS, Ham N Cheddar	423.00
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	423.00
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	423.00
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	422.00
21243	WENDY'S, CLASSIC DOUBLE, with cheese	422.00
16005	Beans, baked, home prepared	422.00
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	422.00
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	421.00
21119	Fast foods, hotdog, with chili	421.00
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	421.00
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	421.00
28107	KEEBLER, Gingerbread Men Cookies, Holiday	420.00
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	420.00
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	420.00
02055	Horseradish, prepared	420.00
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	420.00
16155	Peanut butter, smooth, vitamin and mineral fortified	420.00
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	420.00
08608	Cereals ready-to-eat, KASHI Berry Blossom	419.00
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	419.00
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	418.00
18191	Cookies, raisin, soft-type	418.00
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	418.00
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	418.00
36416	Restaurant, Latino, bunuelos (fried yeast bread)	418.00
18028	Bread, egg, toasted	417.00
18245	Danish pastry, cheese	417.00
18277	Muffins, blueberry, toaster-type	417.00
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	417.00
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	417.00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	417.00
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	417.00
15168	Mollusks, oyster, eastern, cooked, breaded and fried	417.00
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	417.00
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	416.00
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	416.00

NDB_No	Description	Sodium, Na(mg) Value Per
15119	Fish, tuna, light, canned in oil, drained solids	416.00
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	416.00
01157	Cheese, goat, semisoft type	415.00
08648	Cereals ready-to-eat, KASHI Simply Maize	415.00
11765	Chard, swiss, cooked, boiled, drained, with salt	415.00
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	415.00
18036	Bread, multi-grain, toasted (includes whole-grain)	414.00
18244	Danish pastry, cinnamon, enriched	414.00
21110	Fast foods, hamburger; double, regular, patty; plain	414.00
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	414.00
36606	CRACKER BARREL, farm raised catfish platter	414.00
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	414.00
16009	Beans, baked, canned, with pork	414.00
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	414.00
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	413.00
18345	Rolls, dinner, oat bran	413.00
18940	Muffin, blueberry, commercially prepared, low-fat	413.00
19031	Snacks, oriental mix, rice-based	413.00
36626	Restaurant, Chinese, chicken and vegetables	413.00
18201	Cookies, peanut butter sandwich, special dietary	412.00
18294	Pancakes, blueberry, prepared from recipe	412.00
22908	Beef, corned beef hash, with potato, canned	412.00
28213	MURRAY, Duplex Creme Sandwich Cookies	412.00
14356	Beverages, tea, instant, decaffeinated, lemon, diet	412.00
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	412.00
15178	Mollusks, whelk, unspecified, cooked, moist heat	412.00
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	411.00
22911	Chili, no beans, canned entree	411.00
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	411.00
36414	Restaurant, Latino, tripe soup	411.00
18216	Crackers, crispbread, rye	410.00
18352	Rolls, hamburger or hotdog, reduced-calorie	410.00
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	410.00
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	410.00
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	410.00
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	410.00

NDB_No	Description	Sodium, Na(mg) Value Per
16090	Peanuts, all types, dry-roasted, with salt	410.00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	409.00
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	409.00
18948	Pie crust, refrigerated, regular, unbaked	409.00
19021	Snacks, granola bars, soft, uncoated, peanut butter	409.00
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	409.00
28306	Bread, chapati or roti, plain, commercially prepared	409.00
36007	T.G.I. FRIDAY'S, french fries	409.00
36603	Restaurant, Chinese, beef and vegetables	409.00
03014	Babyfood, meat, chicken sticks, junior	408.00
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	408.00
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	408.00
15087	Fish, salmon, sockeye, canned, drained solids	408.00
06330	Gravy, FRANCO-AMERICAN, chicken, slow roast	407.00
06448	Soup, oyster stew, canned, prepared with equal volume water	407.00
22953	Egg rolls, pork, refrigerated, heated	407.00
28106	KEEBLER, Almond Crescents Cookies, Holiday	407.00
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	407.00
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	406.00
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	406.00
27002	Soup, wonton, Chinese restaurant	406.00
01016	Cheese, cottage, lowfat, 1% milkfat	406.00
06211	Soup, cheese, canned, prepared with equal volume milk	406.00
06246	Soup, cream of onion, canned, prepared with equal volume milk	405.00
14311	Beverages, Malted drink mix, natural, powder, dairy based.	405.00
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	405.00
18043	Bread, protein (includes gluten)	404.00
18541	ARCHWAY Home Style Cookies, Peanut Butter	404.00
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	404.00
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	404.00
19013	Snacks, fruit leather, pieces	403.00
43273	Cheese, cottage, with vegetables	403.00
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	403.00
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	403.00
15084	Fish, salmon, pink, canned, total can contents	403.00
06401	Soup, cream of asparagus, canned, prepared with equal volume water	402.00

NDB_No	Description	Sodium, Na(mg) Value Per
15027	Fish, fish sticks, frozen, prepared	402.00
15128	Fish, tuna salad	402.00
18250	Doughnuts, cake-type, plain, sugared or glazed	402.00
18609	KEEBLER, Vanilla Wafers	402.00
36619	Restaurant, Chinese, kung pao chicken	402.00
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	401.00
22952	SWANSON, Chicken and Dumplings	401.00
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	401.00
28233	MURRAY, Vanilla Wafer	401.00
06480	Soup, chicken broth or bouillon, dry, prepared with water	401.00
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	401.00
11537	Tomatoes, red, ripe, canned, with green chilies	401.00
16509	LOMA LINDA Linketts, canned, unprepared	401.00
16513	WORTHINGTON FriChik Original, canned, unprepared	401.00
06007	Soup, bean with ham, canned, chunky, ready-to-serve	400.00
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	400.00
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	400.00
18121	Cake, pound, commercially prepared, other than all butter, enriched	400.00
18418	Cake, pound, commercially prepared, other than all butter, unenriched	400.00
19410	Snack, potato chips, made from dried potatoes, plain	400.00
21024	Fast foods, french toast sticks	400.00
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	400.00
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	400.00
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	400.00
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	400.00
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	400.00
43410	Chicken, meatless, breaded, fried	400.00
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	399.00
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	399.00
06451	Soup, pea, split with ham, canned, prepared with equal volume water	398.00
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	398.00
18032	Bread, irish soda, prepared from recipe	398.00
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	398.00
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	398.00
18187	Cookies, peanut butter, refrigerated dough	397.00
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	397.00

NDB_No	Description	Sodium, Na(mg) Value Per
21260	TACO BELL, Original Taco with beef, cheese and lettuce	397.00
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	397.00
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	397.00
11980	Peppers, chili, green, canned	397.00
15124	Fish, tuna, white, canned in oil, drained solids	396.00
18267	English muffins, whole-wheat, toasted	396.00
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	396.00
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	396.00
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	395.00
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	395.00
15140	Crustaceans, crab, blue, cooked, moist heat	395.00
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	394.00
18537	ARCHWAY Home Style Cookies, Oatmeal	394.00
18283	Muffins, oat bran	393.00
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	393.00
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	393.00
22906	Chicken pot pie, frozen entree, prepared	393.00
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	393.00
31031	Potatoes, french fried, cross cut, frozen, unprepared	393.00
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	393.00
12644	Nuts, pecans, oil roasted, with salt added	393.00
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	392.00
15172	Mollusks, scallop, mixed species, raw	392.00
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	392.00
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	392.00
19070	Candies, butterscotch	391.00
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	391.00
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	391.00
06064	Soup, turkey, chunky, canned, ready-to-serve	391.00
06417	Soup, chicken gumbo, canned, prepared with equal volume water	391.00
06456	Soup, cream of shrimp, canned, prepared with equal volume water	391.00
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	391.00
11625	Parsley, freeze-dried	391.00
15080	Fish, salmon, chum, canned, drained solids with bone	391.00
16010	Beans, baked, canned, with pork and sweet sauce	391.00
06996	Gravy, CAMPBELL'S, au jus	390.00

NDB_No	Description	Sodium, Na(mg) Value Per
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	390.00
18414	Bread, raisin, unenriched	390.00
18954	Bread, pound cake type, pan de torta salvadoran	390.00
28038	JACKSON'S, Old Fashioned Vanilla Wafers	390.00
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	390.00
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	390.00
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	389.00
06119	Gravy, chicken, canned or bottled, ready-to-serve	389.00
06411	Soup, cheese, canned, prepared with equal volume water	388.00
06426	Soup, chili beef, canned, prepared with equal volume water	388.00
18051	Bread, reduced-calorie, oatmeal	388.00
18166	Cookies, chocolate sandwich, with creme filling, regular	388.00
18212	Cookies, vanilla wafers, lower fat	388.00
22905	Beef stew, canned entree	388.00
28315	Bread, cinnamon	388.00
18038	Bread, oat bran, toasted	387.00
21255	BURGER KING, DOUBLE WHOPPER, with cheese	387.00
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	387.00
36602	Restaurant, Chinese, fried rice, without meat	387.00
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	387.00
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	387.00
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	387.00
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	387.00
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	387.00
06547	Soup, beef mushroom, canned, prepared with equal volume water	386.00
07053	Pate, chicken liver, canned	386.00
15264	Salmon, sockeye, canned, drained solids, without skin and bones	386.00
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	386.00
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	386.00
28320	English muffins, whole grain white	386.00
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	386.00
18106	Coffeecake, fruit	385.00
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	385.00
21083	Fast foods, taco salad	385.00
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	385.00
22969	Chili with beans, microwavable bowls	385.00

NDB_No	Description	Sodium, Na(mg) Value Per
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	385.00
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	385.00
06217	Soup, vegetable, canned, low sodium, condensed	385.00
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	385.00
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	385.00
14033	Beverages, ABBOTT, EAS whey protein powder	385.00
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	384.00
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	384.00
11989	Mushrooms, straw, canned, drained solids	384.00
16018	Beans, black turtle, mature seeds, canned	384.00
18265	English muffins, wheat, toasted	384.00
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	384.00
18178	Cookies, oatmeal, commercially prepared, regular	383.00
21316	McDONALD'S, Tangy Honey Mustard Sauce	383.00
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	383.00
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	383.00
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	383.00
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	383.00
12643	Nuts, pecans, dry roasted, with salt added	383.00
06475	Soup, beef broth or bouillon, powder, prepared with water	382.00
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	382.00
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	382.00
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	382.00
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	382.00
18078	Bread, whole-wheat, prepared from recipe, toasted	381.00
28394	PEPPERIDGE FARM, Hamburger Bun	381.00
28397	Bread, multi-grain (includes whole-grain)	381.00
36019	APPLEBEE'S, chili	381.00
36037	Restaurant, family style, chili with meat and beans	381.00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	381.00
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	381.00
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	381.00
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	381.00
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	381.00
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	381.00
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	381.00

NDB_No	Description	Sodium, Na(mg) Value Per
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	381.00
15260	Fish, salmon, pink, canned, drained solids	381.00
06446	Soup, cream of onion, canned, prepared with equal volume water	380.00
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	380.00
18027	Bread, egg	380.00
18148	Cheesecake prepared from mix, no-bake type	380.00
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	380.00
21023	Fast foods, french toast with butter	380.00
28035	GIRL SCOUTS, Thin Mints Cookies	380.00
28108	KEEBLER, Holiday Jingles Cookies	380.00
28294	Cookie, chocolate, with icing or coating	380.00
31029	Potatoes, french fried, wedge cut, frozen, unprepared	380.00
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	380.00
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	379.00
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	379.00
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	379.00
15048	Fish, mackerel, jack, canned, drained solids	379.00
16158	Hummus, commercial	379.00
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	378.00
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	378.00
15226	Crustaceans, crab, dungeness, cooked, moist heat	378.00
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	378.00
20118	Noodles, flat, crunchy, Chinese restaurant	378.00
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	378.00
28390	PEPPERIDGE FARM, Light Style Wheat Bread	378.00
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	378.00
32028	Turnover, filled with egg, meat and cheese, frozen	378.00
36045	ON THE BORDER, refried beans	378.00
18048	Bread, raisin, enriched, toasted	377.00
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	377.00
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	377.00
18547	ARCHWAY Home Style Cookies, Strawberry Filled	377.00
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	377.00
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	377.00
06159	Soup, tomato, canned, condensed	377.00
06377	CAMPBELL'S, Tomato Soup, condensed	377.00

NDB_No	Description	Sodium, Na(mg) Value Per
15126	Fish, tuna, white, canned in water, drained solids	377.00
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	376.00
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	376.00
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	376.00
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	376.00
06466	Soup, turkey vegetable, canned, prepared with equal volume water	376.00
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	376.00
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	376.00
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	376.00
18432	Bread, white, commercially prepared, toasted, low sodium no salt	376.00
27001	Soup, hot and sour, Chinese restaurant	376.00
36028	DENNY'S, coleslaw	376.00
36418	Restaurant, Mexican, refried beans	376.00
18971	Bread, potato	375.00
28318	Bread, french or vienna, whole wheat	375.00
36040	CRACKER BARREL, macaroni n' cheese	375.00
36620	Restaurant, Chinese, shrimp and vegetables	375.00
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	375.00
16173	Frijoles rojos volteados (Refried beans, red, canned)	375.00
11481	Squash, summer, zucchini, italian style, canned	374.00
18444	Pie, fried pies, cherry	374.00
18445	Pie, fried pies, lemon	374.00
21202	Fast foods, hamburger, large, single patty, with condiments	374.00
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	374.00
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	374.00
22977	Lasagna with meat sauce, frozen, prepared	373.00
06167	Sauce, homemade, white, thick	373.00
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	373.00
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	373.00
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	373.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	372.00
06008	Soup, beef broth or bouillon canned, ready-to-serve	372.00
14058	Beverages, Whey protein powder isolate	372.00
15163	Mollusks, cuttlefish, mixed species, raw	372.00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	372.00
27061	Gravy, HEINZ Home Style, classic chicken	372.00

NDB_No	Description	Sodium, Na(mg) Value Per
28319	Bagels, whole grain white	372.00
18430	Danish pastry, cinnamon, unenriched	371.00
27050	Sauce, sweet and sour, ready-to-serve	371.00
28033	GIRL SCOUTS, Tagalongs Cookies	371.00
28290	Cookie, with peanut butter filling, chocolate-coated	371.00
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	371.00
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	371.00
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	371.00
01090	Milk, dry, whole, with added vitamin D	371.00
01212	Milk, dry, whole, without added vitamin D	371.00
06194	Soup, chicken broth, ready-to-serve	371.00
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	371.00
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	371.00
11285	Onions, canned, solids and liquids	371.00
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	371.00
06022	Soup, chicken rice, canned, chunky, ready-to-serve	370.00
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	370.00
16026	Beans, great northern, mature seeds, canned	370.00
16103	Refried beans, canned, traditional style (includes USDA commodity)	370.00
18006	Bagels, cinnamon-raisin, toasted	370.00
27000	Soup, egg drop, Chinese restaurant	370.00
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	370.00
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	370.00
28351	Cookies, Marie biscuit	370.00
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	370.00
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	370.00
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	369.00
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	369.00
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	369.00
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	369.00
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	369.00
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	369.00
15165	Mollusks, mussel, blue, cooked, moist heat	369.00
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	368.00
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	368.00
18190	Cookies, peanut butter sandwich, regular	368.00

NDB_No	Description	Sodium, Na(mg) Value Per
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	367.00
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	367.00
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	367.00
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	367.00
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	367.00
16156	Peanut butter, chunky, vitamin and mineral fortified	366.00
19194	Puddings, rice, dry mix	366.00
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	366.00
22529	Beef Pot Pie, frozen entree, prepared	365.00
06442	Soup, mushroom barley, canned, prepared with equal volume water	365.00
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	365.00
01012	Cheese, cottage, creamed, large or small curd	364.00
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	364.00
15158	Mollusks, clam, mixed species, cooked, breaded and fried	364.00
18266	English muffins, whole-wheat	364.00
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	364.00
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	364.00
21270	TACO BELL, Taco Salad	363.00
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	363.00
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	363.00
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	363.00
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	363.00
06545	CAMPBELL'S Homestyle New England Clam Chowder	363.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	363.00
06216	Soup, cream of chicken, canned, prepared with equal volume milk	362.00
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	362.00
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	362.00
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	362.00
14187	Beverages, Clam and tomato juice, canned	362.00
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	362.00
18206	Cookies, sugar, refrigerated dough, baked	362.00
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	362.00
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	361.00
18241	Croissants, cheese	361.00
18361	Toaster pastries, brown-sugar-cinnamon	361.00
18459	Breakfast tart, low fat	361.00

NDB_No	Description	Sodium, Na(mg) Value Per
28393	PEPPERIDGE FARM, White Hoagie Roll	361.00
36017	Restaurant, family style, macaroni & cheese, from kids' menu	361.00
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	361.00
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	361.00
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	359.00
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	359.00
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	359.00
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	359.00
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	359.00
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	359.00
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	359.00
28027	FAMOUS AMOS, Chocolate Chip Cookies	359.00
28322	Bagels, multigrain	359.00
43274	Cheese, cream, low fat	359.00
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	358.00
21321	McDONALD'S, Hotcakes (plain)	358.00
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	358.00
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	358.00
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	358.00
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	357.00
06955	Soup, cream of chicken, canned, condensed, reduced sodium	357.00
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	357.00
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	357.00
18355	Sweet rolls, cheese	357.00
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	357.00
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	357.00
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	357.00
19150	Candies, REESE'S Peanut Butter Cups	357.00
25040	Snacks, vegetable chips, made from garden vegetables	357.00
36014	Restaurant, family style, french fries	357.00
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	356.00
06498	Soup, tomato, dry, mix, prepared with water	356.00
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	356.00
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	356.00
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	356.00
16399	Peanut butter with omega-3, creamy	356.00

NDB_No	Description	Sodium, Na(mg) Value Per
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	355.00
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	355.00
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	355.00
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	355.00
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	355.00
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	355.00
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	354.00
18433	Danish pastry, lemon, unenriched	354.00
18435	Danish pastry, raspberry, unenriched	354.00
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	354.00
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	354.00
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	354.00
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	354.00
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	354.00
28352	Cookies, vanilla sandwich with creme filling, reduced fat	354.00
06015	Soup, chicken, canned, chunky, ready-to-serve	354.00
06166	Sauce, homemade, white, medium	354.00
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	354.00
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	354.00
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	354.00
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	354.00
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	353.00
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	353.00
12632	Nuts, macadamia nuts, dry roasted, with salt added	353.00
18037	Bread, oat bran	353.00
18192	Cookies, shortbread, commercially prepared, plain	353.00
18264	English muffins, wheat	353.00
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	353.00
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	353.00
06249	Soup, pea, green, canned, prepared with equal volume milk	352.00
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	351.00
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	351.00
18168	Cookies, chocolate sandwich, with extra creme filling	351.00
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	351.00
18421	Cookies, butter, commercially prepared, unenriched	351.00
19186	Desserts, apple crisp, prepared-from-recipe	351.00

NDB_No	Description	Sodium, Na(mg) Value Per
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	351.00
22918	Burrito, bean and cheese, frozen	351.00
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	351.00
36032	DENNY'S, spaghetti and meatballs	351.00
36038	Restaurant, family style, spaghetti and meatballs	351.00
18170	Cookies, fig bars	350.00
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	350.00
22528	Turkey Pot Pie, frozen entree	350.00
25045	Formulated bar, high fiber, chewy, oats and chocolate	350.00
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	350.00
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	350.00
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	350.00
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	350.00
06404	Soup, bean with pork, canned, prepared with equal volume water	349.00
06471	Soup, vegetable beef, canned, prepared with equal volume water	349.00
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	349.00
18179	Cookies, oatmeal, commercially prepared, soft-type	349.00
18210	Cookies, vanilla sandwich with creme filling	349.00
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	349.00
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	349.00
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	349.00
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	349.00
36615	DENNY'S, top sirloin steak	349.00
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	348.00
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	348.00
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	348.00
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	348.00
21269	TACO BELL, Nachos Supreme	348.00
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	348.00
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	348.00
28293	Cookie, butter or sugar, with chocolate icing or filling	348.00
06152	Sauce, pizza, canned, ready-to-serve	348.00
15021	Fish, croaker, Atlantic, cooked, breaded and fried	348.00
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	347.00
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	347.00
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	347.00

NDB_No	Description	Sodium, Na(mg) Value Per
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	347.00
06416	Soup, cream of chicken, canned, prepared with equal volume water	347.00
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	347.00
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	347.00
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	347.00
11184	Corn with red and green peppers, canned, solids and liquids	347.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	347.00
18047	Bread, raisin, enriched	347.00
22916	Lasagna with meat & sauce, frozen entree	347.00
18077	Bread, whole-wheat, prepared from recipe	346.00
19348	Syrups, chocolate, fudge-type	346.00
21112	Fast foods, hamburger; single, large patty; plain	346.00
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	346.00
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	346.00
06494	Soup, onion, dry, mix, prepared with water	346.00
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	345.00
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	345.00
18253	Doughnuts, french crullers, glazed	345.00
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	345.00
20030	Hominy, canned, white	345.00
20330	Hominy, canned, yellow	345.00
21111	Fast foods, hamburger; double, regular patty; with condiments	345.00
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	345.00
18005	Bagels, cinnamon-raisin	344.00
19017	Snacks, granola bars, hard, chocolate chip	344.00
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	344.00
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	344.00
01013	Cheese, cottage, creamed, with fruit	344.00
02066	Spearmint, dried	344.00
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	344.00
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	344.00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	344.00
16512	WORTHINGTON Diced Chik, canned, unprepared	344.00
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	343.00
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	343.00
11802	New zealand spinach, cooked, boiled, drained, with salt	343.00

NDB_No	Description	Sodium, Na(mg) Value Per
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	343.00
16006	Beans, baked, canned, plain or vegetarian	343.00
18146	Cake, yellow, prepared from recipe without frosting	343.00
18154	Cookies, brownies, prepared from recipe	343.00
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	343.00
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	343.00
27042	Soup, clam chowder, new england, canned, ready-to-serve	343.00
28036	GIRL SCOUTS, Trefoils Cookies	343.00
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	343.00
18199	Cookies, chocolate sandwich, with creme filling, special dietary	342.00
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	342.00
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	342.00
19524	Snacks, taro chips	342.00
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	342.00
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	342.00
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	342.00
11370	Potatoes, hash brown, home-prepared	342.00
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	341.00
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	341.00
18378	Cookies, chocolate chip, prepared from recipe, made with butter	341.00
18451	Cake, pound, commercially prepared, fat-free	341.00
19364	Toppings, butterscotch or caramel	341.00
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	341.00
28330	Cookies, marshmallow, with rice cereal and chocolate chips	341.00
06443	Soup, cream of mushroom, canned, prepared with equal volume water	340.00
16051	Beans, white, mature seeds, canned	340.00
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	339.00
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	339.00
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	339.00
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	339.00
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	339.00
12565	Nuts, almonds, oil roasted, with salt added	339.00
18103	Coffeecake, cheese	339.00
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	339.00
36013	Restaurant, family style, sirloin steak	339.00
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	338.00

NDB_No	Description	Sodium, Na(mg) Value Per
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	338.00
01251	Cheese, Mexican blend	338.00
06070	Soup, chunky beef, canned, ready-to-serve	338.00
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	338.00
16201	Campbell's Pork and Beans	338.00
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	337.00
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	337.00
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	337.00
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	337.00
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	337.00
28045	KEEBLER, ANIMALS, Iced Cookies	337.00
18071	Bread, white, prepared from recipe, made with nonfat dry milk	336.00
18186	Cookies, peanut butter, commercially prepared, soft-type	336.00
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	336.00
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	336.00
06449	Soup, pea, green, canned, prepared with equal volume water	336.00
16039	Beans, navy, mature seeds, canned	336.00
16073	Lima beans, large, mature seeds, canned	336.00
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	335.00
05356	Chicken, broiler, rotisserie, BBQ, skin	335.00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	335.00
06419	Soup, chicken noodle, canned, prepared with equal volume water	335.00
11372	Potatoes, scalloped, home-prepared with butter	335.00
11844	Potatoes, scalloped, home-prepared with margarine	335.00
18316	Pie, coconut custard, commercially prepared	335.00
22919	Macaroni and Cheese, canned, microwavable	335.00
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	334.00
18544	ARCHWAY Home Style Cookies, Raspberry Filled	334.00
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	334.00
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	334.00
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	334.00
01031	Cheese, neufchatel	334.00
06465	Soup, turkey noodle, canned, prepared with equal volume water	334.00
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	334.00
11050	Beans, shellie, canned, solids and liquids	334.00
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	333.00

NDB_No	Description	Sodium, Na(mg) Value Per
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	333.00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	333.00
18319	Pie, fried pies, fruit	333.00
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	333.00
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	333.00
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	333.00
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	333.00
31015	PACE, Diced Green Chilies	333.00
18055	Bread, reduced-calorie, wheat	332.00
18127	Cake, snack cakes, creme-filled, chocolate with frosting	332.00
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	332.00
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	332.00
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	332.00
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	332.00
16021	Beans, cranberry (roman), mature seeds, canned	332.00
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	331.00
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	331.00
06991	HEALTHY REQUEST, Tomato Soup, condensed	331.00
12540	Seeds, sunflower seed butter, with salt added	331.00
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	331.00
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	331.00
21107	Fast foods, hamburger; single, regular patty; plain	331.00
28215	MURRAY, JACKS Vanilla Wafers	331.00
28347	Pancakes, gluten-free, frozen, ready-to-heat	331.00
28374	VAN'S, Gluten Free, Totally Original Pancakes	331.00
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	330.00
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	330.00
15142	Crustaceans, crab, blue, crab cakes, home recipe	330.00
01223	Protein supplement, milk based, Muscle Milk, powder	329.00
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	329.00
18314	Pie, coconut cream, prepared from mix, no-bake type	329.00
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	329.00
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	329.00
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	329.00
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	329.00
22971	Potato salad with egg	329.00

NDB_No	Description	Sodium, Na(mg) Value Per
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	329.00
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	329.00
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	329.00
35142	Frybread, made with lard (Navajo)	329.00
18205	Cookies, sugar, refrigerated dough	328.00
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	328.00
19056	Snacks, tortilla chips, plain, white corn, salted	328.00
21140	Side dishes, potato salad	328.00
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	328.00
06165	Sauce, homemade, white, thin	328.00
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	328.00
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	327.00
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	327.00
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	327.00
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	327.00
06549	Soup, chicken mushroom, canned, prepared with equal volume water	327.00
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	327.00
11764	Celery, cooked, boiled, drained, with salt	327.00
18116	Cake, gingerbread, prepared from recipe	327.00
18139	Cake, white, prepared from recipe without frosting	327.00
18183	Cookies, oatmeal, refrigerated dough, baked	327.00
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	326.00
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	326.00
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	326.00
19051	Snacks, rice cracker brown rice, plain	326.00
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	326.00
25059	Snacks, brown rice chips	326.00
28268	KEEBLER, Sugar Cones	326.00
06481	Soup, chicken broth cubes, dry, prepared with water	326.00
06749	Soup, beef and vegetables, canned, ready-to-serve	326.00
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	325.00
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	325.00
06409	Soup, beef noodle, canned, prepared with equal volume water	325.00
06990	HEALTHY REQUEST, Minestrone Soup, condensed	325.00
06992	HEALTHY REQUEST, Vegetable Soup, condensed	325.00
18213	Cookies, vanilla wafers, higher fat	325.00

NDB_No	Description	Sodium, Na(mg) Value Per
28264	KEEBLER, Oatmeal Cookies	325.00
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	325.00
18261	English muffins, mixed-grain, toasted (includes granola)	324.00
18360	Taco shells, baked	324.00
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	324.00
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	324.00
28132	KEEBLER, Toasted Coconut Cookies	324.00
28209	MOTHER'S, Taffy Sandwich Cookies	324.00
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	324.00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	323.00
11814	Peas, green, frozen, cooked, boiled, drained, with salt	323.00
18105	Coffeecake, creme-filled with chocolate frosting	323.00
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	322.00
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	322.00
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	322.00
06318	Gravy, CAMPBELL'S, country style cream	322.00
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	322.00
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	322.00
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	322.00
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	322.00
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	322.00
06544	CAMPBELL'S Homestyle Minestrone Soup	322.00
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	322.00
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	322.00
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	322.00
11461	Spinach, canned, regular pack, drained solids	322.00
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	322.00
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	321.00
18163	Cookies, chocolate chip, refrigerated dough	321.00
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	321.00
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	321.00
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	321.00
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	321.00
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	320.00
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	320.00
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	320.00

NDB_No	Description	Sodium, Na(mg) Value Per
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	320.00
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	320.00
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	320.00
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	320.00
16089	Peanuts, all types, oil-roasted, with salt	320.00
03214	Babyfood, cookies, arrowroot	319.00
06463	Soup, tomato rice, canned, prepared with equal volume water	319.00
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	319.00
08510	Milk and cereal bar	319.00
11459	Spinach, canned, regular pack, solids and liquids	319.00
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	319.00
18119	Cake, pineapple upside-down, prepared from recipe	319.00
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	318.00
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	318.00
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	318.00
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	318.00
06963	Fish broth	318.00
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	317.00
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	317.00
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	317.00
11934	Potatoes, mashed, home-prepared, whole milk and butter added	317.00
14224	Beverages, coffee, instant, mocha, sweetened	317.00
19014	Snacks, fruit leather, rolls	317.00
19136	Candies, HERSHEY'S SKOR Toffee Bar	317.00
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	317.00
19274	Snacks, fruit leather, pieces, with vitamin C	317.00
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	317.00
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	317.00
28273	MURRAY, Vanilla Creme Sandwich Cookies	317.00
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	316.00
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	316.00
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	316.00
18101	Cake, chocolate, prepared from recipe without frosting	315.00
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	315.00
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	315.00
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	315.00

NDB_No	Description	Sodium, Na(mg) Value Per
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	315.00
01017	Cheese, cream	314.00
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	314.00
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	314.00
21078	Fast foods, nachos, with cheese	313.00
21252	BURGER KING, WHOPPER, no cheese	313.00
21268	TACO BELL, Nachos	313.00
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	313.00
03997	Babyfood, Baby MUM MUM Rice Biscuits	313.00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	313.00
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	312.00
32019	Lasagna, cheese, frozen, unprepared	312.00
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	311.00
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	311.00
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	311.00
36413	Restaurant, Latino, black bean soup	311.00
36623	Restaurant, Chinese, chicken chow mein	311.00
43507	Frankfurter, low sodium	311.00
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	310.00
25028	Tortilla chips, yellow, plain, salted	310.00
18254	Doughnuts, yeast-leavened, with creme filling	309.00
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	308.00
25017	Formulated bar, POWER BAR, chocolate	308.00
28214	MURRAY, Lemon Creme Sandwich Cookies	308.00
01015	Cheese, cottage, lowfat, 2% milkfat	308.00
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	308.00
12586	Nuts, cashew nuts, oil roasted, with salt added	308.00
12129	Nuts, ginkgo nuts, canned	307.00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	307.00
06018	Soup, chunky chicken noodle, canned, ready-to-serve	306.00
06413	Soup, chicken broth, canned, prepared with equal volume water	306.00
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	306.00
11854	Spinach, cooked, boiled, drained, with salt	306.00
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	306.00
15176	Mollusks, squid, mixed species, cooked, fried	306.00
21139	Fast foods, potato, mashed	306.00

NDB_No	Description	Sodium, Na(mg) Value Per
22899	Ravioli, cheese-filled, canned	306.00
36055	Restaurant, Italian, cheese ravioli with marinara sauce	306.00
18964	Cinnamon buns, frosted (includes honey buns)	305.00
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	305.00
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	305.00
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	305.00
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	305.00
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	305.00
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	304.00
18356	Sweet rolls, cinnamon, commercially prepared with raisins	304.00
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	304.00
36622	Restaurant, Chinese, sweet and sour pork	304.00
18152	Cookies, brownies, dry mix, regular	303.00
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	303.00
06615	Soup, SWANSON, vegetable broth	303.00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	303.00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	302.00
11657	Potatoes, mashed, home-prepared, whole milk added	302.00
11757	Carrots, cooked, boiled, drained, with salt	302.00
18019	Bread, banana, prepared from recipe, made with margarine	302.00
22247	Macaroni and Cheese, canned entree	302.00
28031	GIRL SCOUTS, Do-si-dos Cookies	301.00
28153	KEEBLER, Vienna Fingers with Creme Filling	301.00
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	301.00
15155	Mollusks, abalone, mixed species, raw	301.00
03213	Babyfood, cookies	300.00
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	300.00
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	300.00
36613	DENNY'S, macaroni & cheese, from kid's menu	300.00
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	299.00
19162	Candies, WHATCHAMACALLIT Candy Bar	299.00
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	299.00
09110	Goji berries, dried	298.00
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	298.00
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	298.00
18260	English muffins, mixed-grain (includes granola)	298.00

NDB_No	Description	Sodium, Na(mg) Value Per
18272	Ice cream cones, sugar, rolled-type	298.00
18416	Bread, white, commercially prepared, low sodium, no salt	298.00
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	298.00
31036	Potatoes, mashed, ready-to-eat	298.00
35237	Tamales, masa and pork filling (Hopi)	298.00
27062	Soup, beef barley, ready to serve	297.00
28109	KEEBLER, Iced Oatmeal Cookies	297.00
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	297.00
43595	Breakfast bar, corn flake crust with fruit	297.00
01131	Egg, whole, cooked, poached	297.00
11763	Celeriac, cooked, boiled, drained, with salt	297.00
06700	Soup, vegetable broth, ready to serve	296.00
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	296.00
15028	Fish, flatfish (flounder and sole species), raw	296.00
16029	Beans, kidney, all types, mature seeds, canned	296.00
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	296.00
25050	Snacks, yucca (cassava) chips, salted	296.00
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	295.00
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	295.00
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	295.00
11760	Carrots, frozen, cooked, boiled, drained, with salt	295.00
12588	Nuts, cashew butter, plain, with salt added	295.00
15143	Crustaceans, crab, dungeness, raw	295.00
07978	Pork sausage, reduced sodium, cooked	294.00
16138	Falafel, home-prepared	294.00
18182	Cookies, oatmeal, refrigerated dough	294.00
19015	Snacks, granola bars, hard, plain	294.00
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	293.00
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	293.00
15139	Crustaceans, crab, blue, raw	293.00
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	293.00
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	292.00
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	292.00
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	292.00
16149	Peanut spread, reduced sugar	292.00
18384	Bread, rice bran, toasted	292.00

NDB_No	Description	Sodium, Na(mg) Value Per
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	292.00
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	291.00
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	291.00
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	291.00
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	290.00
11881	Taro, tahitian, cooked, with salt	290.00
18161	Cookies, chocolate chip, dry mix	290.00
18303	Pie, banana cream, prepared from mix, no-bake type	290.00
18991	BARBARA DEE, Winter Mints Cookies	290.00
19319	Puddings, banana, dry mix, instant, prepared with whole milk	290.00
22970	Macaroni and cheese, frozen entree	290.00
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	290.00
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	289.00
21254	BURGER KING, DOUBLE WHOPPER, no cheese	289.00
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	289.00
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	289.00
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	289.00
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	289.00
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	289.00
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	289.00
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	289.00
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	288.00
06039	Soup, minestrone, canned, chunky, ready-to-serve	288.00
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	288.00
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	288.00
19036	Snacks, popcorn, cakes	288.00
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	288.00
18305	Pie, blueberry, commercially prepared	287.00
19112	Candies, TWIZZLERS Strawberry Twists Candy	287.00
19113	Syrups, table blends, pancake, with butter	287.00
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	287.00
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	287.00
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	287.00
11015	Asparagus, canned, drained solids	287.00
15057	Fish, ocean perch, Atlantic, raw	287.00
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	286.00

NDB_No	Description	Sodium, Na(mg) Value Per
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	286.00
11889	Turnips, cooked, boiled, drained, with salt	286.00
15164	Mollusks, mussel, blue, raw	286.00
18151	Cookies, brownies, commercially prepared	286.00
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	286.00
19436	Popcorn, sugar syrup/caramel, fat-free	286.00
18400	Crackers, matzo, egg and onion	285.00
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	285.00
03216	Babyfood, teething biscuits	285.00
11734	Beets, cooked, boiled. drained, with salt	285.00
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	285.00
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	284.00
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	284.00
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	284.00
11013	Asparagus, canned, regular pack, solids and liquids	284.00
18102	Cake, white, prepared from recipe with coconut frosting	284.00
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	284.00
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	284.00
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	284.00
22910	Lasagna, cheese, frozen, prepared	284.00
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	284.00
28205	MOTHER'S, Macaroon Cookies	284.00
18979	KASHI, H2H Woven Wheat Cracker, Original	283.00
19420	Snacks, granola bars, hard, peanut butter	283.00
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	283.00
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	283.00
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	283.00
18155	Cookies, butter, commercially prepared, enriched	282.00
19022	Snacks, granola bars, soft, uncoated, raisin	282.00
03046	Babyfood, ravioli, cheese filled, with tomato sauce	282.00
11656	Corn pudding, home prepared	282.00
11792	Kale, scotch, cooked, boiled, drained, with salt	281.00
11796	Lotus root, cooked, boiled, drained, with salt	281.00
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	281.00
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	281.00
18193	Cookies, shortbread, commercially prepared, pecan	281.00

NDB_No	Description	Sodium, Na(mg) Value Per
19169	Egg custards, dry mix	281.00
28231	MURRAY, SUGAR FREE, Vanilla Wafer	281.00
22912	Spaghetti, with meatballs in tomato sauce, canned	280.00
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	280.00
31001	CAMPBELL'S, Tomato juice	280.00
31006	CAMPBELL'S, Organic Tomato juice	280.00
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	280.00
11782	Dandelion greens, cooked, boiled, drained, with salt	280.00
11849	Purslane, cooked, boiled, drained, with salt	280.00
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	280.00
15011	Fish, catfish, channel, cooked, breaded and fried	280.00
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	279.00
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	279.00
11787	Drumstick pods, cooked, boiled, drained, with salt	279.00
21249	BURGER KING, french fries	279.00
28328	Cookies, chocolate chip sandwich, with creme filling	279.00
19010	Snacks, crisped rice bar, chocolate chip	278.00
19020	Snacks, granola bars, soft, uncoated, plain	278.00
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	278.00
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	278.00
11432	Radishes, oriental, dried	278.00
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	278.00
02011	Spices, cloves, ground	277.00
11570	Turnip greens, canned, solids and liquids	277.00
14222	Beverages, coffee, instant, with chicory	277.00
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	277.00
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	277.00
36411	Restaurant, Latino, tamale, corn	277.00
43143	Cabbage, japanese style, fresh, pickled	277.00
18160	Cookies, chocolate chip, commercially prepared, soft-type	276.00
28270	MOTHER'S, Vanilla Sandwich Cookies	276.00
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	276.00
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	276.00
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	275.00
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	275.00
11683	Carrot, dehydrated	275.00

NDB_No	Description	Sodium, Na(mg) Value Per
18317	Pie, egg custard, commercially prepared	275.00
18324	Pie, pecan, commercially prepared	275.00
21115	Fast foods, hamburger, large, triple patty, with condiments	275.00
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	275.00
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	275.00
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	275.00
18240	Croissants, apple	274.00
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	274.00
14024	Beverages, Whiskey sour mix, powder	274.00
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	273.00
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	273.00
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	273.00
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	273.00
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	273.00
18200	Cookies, oatmeal, commercially prepared, special dietary	273.00
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	273.00
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	273.00
22914	Pasta with tomato sauce, no meat, canned	272.00
06210	Soup, cream of celery, canned, prepared with equal volume milk	272.00
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	272.00
11890	Turnips, frozen, cooked, boiled, drained, with salt	272.00
11908	Corn, sweet, white, canned, vacuum pack, regular pack	272.00
05336	USDA Commodity Chicken, canned, meat only, drained	271.00
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	271.00
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	271.00
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	271.00
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	270.00
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	270.00
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	270.00
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	270.00
03215	Babyfood, pretzels	269.00
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	269.00
18059	Bread, rice bran	269.00
18141	Cake, yellow, commercially prepared, with vanilla frosting	269.00
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	269.00
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	269.00

NDB_No	Description	Sodium, Na(mg) Value Per
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	269.00
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	268.00
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	268.00
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	268.00
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	268.00
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	268.00
16044	Beans, pinto, mature seeds, canned, solids and liquids	268.00
06067	Soup, chunky vegetable, canned, ready-to-serve	267.00
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	267.00
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	267.00
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	267.00
28073	KEEBLER, Danish Wedding Cookies	267.00
28131	KEEBLER, Sweet Cremes Cookies	267.00
28199	MOTHER'S, English Tea Sandwich Cookies	267.00
18310	Pie, chocolate creme, commercially prepared	266.00
18443	Pie, apple, commercially prepared, unenriched flour	266.00
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	266.00
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	266.00
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	266.00
03090	Babyfood, dinner, macaroni and cheese, junior	266.00
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	266.00
11956	Tomatoes, sun-dried, packed in oil, drained	266.00
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	265.00
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	265.00
11794	Lambsquarters, cooked, boiled, drained, with salt	265.00
11891	Turnip greens, cooked, boiled, drained, with salt	265.00
18174	Cookies, graham crackers, chocolate-coated	265.00
18969	Cream puff, eclair, custard or cream filled, iced	265.00
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	265.00
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	265.00
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	264.00
19910	Candies, crispy bar with peanut butter filling	264.00
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	264.00
11876	Sweet potato, cooked, boiled, without skin, with salt	263.00
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	263.00
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	263.00

NDB_No	Description	Sodium, Na(mg) Value Per
18325	Pie, pecan, prepared from recipe	262.00
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	262.00
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	262.00
28202	MOTHER'S, Iced Lemonade Cookies	262.00
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	262.00
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	262.00
11742	Broccoli, cooked, boiled, drained, with salt	262.00
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	262.00
11174	Corn, sweet, yellow, canned, cream style, regular pack	261.00
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	261.00
11906	Corn, sweet, white, canned, cream style, regular pack	261.00
15034	Fish, haddock, cooked, dry heat	261.00
19067	Candies, TWIZZLERS CHERRY BITES	261.00
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	261.00
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	261.00
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	260.00
18328	Pie, vanilla cream, prepared from recipe	260.00
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	260.00
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	260.00
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	260.00
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	260.00
06476	Soup, beef broth, cubed, prepared with water	260.00
11318	Peas and carrots, canned, regular pack, solids and liquids	260.00
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	260.00
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	260.00
11753	Cabbage, savoy, cooked, boiled, drained, with salt	260.00
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	259.00
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	259.00
11790	Kale, cooked, boiled, drained, with salt	259.00
11968	Cauliflower, green, cooked, with salt	259.00
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	259.00
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	258.00
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	257.00
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	257.00
11700	Amaranth leaves, cooked, boiled, drained, with salt	257.00
11745	Brussels sprouts, cooked, boiled, drained, with salt	257.00

NDB_No	Description	Sodium, Na(mg) Value Per
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	257.00
11793	Kohlrabi, cooked, boiled, drained, with salt	257.00
11830	Potatoes, baked, skin only, with salt	257.00
28044	KEEBLER, ANIMALS, Frosted Cookies	257.00
28291	Cookies, animal, with frosting or icing	257.00
18271	Ice cream cones, cake or wafer-type	256.00
19016	Snacks, granola bars, hard, almond	256.00
05338	USDA Commodity, Chicken, canned, meat only, with broth	256.00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	256.00
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.00
11751	Cabbage, common, cooked, boiled, drained, with salt	255.00
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	255.00
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	255.00
06410	Soup, cream of celery, canned, prepared with equal volume water	254.00
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	254.00
06440	Soup, minestrone, canned, prepared with equal volume water	254.00
11310	Peas, green, canned, seasoned, solids and liquids	254.00
11701	Arrowhead, cooked, boiled, drained, with salt	254.00
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	254.00
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	254.00
11851	Rutabagas, cooked, boiled, drained, with salt	254.00
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	254.00
18090	Cake, boston cream pie, commercially prepared	254.00
18322	Pie, mince, prepared from recipe	254.00
19406	Snacks, granola bars, soft, uncoated, nut and raisin	254.00
18211	Puff pastry, frozen, ready-to-bake, baked	253.00
18224	Crackers, rusk toast	253.00
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	253.00
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	253.00
28348	Rolls, dinner, sweet	253.00
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	253.00
11540	Tomato juice, canned, with salt added	253.00
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	253.00
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	253.00
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	253.00
11902	Corn, sweet, white, cooked, boiled, drained, with salt	253.00

NDB_No	Description	Sodium, Na(mg) Value Per
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	252.00
11768	Collards, cooked, boiled, drained, with salt	252.00
11799	Mustard greens, cooked, boiled, drained, with salt	252.00
11836	Potatoes, microwaved, cooked, in skin, skin with salt	252.00
11852	Salsify, cooked, boiled, drained, with salt	252.00
19414	Snacks, rice cakes, brown rice, multigrain	252.00
25024	Pretzels, soft, unsalted	252.00
36617	Restaurant, Chinese, lemon chicken	252.00
19404	Snacks, granola bars, soft, uncoated, chocolate chip	251.00
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	251.00
05337	USDA Commodity, Chicken, canned, meat only, with water	251.00
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	251.00
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	251.00
11791	Kale, frozen, cooked, boiled, drained, with salt	251.00
11878	Taro, cooked, with salt	251.00
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	251.00
11932	Beans, snap, yellow, canned, regular pack, drained solids	251.00
01224	Protein supplement, milk based, Muscle Milk Light, powder	250.00
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	250.00
11832	Potatoes, boiled, cooked in skin, skin, with salt	250.00
11853	Soybeans, green, cooked, boiled, drained, with salt	250.00
19086	Candies, confectioner's coating, peanut butter	250.00
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	250.00
31025	Sweet Potato puffs, frozen, unprepared	250.00
18337	Puff pastry, frozen, ready-to-bake	249.00
28039	KASHI, TLC, Happy Trail Mix Cookies	249.00
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	249.00
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	249.00
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	249.00
11850	Radishes, oriental, cooked, boiled, drained, with salt	249.00
11874	Sweet potato leaves, cooked, steamed, with salt	249.00
16436	Winged beans, mature seeds, cooked, boiled, with salt	249.00
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	248.00
11927	Mountain yam, hawaii, cooked, steamed, with salt	248.00
22996	KASHI Three Cheese Penne, frozen, unprepared	248.00
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	247.00

NDB_No	Description	Sodium, Na(mg) Value Per
28030	GIRL SCOUTS, Chalet Cookies	247.00
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	247.00
11789	Jute, potherb, cooked, boiled, drained, with salt	247.00
11884	Tomatoes, red, ripe, cooked, with salt	247.00
11922	Sesbania flower, cooked, steamed, with salt	247.00
15121	Fish, tuna, light, canned in water, drained solids	247.00
05180	Turkey from whole, neck, meat only, cooked, simmered	246.00
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	246.00
11295	Onion rings, breaded, par fried, frozen, unprepared	246.00
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	246.00
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	246.00
11808	Parsnips, cooked, boiled, drained, with salt	246.00
11875	Sweet potato, cooked, baked in skin, flesh, with salt	246.00
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	246.00
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	246.00
16379	Mothbeans, mature seeds, cooked, boiled, with salt	246.00
18308	Pie, cherry, commercially prepared	246.00
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	246.00
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	246.00
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	246.00
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	246.00
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	246.00
36621	Restaurant, Chinese, sweet and sour chicken	246.00
19074	Candies, caramels	245.00
19243	Candies, HEATH BITES	245.00
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	245.00
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	245.00
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	245.00
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	245.00
11497	Succotash, (corn and limas), canned, with cream style corn	245.00
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	245.00
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	245.00
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	245.00
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	245.00
11786	Drumstick leaves, cooked, boiled, drained, with salt	245.00
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	245.00

NDB_No	Description	Sodium, Na(mg) Value Per
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	244.00
11752	Cabbage, red, cooked, boiled, drained, with salt	244.00
11781	Cress, garden, cooked, boiled, drained, with salt	244.00
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	244.00
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	244.00
11848	Pumpkin leaves, cooked, boiled, drained, with salt	244.00
11868	Squash, winter, hubbard, baked, with salt	244.00
11877	Sweet potato, frozen, cooked, baked, with salt	244.00
11897	Yam, cooked, boiled, drained, or baked, with salt	244.00
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	244.00
18198	Cookies, chocolate chip, commercially prepared, special dietary	244.00
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	243.00
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	243.00
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	243.00
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	243.00
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	243.00
16384	Mungo beans, mature seeds, cooked, boiled, with salt	243.00
11128	Carrots, canned, regular pack, drained solids	242.00
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	242.00
11761	Cauliflower, cooked, boiled, drained, with salt	242.00
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	242.00
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	242.00
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	242.00
16137	Hummus, home prepared	242.00
16323	Beans, french, mature seeds, cooked, boiled, with salt	242.00
16350	Beans, white, mature seeds, cooked, boiled, with salt	242.00
18321	Pie, lemon meringue, prepared from recipe	242.00
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	241.00
28309	Cookies, coconut macaroon	241.00
11087	Beet greens, cooked, boiled, drained, without salt	241.00
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	241.00
11803	Okra, cooked, boiled, drained, with salt	241.00
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	241.00
11829	Potatoes, baked, flesh, with salt	241.00
11833	Potatoes, boiled, cooked without skin, flesh, with salt	241.00
11846	Pumpkin, canned, with salt	241.00

NDB_No	Description	Sodium, Na(mg) Value Per
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	241.00
11928	Tree fern, cooked, with salt	241.00
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	241.00
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	241.00
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	241.00
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	241.00
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	241.00
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	240.00
11126	Carrots, canned, regular pack, solids and liquids	240.00
11705	Asparagus, cooked, boiled, drained, with salt	240.00
11709	Asparagus, frozen, cooked, boiled, drained, with salt	240.00
11712	Bamboo shoots, cooked, boiled, drained, with salt	240.00
11747	Burdock root, cooked, boiled, drained, with salt	240.00
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	240.00
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	240.00
11798	Mushrooms, shiitake, cooked, with salt	240.00
11809	Peas, edible-podded, cooked, boiled, drained, with salt	240.00
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	240.00
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	240.00
11831	Potatoes, boiled, cooked in skin, flesh, with salt	240.00
11864	Squash, winter, acorn, cooked, baked, with salt	240.00
11866	Squash, winter, butternut, cooked, baked, with salt	240.00
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	240.00
11899	Yardlong bean, cooked, boiled, drained, with salt	240.00
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	240.00
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	240.00
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	240.00
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	240.00
16377	Lupins, mature seeds, cooked, boiled, with salt	240.00
18304	Pie, banana cream, prepared from recipe	240.00
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	240.00
22992	KASHI, Southwest Style Chicken, Frozen Entree	240.00
18326	Pie, pumpkin, commercially prepared	239.00
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	239.00
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	239.00
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	239.00

NDB_No	Description	Sodium, Na(mg) Value Per
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	239.00
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	239.00
11723	Beans, snap, green, cooked, boiled, drained, with salt	239.00
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	239.00
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	239.00
11783	Eggplant, cooked, boiled, drained, with salt	239.00
11804	Okra, frozen, cooked, boiled, drained, with salt	239.00
11805	Onions, cooked, boiled, drained, with salt	239.00
11811	Peas, green, cooked, boiled, drained, with salt	239.00
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	239.00
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	239.00
16146	Beans, pinto, canned, drained solids	239.00
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	239.00
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	239.00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	238.00
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	238.00
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	238.00
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	238.00
06423	Soup, chicken with rice, canned, prepared with equal volume water	238.00
06453	Soup, cream of potato, canned, prepared with equal volume water	238.00
08182	Cereals, WHEATENA, cooked with water, with salt	238.00
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	238.00
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	238.00
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	238.00
11797	Mushrooms, white, cooked, boiled, drained, with salt	238.00
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	238.00
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	238.00
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	238.00
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	238.00
11879	Taro, leaves, cooked, steamed, with salt	238.00
11880	Taro, shoots, cooked, with salt	238.00
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	238.00
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	238.00
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	238.00
16341	Beans, pink, mature seeds, cooked, boiled, with salt	238.00
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	238.00

NDB_No	Description	Sodium, Na(mg) Value Per
16346	Beans, small white, mature seeds, cooked, boiled, with salt	238.00
16370	Lentils, mature seeds, cooked, boiled, with salt	238.00
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	238.00
16381	Mung beans, mature seeds, cooked, boiled, with salt	238.00
16386	Peas, split, mature seeds, cooked, boiled, with salt	238.00
22401	Spaghetti with meat sauce, frozen entree	238.00
22931	SPAGHETTIOS, SpaghettiOs Original	238.00
22932	SPAGHETTIOS, SpaghettiOs A to Z's	238.00
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	238.00
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	238.00
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	238.00
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	238.00
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	238.00
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	238.00
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	238.00
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	237.00
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	237.00
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	237.00
11766	Chayote, fruit, cooked, boiled, drained, with salt	237.00
11845	Pumpkin, cooked, boiled, drained, with salt	237.00
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	237.00
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	237.00
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	237.00
11863	Squash, winter, all varieties, cooked, baked, with salt	237.00
16315	Beans, black, mature seeds, cooked, boiled, with salt	237.00
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	237.00
16338	Beans, navy, mature seeds, cooked, boiled, with salt	237.00
16409	Soybeans, mature seeds, cooked, boiled, with salt	237.00
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	236.00
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	235.00
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	235.00
19246	Frostings, white, fluffy, dry mix	234.00
19403	Snacks, crisped rice bar, almond	234.00
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	234.00
06609	SWANSON BROTH, Certified Organic Vegetable Broth	234.00
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	234.00

NDB_No	Description	Sodium, Na(mg) Value Per
05179	Turkey from whole, neck, meat only, raw	233.00
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	233.00
11445	Seaweed, kelp, raw	233.00
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	233.00
25046	Snacks, bagel chips, plain	233.00
18164	Cookies, chocolate chip, refrigerated dough, baked	232.00
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	232.00
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	232.00
06183	Soup, chicken broth, less/reduced sodium, ready to serve	231.00
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	231.00
11311	Peas, green, canned, drained solids, rinsed in tap water	231.00
16145	Beans, kidney, red, mature seeds, canned, drained solids	231.00
18959	Pastry, Pastelitos de Guava (guava pastries)	231.00
19069	Candies, NESTLE, BUTTERFINGER Bar	230.00
19111	Candies, NESTLE, BABY RUTH Bar	230.00
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	230.00
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	230.00
36630	Restaurant, Italian, spaghetti with meat sauce	230.00
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	230.00
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	230.00
06253	Soup, cream of potato, canned, prepared with equal volume milk	230.00
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	230.00
11056	Beans, snap, green, canned, regular pack, drained solids	230.00
15166	Mollusks, octopus, common, raw	230.00
06024	Soup, chicken and vegetable, canned, ready-to-serve	229.00
06528	Soup, chicken noodle, dry, mix, prepared with water	229.00
19059	Snacks, trail mix, regular	229.00
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	229.00
42136	Cream substitute, powdered, light	229.00
18134	Cake, sponge, prepared from recipe	228.00
18955	Bread, pan dulce, sweet yeast bread	228.00
19053	Snacks, rice cakes, brown rice, sesame seed	227.00
03217	Zwieback	227.00
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	227.00
12695	Nuts, almond butter, plain, with salt added	227.00
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	227.00

NDB_No	Description	Sodium, Na(mg) Value Per
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	226.00
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	226.00
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	226.00
11086	Beet greens, raw	226.00
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	226.00
18327	Pie, pumpkin, prepared from recipe	225.00
19098	Candies, 5TH AVENUE Candy Bar	225.00
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	225.00
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	225.00
06188	Soup, beef broth, less/reduced sodium, ready to serve	225.00
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	224.00
05707	Turkey, whole, meat and skin, with added solution, roasted	224.00
11579	Vegetables, mixed, canned, solids and liquids	224.00
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	224.00
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	223.00
05705	Turkey, whole, meat only, with added solution, roasted	223.00
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	223.00
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	223.00
16506	LOMA LINDA Vege-Burger, canned, unprepared	222.00
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	222.00
36035	Restaurant, family style, coleslaw	221.00
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	221.00
11533	Tomatoes, red, ripe, canned, stewed	221.00
08122	Cereals, oats, instant, fortified, plain, dry	220.00
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	220.00
35009	Whale, beluga, meat, dried (Alaska Native)	220.00
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	220.00
21247	WENDY'S, french fries	219.00
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	219.00
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	219.00
11376	Potatoes, canned, drained solids	219.00
15017	Fish, cod, Atlantic, canned, solids and liquid	218.00
16003	Beans, adzuki, mature seeds, canned, sweetened	218.00
21416	POPEYES, Coleslaw	218.00
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	218.00
18323	Pie, peach	217.00

NDB_No	Description	Sodium, Na(mg) Value Per
11374	Potatoes, canned, solids and liquids	217.00
11671	Potatoes, o'brien, home-prepared	217.00
18427	Crackers, standard snack-type, regular, low salt	216.00
18251	Doughnuts, cake-type, chocolate, sugared or glazed	215.00
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	215.00
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	215.00
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	215.00
15162	Mollusks, clam, mixed species, canned, liquid	215.00
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	214.00
11581	Vegetables, mixed, canned, drained solids	214.00
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	214.00
42284	Babyfood, baked product, finger snacks cereal fortified	214.00
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	213.00
28350	Cookies, chocolate cream covered biscuit sticks	213.00
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	213.00
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	213.00
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	213.00
10158	USDA Commodity, pork, canned	213.00
11147	Chard, swiss, raw	213.00
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	213.00
15033	Fish, haddock, raw	213.00
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	212.00
15231	Mollusks, oyster, Pacific, cooked, moist heat	212.00
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	212.00
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	212.00
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	212.00
18302	Pie, apple, prepared from recipe	211.00
02012	Spices, coriander leaf, dried	211.00
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	210.00
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	210.00
21138	Fast foods, potato, french fried in vegetable oil	210.00
28329	Cookies, chocolate, made with rice cereal	210.00
43026	Syrups, sugar free	210.00
36631	OLIVE GARDEN, spaghetti with meat sauce	209.00
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	209.00
02017	Spices, dill weed, dried	208.00

NDB_No	Description	Sodium, Na(mg) Value Per
11426	Pumpkin pie mix, canned	208.00
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	208.00
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	208.00
43019	Salad dressing, sweet and sour	208.00
01128	Egg, whole, cooked, fried	207.00
05696	Turkey from whole, light meat, meat only, with added solution, raw	206.00
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	206.00
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	206.00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	206.00
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	206.00
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	206.00
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	206.00
15177	Mollusks, whelk, unspecified, raw	206.00
19039	Snacks, popcorn, caramel-coated, without peanuts	206.00
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	206.00
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	205.00
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	205.00
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	205.00
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	204.00
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	204.00
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	204.00
18313	Pie, coconut creme, commercially prepared	204.00
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	203.00
19144	Candies, NESTLE, 100 GRAND Bar	203.00
21127	Fast foods, coleslaw	203.00
42291	Peanut butter, reduced sodium	203.00
15200	Fish, mackerel, king, cooked, dry heat	203.00
11888	Tomato products, canned, puree, with salt added	202.00
25027	Snacks, plantain chips, salted	202.00
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	202.00
18301	Pie, apple, commercially prepared, enriched flour	201.00
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	201.00
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	201.00
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	201.00
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	201.00
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	201.00

NDB_No	Description	Sodium, Na(mg) Value Per
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	200.00
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	200.00
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	200.00
18944	Pie, Dutch Apple, Commercially Prepared	200.00
18993	BEAR NAKED, Double Chocolate Cookies	200.00
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	200.00
19310	Pectin, unsweetened, dry mix	200.00
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	200.00
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	200.00
21324	McDONALD'S, Baked Apple Pie	199.00
43589	Cheese, swiss, low fat	199.00
01226	Egg substitute, liquid or frozen, fat free	199.00
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	199.00
06170	Soup, stock, beef, home-prepared	198.00
13328	Beef, variety meats and by-products, lungs, raw	198.00
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	198.00
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	198.00
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	198.00
31007	HEALTHY REQUEST Tomato juice	198.00
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	198.00
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	198.00
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	198.00
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	198.00
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	197.00
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	196.00
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	196.00
19110	Candies, KRACKEL Chocolate Bar	196.00
19177	Gelatins, dry powder, unsweetened	196.00
19092	Candies, TWIZZLERS NIBS CHERRY BITS	195.00
19117	Candies, halavah, plain	195.00
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	195.00
25051	Snacks, CLIF BAR, mixed flavors	195.00
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	195.00
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	195.00
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	195.00
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	195.00

NDB_No	Description	Sodium, Na(mg) Value Per
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	195.00
05704	Turkey, whole, meat only, with added solution, raw	194.00
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	194.00
11084	Beets, canned, drained solids	194.00
19151	Candies, REESE'S PIECES Candy	194.00
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	194.00
22983	KASHI, Chicken Florentine, Frozen Entree	194.00
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	194.00
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	193.00
19118	Candies, NESTLE, OH HENRY! Bar	193.00
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	193.00
42139	Granola bar, soft, milk chocolate coated, peanut butter	193.00
11634	Peppers, sweet, green, freeze-dried	193.00
11931	Peppers, sweet, red, freeze-dried	193.00
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	192.00
11054	Beans, snap, green, canned, regular pack, solids and liquids	192.00
15222	Fish, turbot, european, cooked, dry heat	192.00
18156	Cookies, fudge, cake-type (includes trolley cakes)	192.00
28194	MOTHER'S, 4th of July Circus Animal Cookies	192.00
28196	MOTHER'S, Circus Animal Cookies	192.00
28201	MOTHER'S, Holiday Circus Animal Cookies	192.00
28204	MOTHER'S, Jungle Animal Cookies	192.00
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	192.00
18309	Pie, cherry, prepared from recipe	191.00
19228	Frostings, cream cheese-flavor, ready-to-eat	191.00
19233	Puddings, vanilla, ready-to-eat, fat free	191.00
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	191.00
28200	MOTHER'S, Halloween Circus Animals Cookies	191.00
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	191.00
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	191.00
01088	Milk, buttermilk, fluid, cultured, lowfat	190.00
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	190.00
14317	Beverages, malted drink mix, chocolate, powder	190.00
18428	Crackers, wheat, low salt	190.00
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	189.00
21238	McDONALD'S, french fries	189.00

NDB_No	Description	Sodium, Na(mg) Value Per
21420	KFC, Coleslaw	189.00
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	189.00
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	189.00
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	188.00
19152	Candies, ROLO Caramels in Milk Chocolate	188.00
19220	Desserts, rennin, chocolate, dry mix	187.00
19234	Puddings, tapioca, ready-to-eat, fat free	187.00
21018	Fast foods, egg, scrambled	187.00
25064	Snacks, potato chips, lightly salted	187.00
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	187.00
01040	Cheese, swiss	187.00
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	187.00
13166	USDA Commodity, beef, canned	187.00
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	186.00
06559	Soup, tomato, canned, prepared with equal volume water, commercial	186.00
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	186.00
11693	Tomatoes, crushed, canned	186.00
18429	Crackers, whole-wheat, low salt	186.00
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	186.00
18306	Pie, blueberry, prepared from recipe	185.00
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	185.00
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	185.00
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	185.00
11306	Peas, green, canned, regular pack, solids and liquids	185.00
11905	Corn, sweet, white, canned, whole kernel, drained solids	185.00
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	184.00
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	184.00
19230	Frostings, vanilla, creamy, ready-to-eat	184.00
19226	Frostings, chocolate, creamy, ready-to-eat	183.00
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	183.00
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	183.00
13323	Beef, variety meats and by-products, kidneys, raw	182.00
20133	Rice noodles, dry	182.00
28032	GIRL SCOUTS, Samoas Cookies	182.00
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	182.00
22915	Lasagna with meat & sauce, low-fat, frozen entree	181.00

NDB_No	Description	Sodium, Na(mg) Value Per
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	181.00
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	181.00
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	180.00
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	180.00
05706	Turkey, whole, meat and skin, with added solution, raw	180.00
06611	Soup, SWANSON, beef broth, lower sodium	180.00
16099	Peanut flour, defatted	180.00
36608	CRACKER BARREL, grilled sirloin steak	180.00
19238	Candies, REESE'S BITES	179.00
11148	Chard, swiss, cooked, boiled, drained, without salt	179.00
15245	Mollusks, oyster, eastern, farmed, raw	178.00
17197	Veal, variety meats and by-products, kidneys, raw	178.00
19128	Syrups, table blends, pancake, reduced-calorie	178.00
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	178.00
36021	APPLEBEE'S, coleslaw	178.00
19038	Snacks, popcorn, caramel-coated, with peanuts	177.00
28325	Crackers, toast thins, low sodium	177.00
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	177.00
08393	Cereals ready-to-eat, KASHI GOLEAN	177.00
15154	Crustaceans, spiny lobster, mixed species, raw	177.00
16326	Beans, great northern, mature seeds, canned, low sodium	177.00
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	176.00
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	176.00
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	175.00
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	175.00
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	174.00
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	174.00
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	173.00
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	173.00
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	173.00
08168	Cereals, CREAM OF RICE, cooked with water, with salt	173.00
15198	Fish, ling, cooked, dry heat	173.00
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	173.00
31008	CAMPBELL'S, V8 100% Vegetable Juice	173.00
18320	Pie, lemon meringue, commercially prepared	172.00
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	172.00

NDB_No	Description	Sodium, Na(mg) Value Per
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	172.00
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	172.00
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	171.00
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	171.00
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	171.00
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	171.00
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	170.00
21343	McDONALD'S, Low Fat Caramel Sauce	170.00
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	170.00
11122	Cardoon, raw	170.00
01172	Egg, white, raw, frozen, pasteurized	169.00
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	169.00
11578	Vegetable juice cocktail, canned	169.00
02014	Spices, cumin seed	168.00
17367	Lamb, New Zealand, imported, kidney, raw	168.00
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	168.00
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	167.00
19154	Candies, sesame crunch	167.00
19413	Snacks, rice cakes, brown rice, corn	167.00
25036	Snacks, granola bites, mixed flavors	167.00
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	167.00
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	167.00
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	167.00
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	167.00
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	167.00
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	167.00
05694	Turkey, dark meat from whole, meat only, with added solution, raw	167.00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	167.00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	167.00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	167.00
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	167.00
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	167.00
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	167.00
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	167.00
01124	Egg, white, raw, fresh	166.00
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	166.00

NDB_No	Description	Sodium, Na(mg) Value Per
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	166.00
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	166.00
15267	Fish, pollock, Alaska, cooked (not previously frozen)	166.00
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	166.00
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	166.00
20310	Noodles, egg, cooked, enriched, with added salt	165.00
20510	Noodles, egg, cooked, unenriched, with added salt	165.00
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	165.00
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	165.00
01242	Ice cream sandwich, vanilla, light, no sugar added	164.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	164.00
18095	Cake, cherry fudge with chocolate frosting	164.00
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	164.00
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	164.00
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	163.00
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	163.00
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	163.00
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	163.00
16110	Soybeans, mature seeds, roasted, salted	163.00
01239	Ice cream cookie sandwich	162.00
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	162.00
11605	Beets, harvard, canned, solids and liquids	162.00
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	162.00
43285	Eggs, scrambled, frozen mixture	162.00
20117	Noodles, japanese, somen, cooked	161.00
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	161.00
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	161.00
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	161.00
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	161.00
02007	Spices, celery seed	160.00
19227	Frostings, coconut-nut, ready-to-eat	160.00
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	159.00
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	159.00
15266	Fish, pollock, Alaska, raw (not previously frozen)	159.00
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	158.00
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	158.00

NDB_No	Description	Sodium, Na(mg) Value Per
15049	Fish, mackerel, king, raw	158.00
19321	Puddings, banana, dry mix, regular, prepared with whole milk	158.00
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	158.00
03964	Babyfood, fortified cereal bar, fruit filling	157.00
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	157.00
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	157.00
17205	Lamb, variety meats and by-products, lungs, raw	157.00
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	156.00
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	156.00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	156.00
06174	Soup, stock, fish, home-prepared	156.00
14066	Beverages, Protein powder whey based	156.00
17189	Veal, variety meats and by-products, brain, cooked, braised	156.00
17195	Lamb, variety meats and by-products, kidneys, raw	156.00
19147	Candies, peanut bar	156.00
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	156.00
19247	Frostings, white, fluffy, dry mix, prepared with water	156.00
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	156.00
43031	Candies, chocolate covered, caramel with nuts	156.00
19349	Syrups, corn, dark	155.00
01130	Egg, whole, cooked, omelet	155.00
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	155.00
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	154.00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	154.00
19235	Puddings, chocolate, ready-to-eat, fat free	154.00
22989	KASHI, Red Curry Chicken, Frozen Entree	154.00
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	154.00
10112	Pork, fresh, variety meats and by-products, lungs, raw	153.00
15250	Mollusks, conch, baked or broiled	153.00
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	152.00
19183	Puddings, chocolate, ready-to-eat	152.00
42272	Snacks, granola bar, with coconut, chocolate coated	152.00
01141	Egg, turkey, whole, fresh, raw	151.00
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	151.00
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	151.00
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	151.00

NDB_No	Description	Sodium, Na(mg) Value Per
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	151.00
04609	Animal fat, bacon grease	150.00
05625	Emu, flat fillet, raw	150.00
05631	Emu, oyster, raw	150.00
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	150.00
15129	Fish, turbot, european, raw	150.00
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	150.00
19924	Syrup, NESTLE, chocolate	150.00
28155	KEEBLER, Waffle Bowls	149.00
28156	KEEBLER, Waffle Cones	149.00
01137	Egg, yolk, dried	149.00
11609	Beets, pickled, canned, solids and liquids	149.00
02037	Spices, saffron	148.00
06623	SMART SOUP, Moroccan Chick Pea	148.00
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	148.00
18175	Cookies, ladyfingers, with lemon juice and rind	147.00
18423	Cookies, ladyfingers, without lemon juice and rind	147.00
05173	Turkey, gizzard, all classes, raw	147.00
01138	Egg, duck, whole, fresh, raw	146.00
01241	Ice cream sandwich, made with light ice cream, vanilla	146.00
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	146.00
17424	Veal, ground, cooked, pan-fried	146.00
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	146.00
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	146.00
19142	Candies, MOUNDS Candy Bar	145.00
19218	Puddings, tapioca, ready-to-eat	145.00
01132	Egg, whole, cooked, scrambled	145.00
06625	SMART SOUP, Vietnamese Carrot Lemongrass	145.00
06172	Soup, stock, chicken, home-prepared	143.00
11082	Beets, canned, regular pack, solids and liquids	143.00
12665	Nuts, almonds, oil roasted, lightly salted	143.00
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	143.00
15109	Fish, surimi	143.00
01123	Egg, whole, raw, fresh	142.00
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	142.00
19065	Candies, ALMOND JOY Candy Bar	142.00

NDB_No	Description	Sodium, Na(mg) Value Per
19201	Puddings, vanilla, ready-to-eat	142.00
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	141.00
01140	Egg, quail, whole, fresh, raw	141.00
01180	Sour cream, fat free	141.00
06624	SMART SOUP, Thai Coconut Curry	141.00
05143	Duck, domesticated, liver, raw	140.00
05150	Goose, liver, raw	140.00
05176	Turkey, heart, all classes, cooked, simmered	140.00
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	139.00
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	139.00
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	139.00
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	139.00
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	139.00
01139	Egg, goose, whole, fresh, raw	138.00
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	138.00
05698	Turkey, skin from whole (light and dark), with added solution, raw	138.00
06621	SMART SOUP, Greek Minestrone	138.00
16316	Beans, black, mature seeds, canned, low sodium	138.00
16403	Refried beans, canned, traditional, reduced sodium	138.00
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	138.00
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	138.00
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	138.00
28311	Cookies, sugar wafer, chocolate-covered	138.00
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	138.00
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	138.00
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	138.00
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	138.00
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	138.00
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	136.00
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	136.00
05171	Turkey, whole, giblets, raw	136.00
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	136.00
01187	Yogurt, chocolate, nonfat milk	135.00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	135.00
15044	Fish, ling, raw	135.00
18354	Strudel, apple	135.00

NDB_No	Description	Sodium, Na(mg) Value Per
19383	Candies, toffee, prepared-from-recipe	135.00
35141	Mutton, cooked, roasted (Navajo)	135.00
22979	KASHI Black Bean Mango, frozen, unprepared	134.00
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	134.00
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	134.00
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	134.00
15269	Fish, cod, Pacific, cooked (not previously frozen)	134.00
17186	Lamb, variety meats and by-products, brain, cooked, braised	134.00
18994	BEAR NAKED, Fruit & Nut Cookies	133.00
22986	KASHI Mayan Harvest Bake, frozen, unprepared	133.00
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	133.00
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	132.00
21378	McDONALD'S, Bacon Ranch Salad without chicken	132.00
10102	Pork, fresh, variety meats and by-products, feet, raw	132.00
15133	Fish, whiting, mixed species, cooked, dry heat	132.00
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	132.00
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	132.00
05177	Turkey, liver, all classes, raw	131.00
06619	SMART SOUP, Santa Fe Corn Chowder	131.00
06620	SMART SOUP, French Lentil	131.00
19866	Candies, soft fruit and nut squares	131.00
20321	Pasta, cooked, enriched, with added salt	131.00
20521	Pasta, cooked, unenriched, with added salt	131.00
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	131.00
11276	New Zealand spinach, raw	130.00
12206	Nuts, almonds, honey roasted, unblanched	130.00
14296	Beverages, lemonade-flavor drink, powder	130.00
01225	Dulce de Leche	129.00
01238	Ice cream sandwich	129.00
05175	Turkey, heart, all classes, raw	129.00
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	129.00
01171	Egg, whole, raw, frozen, pasteurized	128.00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	128.00
01095	Milk, canned, condensed, sweetened	127.00
05174	Turkey, gizzard, all classes, cooked, simmered	127.00
17188	Veal, variety meats and by-products, brain, raw	127.00

NDB_No	Description	Sodium, Na(mg) Value Per
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	126.00
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	126.00
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	126.00
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	126.00
08173	Cereals, farina, enriched, cooked with water, with salt	126.00
13318	Beef, variety meats and by-products, brain, raw	126.00
21032	Fast foods, sundae, caramel	126.00
35140	Bread, kneel down (Navajo)	126.00
42281	Gums, seed gums (includes locust bean, guar)	125.00
10000	Pork, fresh, composite of separable fat, with added solution, cooked	125.00
01069	Cream substitute, powdered	124.00
01129	Egg, whole, cooked, hard-boiled	124.00
05187	Turkey from whole, dark meat, meat only, raw	124.00
05215	Turkey, back from whole bird, meat only, raw	124.00
05708	Turkey, retail parts, breast, meat only, with added solution, raw	124.00
05740	Turkey, thigh, from whole bird, meat only, raw	124.00
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	124.00
09009	Apples, dehydrated (low moisture), sulfured, uncooked	124.00
15190	Fish, burbot, cooked, dry heat	124.00
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	124.00
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	124.00
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	123.00
01206	Cream substitute, flavored, powdered	123.00
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	123.00
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	123.00
01070	Dessert topping, powdered	122.00
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	122.00
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	122.00
19075	Candies, CARAMELLO Candy Bar	122.00
28333	Cookies, gluten-free, chocolate wafer	122.00
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	122.00
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	121.00
19209	Puddings, tapioca, dry mix, prepared with 2% milk	121.00
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	121.00
10106	Pork, fresh, variety meats and by-products, kidneys, raw	121.00
05623	Emu, fan fillet, raw	120.00

NDB_No	Description	Sodium, Na(mg) Value Per
10096	Pork, fresh, variety meats and by-products, brain, raw	120.00
19199	Puddings, tapioca, dry mix, prepared with whole milk	120.00
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	120.00
03089	Babyfood, dinner, macaroni and cheese, strained	119.00
11659	Sweet potato, cooked, candied, home-prepared	119.00
15235	Fish, catfish, channel, farmed, cooked, dry heat	119.00
15270	Crustaceans, shrimp, raw (not previously frozen)	119.00
17184	Game meat, squirrel, cooked, roasted	119.00
17377	Lamb, New Zealand, imported, testes, raw	119.00
03938	Infant formula, PBM PRODUCTS, store brand, powder	118.00
05167	Turkey, whole, meat only, raw	118.00
05629	Emu, inside drums, cooked, broiled	118.00
11157	Chrysanthemum, garland, raw	118.00
11698	Chrysanthemum leaves, raw	118.00
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	118.00
19102	Candies, fudge, peanut butter, prepared-from-recipe	118.00
05172	Turkey, whole, giblets, cooked, simmered	117.00
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	117.00
15207	Fish, roe, mixed species, cooked, dry heat	117.00
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	117.00
17358	Lamb, New Zealand, imported, brains, raw	117.00
05170	Turkey, skin from whole (light and dark), roasted	116.00
13338	Beef, variety meats and by-products, thymus, cooked, braised	116.00
19052	Snacks, rice cakes, brown rice, buckwheat	116.00
21033	Fast foods, sundae, hot fudge	115.00
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	115.00
11531	Tomatoes, red, ripe, canned, packed in tomato juice	115.00
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	115.00
15040	Fish, herring, Atlantic, cooked, dry heat	115.00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	114.00
05711	Turkey, retail parts, breast, meat only, cooked, roasted	114.00
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	114.00
15191	Fish, butterfish, cooked, dry heat	114.00
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	114.00
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	113.00
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	113.00

NDB_No	Description	Sodium, Na(mg) Value Per
05021	Chicken, broilers or fryers, giblets, cooked, fried	113.00
05183	Turkey, dark meat, meat and skin, raw	113.00
05185	Turkey from whole, light meat, raw	113.00
05219	Turkey, breast, from whole bird, meat only, raw	113.00
05227	Turkey, wing, from whole bird, meat only, raw	113.00
05738	Turkey, drumstick, from whole bird, meat only, raw	113.00
11503	Swamp cabbage, (skunk cabbage), raw	113.00
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	113.00
15194	Fish, mahimahi, cooked, dry heat	113.00
03048	Babyfood, macaroni and cheese, toddler	112.00
05165	Turkey, whole, meat and skin, raw	112.00
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	112.00
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	112.00
15160	Mollusks, clam, mixed species, canned, drained solids	112.00
15170	Mollusks, oyster, eastern, canned	112.00
17185	Lamb, variety meats and by-products, brain, raw	112.00
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	112.00
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	111.00
19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	111.00
28334	Cookies, gluten-free, lemon wafer	111.00
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	111.00
01110	Milk shakes, thick chocolate	111.00
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	111.00
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	111.00
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	111.00
11593	Waxgourd, (chinese preserving melon), raw	111.00
15271	Crustaceans, shrimp, cooked (not previously frozen)	111.00
01243	Fat free ice cream, no sugar added, flavors other than chocolate	110.00
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	110.00
05627	Emu, full rump, cooked, broiled	110.00
10121	Pork, fresh, variety meats and by-products, tongue, raw	110.00
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	110.00
15205	Fish, pollock, Atlantic, cooked, dry heat	110.00
17198	Veal, variety meats and by-products, kidneys, cooked, braised	110.00
19416	Snacks, rice cakes, brown rice, rye	110.00
36025	CRACKER BARREL, coleslaw	110.00

NDB_No	Description	Sodium, Na(mg) Value Per
43355	Mayonnaise, low sodium, low calorie or diet	110.00
17428	Veal, shank, separable lean only, raw	109.00
19208	Puddings, rice, dry mix, prepared with 2% milk	109.00
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	109.00
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	109.00
15224	Fish, wolffish, Atlantic, cooked, dry heat	109.00
15268	Fish, cod, Pacific, raw (not previously frozen)	109.00
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	108.00
11312	Peas, green, frozen, unprepared	108.00
13320	Beef, variety meats and by-products, brain, cooked, simmered	108.00
17207	Veal, variety meats and by-products, lungs, raw	108.00
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	108.00
19195	Puddings, rice, dry mix, prepared with whole milk	108.00
17435	Veal, shank, separable lean and fat, raw	107.00
19071	Candies, carob, unsweetened	107.00
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	107.00
11277	New Zealand spinach, cooked, boiled, drained, without salt	107.00
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	107.00
11955	Tomatoes, sun-dried	107.00
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	107.00
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	106.00
01153	Milk, canned, evaporated, with added vitamin A	106.00
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	106.00
03052	Babyfood, dinner, beef stew, toddler	106.00
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	106.00
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	106.00
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	106.00
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	106.00
15171	Mollusks, oyster, Pacific, raw	106.00
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	106.00
36404	Restaurant, Latino, arroz con leche (rice pudding)	106.00
43268	Whipped cream substitute, dietetic, made from powdered mix	106.00
42189	Milk, buttermilk, fluid, cultured, reduced fat	105.00
01230	Milk, buttermilk, fluid, whole	105.00
05181	Turkey from whole, light meat, meat and skin, raw	105.00
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	105.00

NDB_No	Description	Sodium, Na(mg) Value Per
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	105.00
12119	Nuts, coconut water (liquid from coconuts)	105.00
03211	Babyfood, cereal, high protein, with apple and orange, dry	104.00
05188	Turkey, from whole, dark meat, cooked, roasted	104.00
05216	Turkey, back, from whole bird, meat only, roasted	104.00
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	104.00
05741	Turkey, thigh, from whole bird, meat only, roasted	104.00
15001	Fish, anchovy, european, raw	104.00
19361	Syrups, table blends, cane and 15% maple	104.00
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	104.00
18209	Cookies, sugar wafers with creme filling, regular	103.00
05166	Turkey, whole, meat and skin, cooked, roasted	103.00
05713	Turkey, retail parts, wing, meat only, cooked, roasted	103.00
14168	Beverages, Carob-flavor beverage mix, powder	103.00
15196	Fish, halibut, greenland, cooked, dry heat	103.00
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	103.00
17142	Veal, ground, raw	103.00
17183	Game meat, squirrel, raw	103.00
01074	Sour cream, imitation, cultured	102.00
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	102.00
05628	Emu, inside drum, raw	102.00
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	102.00
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	102.00
14028	Beverages, Whiskey sour mix, bottled	102.00
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	102.00
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	102.00
18110	Cake, fruitcake, commercially prepared	101.00
19093	Candies, SYMPHONY Milk Chocolate Bar	101.00
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	101.00
05131	Chicken, stewing, dark meat, meat only, raw	101.00
05168	Turkey, whole, meat only, cooked, roasted	101.00
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	101.00
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	101.00
13329	Beef, variety meats and by-products, lungs, cooked, braised	101.00
17132	Veal, shoulder, blade, separable lean only, cooked, braised	101.00
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	101.00

NDB_No	Description	Sodium, Na(mg) Value Per
01199	Cream, half and half, fat free	100.00
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	100.00
05630	Emu, outside drum, raw	100.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	100.00
11141	Celeriac, raw	100.00
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	100.00
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	100.00
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	100.00
21141	BURGER KING, Vanilla Shake	100.00
01037	Cheese, ricotta, part skim milk	99.00
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	99.00
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	99.00
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	99.00
05186	Turkey, all classes, light meat, cooked, roasted	99.00
05220	Turkey, breast, from whole bird, meat only, roasted	99.00
05228	Turkey, wing, from whole bird, meat only, roasted	99.00
05739	Turkey, drumstick, from whole bird, meat only, roasted	99.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	99.00
12174	Seeds, watermelon seed kernels, dried	99.00
17107	Veal, loin, separable lean only, raw	99.00
17114	Veal, rib, separable lean only, cooked, braised	99.00
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	98.00
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	98.00
05178	Turkey, liver, all classes, cooked, simmered	98.00
10117	Pork, fresh, variety meats and by-products, spleen, raw	98.00
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	98.00
13321	Beef, variety meats and by-products, heart, raw	98.00
15234	Fish, catfish, channel, farmed, raw	98.00
16165	MORI-NU, Tofu, silken, lite extra firm	98.00
17104	Veal, loin, separable lean and fat, raw	98.00
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	98.00
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	98.00
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	98.00
19393	Frozen yogurts, chocolate, soft-serve	98.00
21248	WENDY'S, Frosty Dairy Dessert	98.00
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	97.00

NDB_No	Description	Sodium, Na(mg) Value Per
19193	Puddings, rice, ready-to-eat	97.00
19867	Ice creams, vanilla, fat free	97.00
42131	Milk dessert, frozen, milk-fat free, chocolate	97.00
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	97.00
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	97.00
13341	Beef, variety meats and by-products, tripe, raw	97.00
15006	Fish, burbot, raw	97.00
15111	Fish, swordfish, cooked, dry heat	97.00
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	97.00
17115	Veal, rib, separable lean only, cooked, roasted	97.00
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	97.00
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	97.00
17216	Veal, variety meats and by-products, spleen, raw	97.00
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	96.00
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	96.00
05080	Chicken, broilers or fryers, leg, meat only, raw	96.00
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	96.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	96.00
13337	Beef, variety meats and by-products, thymus, raw	96.00
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	96.00
15195	Fish, drum, freshwater, cooked, dry heat	96.00
17109	Veal, loin, separable lean only, cooked, roasted	96.00
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	96.00
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	96.00
19260	Ice creams, vanilla, light, no sugar added	96.00
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	96.00
19061	Snacks, trail mix, tropical	95.00
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	95.00
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	95.00
01111	Milk shakes, thick vanilla	95.00
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	95.00
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	95.00
05119	Chicken, roasting, dark meat, meat only, raw	95.00
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	95.00
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	95.00
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	95.00

NDB_No	Description	Sodium, Na(mg) Value Per
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	95.00
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	95.00
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	95.00
15197	Fish, herring, Pacific, cooked, dry heat	95.00
17111	Veal, rib, separable lean and fat, cooked, braised	95.00
17113	Veal, rib, separable lean only, raw	95.00
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	95.00
17175	Game meat, muskrat, cooked, roasted	95.00
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	95.00
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	94.00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	94.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	94.00
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	94.00
11007	Artichokes, (globe or french), raw	94.00
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	94.00
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	94.00
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	94.00
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	94.00
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	94.00
17373	Lamb, New Zealand, imported, heart, raw	94.00
21336	McDONALD'S, Hot Fudge Sundae	94.00
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	93.00
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	93.00
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	93.00
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	93.00
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	93.00
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	93.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	93.00
17106	Veal, loin, separable lean and fat, cooked, roasted	93.00
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	93.00
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	93.00
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	93.00
01244	Milk dessert bar, frozen, made from lowfat milk	92.00
01250	Nutritional supplement for people with diabetes, liquid	92.00
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	92.00
05661	Chicken, liver, all classes, cooked, pan-fried	92.00

NDB_No	Description	Sodium, Na(mg) Value Per
06622	SMART SOUP, Indian Bean Masala	92.00
11048	Beans, pinto, immature seeds, frozen, unprepared	92.00
12193	Seeds, sisymbrium sp. seeds, whole, dried	92.00
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	92.00
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	92.00
15086	Fish, salmon, sockeye, cooked, dry heat	92.00
15202	Fish, milkfish, cooked, dry heat	92.00
17112	Veal, rib, separable lean and fat, cooked, roasted	92.00
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	92.00
17131	Veal, shoulder, blade chop, separable lean only, raw	92.00
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	92.00
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	92.00
28232	MURRAY, Vanilla Sugar Wafer	92.00
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	92.00
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	91.00
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	91.00
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	91.00
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	91.00
43369	Beverages, Chocolate-flavored drink, whey and milk based	91.00
05012	Chicken, broilers or fryers, meat only, cooked, fried	91.00
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	91.00
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	91.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	91.00
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	91.00
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	91.00
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	91.00
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	91.00
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	91.00
11144	Celery, cooked, boiled, drained, without salt	91.00
11962	Peppers, hot chile, sun-dried	91.00
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	91.00
15072	Fish, roe, mixed species, raw	91.00
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	91.00
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	91.00
17128	Veal, shoulder, blade chop, separable lean and fat, raw	91.00
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	91.00

NDB_No	Description	Sodium, Na(mg) Value Per
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	90.00
05626	Emu, full rump, raw	90.00
05648	Ostrich, outside leg, raw	90.00
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	90.00
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	90.00
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	90.00
15039	Fish, herring, Atlantic, raw	90.00
15046	Fish, mackerel, Atlantic, raw	90.00
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	90.00
15212	Fish, salmon, pink, cooked, dry heat	90.00
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	90.00
17126	Veal, shoulder, arm, separable lean only, cooked, braised	90.00
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	90.00
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	90.00
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	90.00
18371	Leavening agents, baking powder, low-sodium	90.00
19087	Candies, white chocolate	90.00
19085	Candies, confectioner's coating, butterscotch	89.00
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	89.00
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	89.00
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	89.00
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	89.00
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	89.00
01055	Cream, sour, reduced fat, cultured	89.00
03001	Babyfood, juice treats, fruit medley, toddler	89.00
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	89.00
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	89.00
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	89.00
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	89.00
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	89.00
11982	Peppers, pasilla, dried	89.00
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	89.00
15007	Fish, butterfish, raw	89.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	89.00
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	89.00
17110	Veal, rib, separable lean and fat, raw	89.00

NDB_No	Description	Sodium, Na(mg) Value Per
17191	Lamb, variety meats and by-products, heart, raw	89.00
02018	Spices, fennel seed	88.00
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	88.00
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	88.00
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	88.00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	88.00
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	88.00
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	88.00
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	88.00
15023	Fish, mahimahi, raw	88.00
15188	Fish, bass, striped, cooked, dry heat	88.00
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	88.00
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	88.00
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	88.00
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	88.00
19079	Candies, confectioner's coating, yogurt	88.00
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	88.00
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	88.00
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	87.00
19205	Egg custards, dry mix, prepared with 2% milk	87.00
19293	Frozen yogurts, vanilla, soft-serve	87.00
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	87.00
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	87.00
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	87.00
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	87.00
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	87.00
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	87.00
05148	Goose, domesticated, meat only, raw	87.00
05716	Turkey, retail parts, drumstick, meat only, raw	87.00
09011	Apples, dried, sulfured, uncooked	87.00
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	87.00
10110	Pork, fresh, variety meats and by-products, liver, raw	87.00
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	87.00
10192	Pork, fresh, backribs, separable lean and fat, raw	87.00
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	87.00
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	87.00

NDB_No	Description	Sodium, Na(mg) Value Per
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	87.00
15092	Fish, sea bass, mixed species, cooked, dry heat	87.00
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	87.00
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	87.00
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	87.00
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	86.00
05013	Chicken, broilers or fryers, meat only, roasted	86.00
05654	Ostrich, tenderloin, raw	86.00
05736	Turkey, retail parts, drumstick, meat and skin, raw	86.00
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	86.00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	86.00
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	86.00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	86.00
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	86.00
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	86.00
15050	Fish, mackerel, Pacific and jack, mixed species, raw	86.00
15065	Fish, pollock, Atlantic, raw	86.00
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	86.00
17125	Veal, shoulder, arm, separable lean only, raw	86.00
17169	Game meat, goat, cooked, roasted	86.00
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	86.00
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	86.00
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	86.00
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	86.00
19134	Candies, milk chocolate, with rice cereal	86.00
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	86.00
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	86.00
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	86.00
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	86.00
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	86.00
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	86.00
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.00
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.00
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	85.00
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.00
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.00

NDB_No	Description	Sodium, Na(mg) Value Per
23220	Beef, ground, unspecified fat content, cooked	85.00
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.00
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.00
05043	Chicken, broilers or fryers, dark meat, meat only, raw	85.00
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.00
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	85.00
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.00
13333	Beef, variety meats and by-products, spleen, raw	85.00
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.00
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.00
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.00
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.00
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.00
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	85.00
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	85.00
15134	Fish, wolffish, Atlantic, raw	85.00
15167	Mollusks, oyster, eastern, wild, raw	85.00
16164	MORI-NU, Tofu, silken, lite firm	85.00
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.00
17139	Veal, sirloin, separable lean only, cooked, roasted	85.00
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	85.00
17278	Veal, shank (fore and hind), separable lean only, raw	85.00
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.00
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.00
17339	Game meat, elk, ground, cooked, pan-broiled	85.00
01036	Cheese, ricotta, whole milk	84.00
01264	Ice cream bar, stick or nugget, with crunch coating	84.00
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	84.00
05075	Chicken, broilers or fryers, leg, meat and skin, raw	84.00
05100	Chicken, broilers or fryers, wing, meat and skin, raw	84.00
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	84.00
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	84.00
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	84.00
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	84.00
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	84.00
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	84.00

NDB_No	Description	Sodium, Na(mg) Value Per
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	84.00
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	84.00
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	84.00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	84.00
17108	Veal, loin, separable lean only, cooked, braised	84.00
17206	Lamb, variety meats and by-products, lungs, cooked, braised	84.00
17214	Lamb, variety meats and by-products, spleen, raw	84.00
17276	Veal, shank (fore and hind), separable lean and fat, raw	84.00
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	84.00
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	84.00
19170	Egg custards, dry mix, prepared with whole milk	84.00
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	84.00
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	84.00
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	84.00
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	84.00
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	83.00
18196	Cookies, brownies, dry mix, sugar free	83.00
20097	Pasta, homemade, made with egg, cooked	83.00
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	83.00
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	83.00
01179	Sour cream, light	83.00
02008	Spices, chervil, dried	83.00
03098	Babyfood, vegetables, beets, strained	83.00
05645	Ostrich, inside leg, cooked	83.00
05651	Ostrich, oyster, raw	83.00
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	83.00
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	83.00
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	83.00
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	83.00
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	83.00
14236	Beverages, coffee substitute, cereal grain beverage, powder	83.00
14428	Beverages, shake, fast food, strawberry	83.00
15047	Fish, mackerel, Atlantic, cooked, dry heat	83.00
16004	Yokan, prepared from adzuki beans and sugar	83.00
17000	Veal, Australian, rib, rib roast, separable lean only, raw	83.00
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	83.00

NDB_No	Description	Sodium, Na(mg) Value Per
17122	Veal, shoulder, arm, separable lean and fat, raw	83.00
17136	Veal, sirloin, separable lean and fat, cooked, roasted	83.00
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	83.00
17143	Veal, ground, cooked, broiled	83.00
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	83.00
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	83.00
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	83.00
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	83.00
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	82.00
05053	Chicken, broilers or fryers, back, meat only, raw	82.00
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	82.00
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	82.00
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	82.00
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	82.00
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	82.00
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	82.00
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	82.00
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	82.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	82.00
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	82.00
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	82.00
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	82.00
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	82.00
17153	Game meat, beefalo, composite of cuts, cooked, roasted	82.00
17168	Goat, raw	82.00
17174	Game meat, muskrat, raw	82.00
17222	Veal, variety meats and by-products, tongue, raw	82.00
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	82.00
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	82.00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	82.00
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	82.00
19129	Syrups, table blends, pancake	82.00
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	82.00
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	82.00
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	82.00
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	81.00

NDB_No	Description	Sodium, Na(mg) Value Per
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	81.00
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	81.00
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	81.00
23094	Beef, chuck for stew, separable lean and fat, select, raw	81.00
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	81.00
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	81.00
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	81.00
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	81.00
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	81.00
05088	Chicken, broilers or fryers, neck, meat only, raw	81.00
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	81.00
05105	Chicken, broilers or fryers, wing, meat only, raw	81.00
05652	Ostrich, oyster, cooked	81.00
05657	Ostrich, top loin, raw	81.00
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	81.00
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	81.00
10088	Pork, fresh, spareribs, separable lean and fat, raw	81.00
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	81.00
10942	Pork, fresh, composite of separable fat, with added solution, raw	81.00
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	81.00
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	81.00
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	81.00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	81.00
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	81.00
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	81.00
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	81.00
14347	Shake, fast food, vanilla	81.00
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	81.00
15110	Fish, swordfish, raw	81.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	81.00
17138	Veal, sirloin, separable lean only, cooked, braised	81.00
17225	Lamb, ground, cooked, broiled	81.00
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	81.00
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	81.00
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	81.00
02022	Spices, mace, ground	80.00

NDB_No	Description	Sodium, Na(mg) Value Per
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	80.00
05642	Ostrich, ground, cooked, pan-broiled	80.00
05656	Ostrich, tip trimmed, cooked	80.00
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	80.00
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	80.00
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	80.00
11143	Celery, raw	80.00
11613	Borage, raw	80.00
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	80.00
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	80.00
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	80.00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	80.00
15038	Fish, halibut, Greenland, raw	80.00
15108	Fish, sunfish, pumpkin seed, raw	80.00
17105	Veal, loin, separable lean and fat, cooked, braised	80.00
17137	Veal, sirloin, separable lean only, raw	80.00
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	80.00
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	80.00
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	80.00
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	80.00
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	80.00
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	80.00
19095	Ice creams, vanilla	80.00
19116	Candies, marshmallows	80.00
19365	Toppings, marshmallow cream	80.00
21335	McDONALD'S, Hot Caramel Sundae	80.00
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	80.00
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	80.00
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	80.00
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	80.00
19120	Candies, milk chocolate	79.00
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	79.00
23095	Beef, chuck for stew, separable lean and fat, choice, raw	79.00
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	79.00
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	79.00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	79.00

NDB_No	Description	Sodium, Na(mg) Value Per
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	79.00
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	79.00
05125	Chicken, stewing, meat only, raw	79.00
11322	Peas and carrots, frozen, unprepared	79.00
11457	Spinach, raw	79.00
13023	Beef, brisket, whole, separable lean only, all grades, raw	79.00
13326	Beef, variety meats and by-products, liver, cooked, braised	79.00
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	79.00
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	79.00
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	79.00
15061	Fish, perch, mixed species, cooked, dry heat	79.00
15095	Fish, shark, mixed species, raw	79.00
16272	Vitasoy USA Nasoya, Lite Silken Tofu	79.00
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	79.00
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	79.00
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	79.00
17135	Veal, sirloin, separable lean and fat, cooked, braised	79.00
17182	Game meat, raccoon, cooked, roasted	79.00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	79.00
17338	Game meat, elk, ground, raw	79.00
01076	Milk substitutes, fluid, with lauric acid oil	78.00
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	78.00
05126	Chicken, stewing, meat only, cooked, stewed	78.00
05306	Ground turkey, cooked	78.00
05714	Turkey, skin, from retail parts, from dark meat, raw	78.00
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	78.00
11080	Beets, raw	78.00
11960	Carrots, baby, raw	78.00
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	78.00
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	78.00
15016	Fish, cod, Atlantic, cooked, dry heat	78.00
15085	Fish, salmon, sockeye, raw	78.00
15206	Fish, pout, ocean, cooked, dry heat	78.00
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	78.00
17152	Game meat, beefalo, composite of cuts, raw	78.00
17203	Veal, variety meats and by-products, liver, cooked, braised	78.00

NDB_No	Description	Sodium, Na(mg) Value Per
17220	Lamb, variety meats and by-products, tongue, raw	78.00
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	78.00
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	78.00
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	78.00
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	78.00
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	78.00
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	78.00
17344	Game meat, deer, ground, cooked, pan-broiled	78.00
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	78.00
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	78.00
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	78.00
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	78.00
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	78.00
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	77.00
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	77.00
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	77.00
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	77.00
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	77.00
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	77.00
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	77.00
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	77.00
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	77.00
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	77.00
02001	Spices, allspice, ground	77.00
02023	Spices, marjoram, dried	77.00
05011	Chicken, broilers or fryers, meat only, raw	77.00
05020	Chicken, broilers or fryers, giblets, raw	77.00
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	77.00
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	77.00
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	77.00
05115	Chicken, roasting, giblets, raw	77.00
05127	Chicken, stewing, giblets, raw	77.00
05137	Chicken, capons, giblets, raw	77.00
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	77.00
05658	Ostrich, top loin, cooked	77.00
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	77.00

NDB_No	Description	Sodium, Na(mg) Value Per
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	77.00
11081	Beets, cooked, boiled, drained	77.00
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	77.00
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	77.00
13317	Beef, ground, patties, frozen, cooked, broiled	77.00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	77.00
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	77.00
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	77.00
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	77.00
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	77.00
14083	Beverages, chocolate malt, powder, prepared with fat free milk	77.00
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	77.00
15100	Fish, smelt, rainbow, cooked, dry heat	77.00
15189	Fish, bluefish, cooked, dry heat	77.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	77.00
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	77.00
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	77.00
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	77.00
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	77.00
17193	Veal, variety meats and by-products, heart, raw	77.00
17202	Veal, variety meats and by-products, liver, raw	77.00
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	77.00
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	77.00
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	77.00
02003	Spices, basil, dried	76.00
05028	Chicken, liver, all classes, cooked, simmered	76.00
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	76.00
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	76.00
05149	Goose, domesticated, meat only, cooked, roasted	76.00
05646	Ostrich, inside strip, raw	76.00
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	76.00
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	76.00
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	76.00
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	76.00
10072	Pork, fresh, shoulder, whole, separable lean only, raw	76.00
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	76.00

NDB_No	Description	Sodium, Na(mg) Value Per
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	76.00
11207	Dandelion greens, raw	76.00
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	76.00
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	76.00
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	76.00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	76.00
15069	Fish, pompano, florida, cooked, dry heat	76.00
15199	Fish, lingcod, cooked, dry heat	76.00
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	76.00
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	76.00
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	76.00
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	76.00
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	76.00
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	76.00
17134	Veal, sirloin, separable lean and fat, raw	76.00
17148	Bison, ground, grass-fed, cooked	76.00
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	76.00
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	76.00
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	76.00
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	76.00
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	76.00
19240	Frostings, chocolate, creamy, dry mix	76.00
19270	Ice creams, chocolate	76.00
19899	Ice creams, regular, low carbohydrate, chocolate	76.00
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	76.00
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	76.00
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	76.00
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	76.00
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	76.00
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	76.00
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	76.00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	76.00
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	76.00
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	76.00
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	76.00
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	75.00

NDB_No	Description	Sodium, Na(mg) Value Per
19173	Gelatin desserts, dry mix, prepared with water	75.00
19265	Ice creams, chocolate, light, no sugar added	75.00
19893	Ice creams, BREYERS, All Natural Light French Chocolate	75.00
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	75.00
21339	McDONALD'S, McFLURRY with OREO cookies	75.00
21413	Light Ice Cream, soft serve, blended with cookie pieces	75.00
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	75.00
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	75.00
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	75.00
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	75.00
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	75.00
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	75.00
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	75.00
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	75.00
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	75.00
25043	Snacks, candy bits, yogurt covered with vitamin C	75.00
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	75.00
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	75.00
05113	Chicken, roasting, meat only, raw	75.00
05114	Chicken, roasting, meat only, cooked, roasted	75.00
05333	Chicken, ground, crumbles, cooked, pan-browned	75.00
05643	Ostrich, fan, raw	75.00
05673	Chicken, skin (drumsticks and thighs), cooked, braised	75.00
05717	Turkey, retail parts, thigh, meat only, raw	75.00
05742	Turkey, retail parts, thigh, meat and skin, raw	75.00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	75.00
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	75.00
10119	Pork, fresh, variety meats and by-products, stomach, raw	75.00
11514	Sweet potato, canned, mashed	75.00
11855	Spinach, canned, no salt added, solids and liquids	75.00
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	75.00
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	75.00
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	75.00
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	75.00
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	75.00
14022	Beverages, MONSTER energy drink, low carb	75.00

NDB_No	Description	Sodium, Na(mg) Value Per
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	75.00
15024	Fish, drum, freshwater, raw	75.00
15083	Fish, salmon, pink, raw	75.00
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	75.00
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	75.00
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	75.00
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	75.00
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	75.00
17210	Lamb, variety meats and by-products, pancreas, raw	75.00
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	75.00
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	75.00
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	75.00
17343	Game meat, deer, ground, raw	75.00
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	75.00
05025	Chicken, heart, all classes, raw	74.00
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	74.00
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	74.00
05141	Duck, domesticated, meat only, raw	74.00
05193	Turkey, all classes, leg, meat and skin, raw	74.00
05710	Turkey, retail parts, breast, meat only, raw	74.00
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	74.00
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	74.00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	74.00
11463	Spinach, frozen, chopped or leaf, unprepared	74.00
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	74.00
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	74.00
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	74.00
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	74.00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	74.00
15043	Fish, herring, Pacific, raw	74.00
15070	Fish, rockfish, Pacific, mixed species, raw	74.00
15214	Fish, seatrout, mixed species, cooked, dry heat	74.00
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	74.00
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	74.00
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	74.00
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	74.00

NDB_No	Description	Sodium, Na(mg) Value Per
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	74.00
19088	Ice creams, vanilla, light	74.00
19132	Candies, milk chocolate, with almonds	74.00
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	74.00
20098	Pasta, homemade, made without egg, cooked	74.00
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	74.00
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	74.00
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	74.00
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	74.00
23507	USDA Commodity, beef, patties (100%), frozen, raw	74.00
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	74.00
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	74.00
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	74.00
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	74.00
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	73.00
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	73.00
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	73.00
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	73.00
19876	Ice creams, BREYERS, All Natural Light French Vanilla	73.00
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	73.00
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	73.00
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	73.00
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	73.00
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	73.00
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	73.00
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	73.00
02026	Spices, onion powder	73.00
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	73.00
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	73.00
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	73.00
05112	Chicken, roasting, meat and skin, cooked, roasted	73.00
05124	Chicken, stewing, meat and skin, cooked, stewed	73.00
05146	Goose, domesticated, meat and skin, raw	73.00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	73.00
05647	Ostrich, inside strip, cooked	73.00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	73.00

NDB_No	Description	Sodium, Na(mg) Value Per
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	73.00
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	73.00
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	73.00
10220	Pork, fresh, ground, cooked	73.00
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	73.00
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	73.00
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	73.00
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	73.00
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	73.00
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	73.00
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	73.00
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	73.00
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	73.00
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	73.00
14194	Beverages, Cocoa mix, powder, prepared with water	73.00
15098	Fish, sheepshead, cooked, dry heat	73.00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	73.00
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	73.00
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	73.00
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	73.00
17331	Game meat, bison, ground, cooked, pan-broiled	73.00
01050	Cream, fluid, light (coffee cream or table cream)	72.00
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	72.00
01200	Reddi Wip Fat Free Whipped Topping	72.00
05641	Ostrich, ground, raw	72.00
05644	Ostrich, inside leg, raw	72.00
05650	Ostrich, outside strip, cooked	72.00
05653	Ostrich, round, raw	72.00
05732	Turkey, retail parts, breast, meat and skin, raw	72.00
07923	Bratwurst, chicken, cooked	72.00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	72.00
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	72.00
11313	Peas, green, frozen, cooked, boiled, drained, without salt	72.00
12149	Nuts, pine nuts, pinyon, dried	72.00
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	72.00
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	72.00

NDB_No	Description	Sodium, Na(mg) Value Per
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	72.00
14181	Beverages, chocolate syrup	72.00
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	72.00
14353	Beverages, tea, instant, decaffeinated, unsweetened	72.00
14366	Beverages, tea, instant, unsweetened, powder	72.00
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	72.00
15053	Fish, milkfish, raw	72.00
15073	Fish, roughy, orange, raw	72.00
15132	Fish, whiting, mixed species, raw	72.00
15208	Fish, sablefish, cooked, dry heat	72.00
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	72.00
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	72.00
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	72.00
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	72.00
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	72.00
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	72.00
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	72.00
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	72.00
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	72.00
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	72.00
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	72.00
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	72.00
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	72.00
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	72.00
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	72.00
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.00
20111	Noodles, egg, spinach, enriched, dry	72.00
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	72.00
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	72.00
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	72.00
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	72.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	72.00
42135	Whipped topping, frozen, low fat	72.00
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	71.00
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	71.00
18202	Cookies, sugar wafer, with creme filling, sugar free	71.00

NDB_No	Description	Sodium, Na(mg) Value Per
19114	Ice creams, chocolate, light	71.00
19362	Syrups, table blends, corn, refiner, and sugar	71.00
19875	Ice creams, BREYERS, All Natural Light Vanilla	71.00
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	71.00
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	71.00
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	71.00
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	71.00
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	71.00
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	71.00
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	71.00
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	71.00
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	71.00
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	71.00
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	71.00
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	71.00
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	71.00
42204	Rice cake, cracker (include hain mini rice cakes)	71.00
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	71.00
05027	Chicken, liver, all classes, raw	71.00
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	71.00
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	71.00
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	71.00
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	71.00
05123	Chicken, stewing, meat and skin, raw	71.00
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	71.00
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	71.00
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	71.00
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	71.00
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	71.00
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	71.00
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	71.00
14015	Alcoholic beverage, pina colada, canned	71.00
14054	Beverages, almond milk, chocolate, ready-to-drink	71.00
14091	Beverages, almond milk, unsweetened, shelf stable	71.00
15056	Fish, mullet, striped, cooked, dry heat	71.00
15097	Fish, sheepshead, raw	71.00

NDB_No	Description	Sodium, Na(mg) Value Per
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	71.00
17147	Game meat, bear, cooked, simmered	71.00
17271	Veal, breast, whole, boneless, separable lean and fat, raw	71.00
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	71.00
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	70.00
01127	Egg, yolk, raw, frozen, sugared, pasteurized	70.00
01178	Sour cream, reduced fat	70.00
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	70.00
05006	Chicken, broilers or fryers, meat and skin, raw	70.00
05014	Chicken, broilers or fryers, meat only, stewed	70.00
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	70.00
05147	Goose, domesticated, meat and skin, cooked, roasted	70.00
05649	Ostrich, outside strip, raw	70.00
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	70.00
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	70.00
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	70.00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	70.00
11230	Pepeao, dried	70.00
11458	Spinach, cooked, boiled, drained, without salt	70.00
11615	Chives, freeze-dried	70.00
11622	Kale, scotch, raw	70.00
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	70.00
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	70.00
15003	Fish, bass, fresh water, mixed species, raw	70.00
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	70.00
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	70.00
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	70.00
17149	Bison, ground, grass-fed, raw	70.00
17199	Lamb, variety meats and by-products, liver, raw	70.00
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	70.00
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	70.00
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	70.00
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	70.00
19096	Ice creams, vanilla, light, soft-serve	70.00
19279	Candies, milk chocolate coated coffee beans	70.00
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	70.00

NDB_No	Description	Sodium, Na(mg) Value Per
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	70.00
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	70.00
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	70.00
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	70.00
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	70.00
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	70.00
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	70.00
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	70.00
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	70.00
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	70.00
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	70.00
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	70.00
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	70.00
90560	Mollusks, snail, raw	70.00
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	69.00
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	69.00
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	69.00
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	69.00
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	69.00
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	69.00
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	69.00
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	69.00
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	69.00
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	69.00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	69.00
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	69.00
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	69.00
03099	Babyfood, vegetables, carrots, strained	69.00
03290	Babyfood, carrots and beef, strained	69.00
05023	Chicken, gizzard, all classes, raw	69.00
05109	Chicken, roasting, meat and skin and giblets and neck, raw	69.00
05152	Guinea hen, meat only, raw	69.00
05665	Ground turkey, 93% lean, 7% fat, raw	69.00
05712	Turkey, retail parts, wing, meat only, raw	69.00
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	69.00
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	69.00

NDB_No	Description	Sodium, Na(mg) Value Per
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	69.00
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	69.00
11124	Carrots, raw	69.00
13325	Beef, variety meats and by-products, liver, raw	69.00
13339	Beef, variety meats and by-products, tongue, raw	69.00
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	69.00
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	69.00
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	69.00
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	69.00
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	69.00
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	69.00
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	69.00
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	69.00
15004	Fish, bass, striped, raw	69.00
15105	Fish, sturgeon, mixed species, cooked, dry heat	69.00
15232	Fish, roughy, orange, cooked, dry heat	69.00
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	69.00
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	69.00
17173	Game meat, moose, cooked, roasted	69.00
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	69.00
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	69.00
01237	Ice cream, bar or stick, chocolate covered	68.00
02028	Spices, paprika	68.00
05039	Chicken, broilers or fryers, light meat, meat only, raw	68.00
05309	Chicken, cornish game hens, meat only, raw	68.00
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	68.00
10972	Pork, ground, 84% lean / 16% fat, raw	68.00
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	68.00
11130	Carrots, frozen, unprepared	68.00
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	68.00
13047	Beef, grass-fed, ground, raw	68.00
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	68.00
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	68.00
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	68.00
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	68.00
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	68.00

NDB_No	Description	Sodium, Na(mg) Value Per
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	68.00
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	68.00
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	68.00
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	68.00
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	68.00
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	68.00
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	68.00
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	68.00
15036	Fish, halibut, Atlantic and Pacific, raw	68.00
15091	Fish, sea bass, mixed species, raw	68.00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	68.00
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	68.00
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	68.00
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	68.00
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	68.00
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	68.00
17103	Veal, leg (top round), separable lean only, cooked, roasted	68.00
17213	Veal, variety meats and by-products, pancreas, cooked, braised	68.00
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	68.00
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	68.00
19138	Candies, truffles, prepared-from-recipe	68.00
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	68.00
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	68.00
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.00
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	68.00
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	68.00
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	68.00
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	68.00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	68.00
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	68.00
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	68.00
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	68.00
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	68.00
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	68.00
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	68.00
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	68.00

NDB_No	Description	Sodium, Na(mg) Value Per
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	68.00
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	68.00
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	68.00
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	68.00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	68.00
23640	Beef, variety meats and by-products, tripe, cooked, simmered	68.00
93600	Turtle, green, raw	68.00
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	67.00
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	67.00
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	67.00
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	67.00
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	67.00
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	67.00
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	67.00
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	67.00
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	67.00
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	67.00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	67.00
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	67.00
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	67.00
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	67.00
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	67.00
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	67.00
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	67.00
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	67.00
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	67.00
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	67.00
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	67.00
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	67.00
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	67.00
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	67.00
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	67.00
01126	Egg, yolk, raw, frozen, pasteurized	67.00
01205	Cream substitute, flavored, liquid	67.00
02019	Spices, fenugreek seed	67.00
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	67.00

NDB_No	Description	Sodium, Na(mg) Value Per
05022	Chicken, broilers or fryers, giblets, cooked, simmered	67.00
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	67.00
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	67.00
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	67.00
05151	Guinea hen, meat and skin, raw	67.00
05335	Chicken, feet, boiled	67.00
05655	Ostrich, tip trimmed, raw	67.00
05734	Turkey, retail parts, wing, meat and skin, raw	67.00
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	67.00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	67.00
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	67.00
10973	Pork, ground, 96% lean / 4% fat, raw	67.00
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	67.00
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	67.00
11444	Seaweed, irishmoss, raw	67.00
11564	Turnips, raw	67.00
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	67.00
13331	Beef, variety meats and by-products, pancreas, raw	67.00
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	67.00
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	67.00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	67.00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	67.00
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	67.00
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	67.00
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	67.00
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	67.00
15219	Fish, trout, mixed species, cooked, dry heat	67.00
16260	SILK Original Creamer	67.00
16261	SILK French Vanilla Creamer	67.00
16262	SILK Hazelnut Creamer	67.00
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	67.00
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	67.00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	67.00
17100	Veal, leg (top round), separable lean only, cooked, braised	67.00
17212	Veal, variety meats and by-products, pancreas, raw	67.00
17218	Veal, variety meats and by-products, thymus, raw	67.00

NDB_No	Description	Sodium, Na(mg) Value Per
17221	Lamb, variety meats and by-products, tongue, cooked, braised	67.00
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	67.00
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	67.00
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	67.00
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	67.00
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	66.00
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	66.00
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	66.00
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	66.00
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	66.00
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	66.00
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	66.00
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	66.00
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	66.00
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	66.00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	66.00
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	66.00
11655	Carrot juice, canned	66.00
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	66.00
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	66.00
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	66.00
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	66.00
13498	Beef, ground, 70% lean meat / 30% fat, raw	66.00
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	66.00
15052	Fish, mackerel, spanish, cooked, dry heat	66.00
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	66.00
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	66.00
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	66.00
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	66.00
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	66.00
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	66.00
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	66.00
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	66.00
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	66.00
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	66.00
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	66.00

NDB_No	Description	Sodium, Na(mg) Value Per
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	66.00
17330	Game meat , bison, ground, raw	66.00
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	66.00
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	66.00
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	66.00
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	66.00
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	66.00
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	66.00
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	66.00
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	66.00
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	66.00
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	66.00
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	66.00
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	66.00
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	66.00
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	66.00
23472	Beef, ground, 93% lean meat / 7% fat, raw	66.00
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	66.00
23477	Beef, ground, 97% lean meat / 3% fat, raw	66.00
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	66.00
23501	USDA Commodity, beef patties with VPP, frozen, cooked	66.00
23503	USDA Commodity, beef, patties (100%), frozen, cooked	66.00
23557	Beef, ground, 95% lean meat / 5% fat, raw	66.00
23562	Beef, ground, 90% lean meat / 10% fat, raw	66.00
23567	Beef, ground, 85% lean meat / 15% fat, raw	66.00
23572	Beef, ground, 80% lean meat / 20% fat, raw	66.00
23577	Beef, ground, 75% lean meat / 25% fat, raw	66.00
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	66.00
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	65.00
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	65.00
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	65.00
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	65.00
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	65.00
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	65.00
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	65.00
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	65.00

NDB_No	Description	Sodium, Na(mg) Value Per
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	65.00
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	65.00
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	65.00
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	65.00
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	65.00
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	65.00
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	65.00
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	65.00
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	65.00
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	65.00
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	65.00
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	65.00
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	65.00
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	65.00
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	65.00
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	65.00
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	65.00
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	65.00
05018	Chicken, broilers or fryers, skin only, cooked, roasted	65.00
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	65.00
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	65.00
05142	Duck, domesticated, meat only, cooked, roasted	65.00
05622	Emu, ground, cooked, pan-broiled	65.00
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	65.00
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	65.00
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	65.00
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	65.00
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	65.00
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	65.00
11116	Cabbage, chinese (pak-choi), raw	65.00
13149	Beef, rib, shortribs, separable lean only, choice, raw	65.00
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	65.00
13340	Beef, variety meats and by-products, tongue, cooked, simmered	65.00
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	65.00
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	65.00
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	65.00

NDB_No	Description	Sodium, Na(mg) Value Per
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	65.00
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	65.00
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	65.00
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	65.00
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	65.00
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	65.00
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	65.00
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	65.00
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	65.00
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	65.00
15026	Fish, eel, mixed species, cooked, dry heat	65.00
15055	Fish, mullet, striped, raw	65.00
15068	Fish, pompano, florida, raw	65.00
15204	Fish, pike, walleye, cooked, dry heat	65.00
15215	Fish, shad, american, cooked, dry heat	65.00
15223	Fish, whitefish, mixed species, cooked, dry heat	65.00
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	65.00
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	65.00
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	65.00
17172	Game meat, moose, raw	65.00
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	65.00
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	65.00
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	65.00
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	65.00
01263	Ice cream, light, soft serve, chocolate	64.00
05048	Chicken, broilers or fryers, back, meat and skin, raw	64.00
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	64.00
05084	Chicken, broilers or fryers, neck, meat and skin, raw	64.00
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	64.00
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	64.00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	64.00
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	64.00
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	64.00
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	64.00
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	64.00
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	64.00

NDB_No	Description	Sodium, Na(mg) Value Per
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	64.00
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	64.00
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	64.00
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	64.00
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	64.00
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	64.00
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	64.00
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	64.00
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	64.00
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	64.00
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	64.00
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	64.00
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	64.00
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	64.00
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	64.00
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	64.00
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	64.00
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	64.00
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	64.00
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	64.00
15101	Fish, snapper, mixed species, raw	64.00
15211	Fish, salmon, chum, cooked, dry heat	64.00
16157	Chickpea flour (besan)	64.00
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	64.00
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	64.00
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	64.00
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	64.00
17099	Veal, leg (top round), separable lean only, raw	64.00
17223	Veal, variety meats and by-products, tongue, cooked, braised	64.00
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	64.00
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	64.00
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	64.00
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	64.00
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	64.00
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	64.00
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	64.00

NDB_No	Description	Sodium, Na(mg) Value Per
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	64.00
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	64.00
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	64.00
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	64.00
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	64.00
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	64.00
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	64.00
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	64.00
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	64.00
23438	Beef, New Zealand, imported, sweetbread, raw	64.00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	64.00
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	64.00
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	64.00
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	64.00
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	63.00
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	63.00
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	63.00
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	63.00
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	63.00
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	63.00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	63.00
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	63.00
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	63.00
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	63.00
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	63.00
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	63.00
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	63.00
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	63.00
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	63.00
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	63.00
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	63.00
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	63.00
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	63.00
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	63.00
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	63.00
42186	Frozen yogurts, chocolate	63.00

NDB_No	Description	Sodium, Na(mg) Value Per
42187	Frozen yogurts, flavors other than chocolate	63.00
43340	Cheese, parmesan, low sodium	63.00
05015	Chicken, broilers or fryers, skin only, raw	63.00
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	63.00
05057	Chicken, broilers or fryers, breast, meat and skin, raw	63.00
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	63.00
05139	Duck, domesticated, meat and skin, raw	63.00
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	63.00
05310	Chicken, cornish game hens, meat only, cooked, roasted	63.00
10174	Pork, fresh, variety meats and by-products, tail, raw	63.00
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	63.00
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	63.00
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	63.00
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	63.00
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	63.00
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	63.00
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	63.00
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	63.00
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	63.00
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	63.00
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	63.00
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	63.00
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	63.00
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	63.00
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	63.00
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	63.00
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	63.00
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	63.00
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	63.00
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	63.00
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	63.00
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	63.00
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	63.00
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	63.00
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	63.00
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	63.00

NDB_No	Description	Sodium, Na(mg) Value Per
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	63.00
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	63.00
15009	Fish, carp, cooked, dry heat	63.00
16163	MORI-NU, Tofu, silken, extra firm	63.00
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	63.00
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	63.00
17094	Veal, leg (top round), separable lean and fat, raw	63.00
17192	Lamb, variety meats and by-products, heart, cooked, braised	63.00
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	63.00
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	63.00
01072	Dessert topping, pressurized	62.00
02041	Spices, tarragon, dried	62.00
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	62.00
05169	Turkey, skin from whole, (light and dark), raw	62.00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	62.00
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	62.00
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	62.00
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	62.00
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	62.00
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	62.00
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	62.00
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	62.00
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	62.00
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	62.00
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	62.00
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	62.00
15060	Fish, perch, mixed species, raw	62.00
15242	Crustaceans, crayfish, mixed species, farmed, raw	62.00
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	62.00
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	62.00
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	62.00
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	62.00
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	62.00
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	62.00
19350	Syrups, corn, light	62.00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	62.00

NDB_No	Description	Sodium, Na(mg) Value Per
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	62.00
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	62.00
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	62.00
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	62.00
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	62.00
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	62.00
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	62.00
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	62.00
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	62.00
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	62.00
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	62.00
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	62.00
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	62.00
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	62.00
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	62.00
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	62.00
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	62.00
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	62.00
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	62.00
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	62.00
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	62.00
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	62.00
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	62.00
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	61.00
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	61.00
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	61.00
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	61.00
19089	Ice creams, vanilla, rich	61.00
19090	Ice creams, french vanilla, soft-serve	61.00
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	61.00
19168	Desserts, egg custard, baked, prepared-from-recipe	61.00
19360	Syrups, table blends, pancake, with 2% maple	61.00
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	61.00
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	61.00
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	61.00
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	61.00

NDB_No	Description	Sodium, Na(mg) Value Per
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	61.00
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	61.00
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	61.00
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	61.00
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	61.00
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	61.00
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	61.00
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	61.00
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	61.00
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	61.00
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	61.00
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	61.00
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	61.00
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	61.00
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	61.00
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	61.00
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	61.00
01049	Cream, fluid, half and half	61.00
01236	Ice cream, soft serve, chocolate	61.00
02045	Dill weed, fresh	61.00
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	61.00
05307	Chicken, cornish game hens, meat and skin, raw	61.00
05663	Ground turkey, fat free, pan-broiled crumbles	61.00
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	61.00
11142	Celeriac, cooked, boiled, drained, without salt	61.00
11326	Peas and onions, frozen, unprepared	61.00
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	61.00
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	61.00
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	61.00
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	61.00
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	61.00
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	61.00
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	61.00
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	61.00
15059	Fish, pout, ocean, raw	61.00
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	61.00

NDB_No	Description	Sodium, Na(mg) Value Per
15241	Fish, trout, rainbow, farmed, cooked, dry heat	61.00
16246	SILK Nog, soymilk	61.00
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	61.00
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	61.00
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	61.00
17167	Game meat, elk, cooked, roasted	61.00
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	61.00
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	61.00
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	61.00
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	60.00
02020	Spices, garlic powder	60.00
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	60.00
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	60.00
05116	Chicken, roasting, giblets, cooked, simmered	60.00
05332	Chicken, ground, raw	60.00
07910	Bratwurst, veal, cooked	60.00
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	60.00
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	60.00
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	60.00
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	60.00
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	60.00
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	60.00
13332	Beef, variety meats and by-products, pancreas, cooked, braised	60.00
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	60.00
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	60.00
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	60.00
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	60.00
15005	Fish, bluefish, raw	60.00
15099	Fish, smelt, rainbow, raw	60.00
15210	Fish, salmon, chinook, cooked, dry heat	60.00
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	60.00
17159	Game meat, boar, wild, cooked, roasted	60.00
17163	Game meat, caribou, cooked, roasted	60.00
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	60.00
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	60.00
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	60.00

NDB_No	Description	Sodium, Na(mg) Value Per
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	60.00
19271	Ice creams, strawberry	60.00
20115	Noodles, japanese, soba, cooked	60.00
21034	Fast foods, sundae, strawberry	60.00
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	60.00
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	60.00
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	60.00
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	60.00
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	60.00
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	60.00
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	60.00
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	60.00
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	60.00
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	60.00
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	60.00
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	60.00
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	60.00
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	60.00
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	60.00
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	60.00
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	60.00
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	60.00
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	60.00
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	60.00
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	60.00
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	60.00
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	60.00
35234	Piki bread, made from blue cornmeal (Hopi)	60.00
42141	Cream substitute, liquid, light	60.00
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	59.00
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	59.00
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	59.00
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	59.00
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	59.00
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	59.00
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	59.00

NDB_No	Description	Sodium, Na(mg) Value Per
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	59.00
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	59.00
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	59.00
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	59.00
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	59.00
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	59.00
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	59.00
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	59.00
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	59.00
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	59.00
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	59.00
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	59.00
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	59.00
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	59.00
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	59.00
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	59.00
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	59.00
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	59.00
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	59.00
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	59.00
04679	Oil, PAM cooking spray, original	59.00
05140	Duck, domesticated, meat and skin, cooked, roasted	59.00
05191	Turkey, all classes, breast, meat and skin, raw	59.00
05664	Ground turkey, fat free, patties, broiled	59.00
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	59.00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	59.00
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	59.00
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	59.00
11131	Carrots, frozen, cooked, boiled, drained, without salt	59.00
11546	Tomato products, canned, paste, without salt added	59.00
11640	Shallots, freeze-dried	59.00
13001	Beef, carcass, separable lean and fat, choice, raw	59.00
13002	Beef, carcass, separable lean and fat, select, raw	59.00
13322	Beef, variety meats and by-products, heart, cooked, simmered	59.00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	59.00
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	59.00

NDB_No	Description	Sodium, Na(mg) Value Per
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	59.00
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	59.00
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	59.00
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	59.00
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	59.00
15045	Fish, lingcod, raw	59.00
15051	Fish, mackerel, spanish, raw	59.00
15113	Fish, tilefish, cooked, dry heat	59.00
15236	Fish, salmon, Atlantic, farmed, raw	59.00
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	59.00
17151	Game meat, beaver, cooked, roasted	59.00
17209	Lamb, variety meats and by-products, mechanically separated, raw	59.00
17219	Veal, variety meats and by-products, thymus, cooked, braised	59.00
17224	Lamb, ground, raw	59.00
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	59.00
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	59.00
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	59.00
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	59.00
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	59.00
17369	Lamb, New Zealand, imported, liver, raw	59.00
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	59.00
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	59.00
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	58.00
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	58.00
01203	Yogurt, fruit, lowfat, with low calorie sweetener	58.00
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	58.00
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	58.00
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	58.00
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	58.00
05130	Chicken, stewing, light meat, meat only, cooked, stewed	58.00
05305	Ground turkey, raw	58.00
05632	Emu, top loin, cooked, broiled	58.00
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	58.00
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	58.00
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	58.00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	58.00

NDB_No	Description	Sodium, Na(mg) Value Per
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	58.00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	58.00
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	58.00
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	58.00
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	58.00
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	58.00
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	58.00
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	58.00
11125	Carrots, cooked, boiled, drained, without salt	58.00
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	58.00
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	58.00
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	58.00
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	58.00
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	58.00
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	58.00
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	58.00
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	58.00
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	58.00
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	58.00
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	58.00
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	58.00
15093	Fish, seatrout, mixed species, raw	58.00
15145	Crustaceans, crayfish, mixed species, wild, raw	58.00
15247	Fish, salmon, coho, wild, cooked, dry heat	58.00
16060	Cowpeas, catjang, mature seeds, raw	58.00
16245	SILK Very Vanilla, soymilk	58.00
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	58.00
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	58.00
17166	Game meat, elk, raw	58.00
17176	Game meat, opossum, cooked, roasted	58.00
17194	Veal, variety meats and by-products, heart, cooked, braised	58.00
17215	Lamb, variety meats and by-products, spleen, cooked, braised	58.00
17217	Veal, variety meats and by-products, spleen, cooked, braised	58.00
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	58.00
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	58.00
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	58.00

NDB_No	Description	Sodium, Na(mg) Value Per
17449	Lamb, Australian, imported, fresh, external fat, cooked	58.00
21380	McDONALD'S, Fruit 'n Yogurt Parfait	58.00
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	58.00
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	58.00
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	58.00
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	58.00
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	58.00
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	58.00
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	58.00
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	58.00
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	58.00
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	58.00
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	58.00
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	58.00
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	58.00
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	58.00
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	58.00
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	58.00
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	58.00
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	58.00
31002	CAMPBELL'S, Tomato juice, low sodium	58.00
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	58.00
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	58.00
43261	Yogurt, fruit variety, nonfat	58.00
43365	Tomato and vegetable juice, low sodium	58.00
80200	Frog legs, raw	58.00
90480	Syrup, Cane	58.00
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	57.00
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	57.00
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	57.00
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	57.00
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	57.00
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	57.00
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	57.00
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	57.00
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	57.00

NDB_No	Description	Sodium, Na(mg) Value Per
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	57.00
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	57.00
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	57.00
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	57.00
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	57.00
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	57.00
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	57.00
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	57.00
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	57.00
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	57.00
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	57.00
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	57.00
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	57.00
43287	Dove, cooked (includes squab)	57.00
43541	Ice creams, chocolate, rich	57.00
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	57.00
01060	Milk, filled, fluid, with lauric acid oil	57.00
03112	Babyfood, potatoes, toddler	57.00
05145	Duck, wild, breast, meat only, raw	57.00
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	57.00
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	57.00
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	57.00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	57.00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	57.00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	57.00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	57.00
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	57.00
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	57.00
13330	Beef, variety meats and by-products, mechanically separated beef, raw	57.00
13334	Beef, variety meats and by-products, spleen, cooked, braised	57.00
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	57.00
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	57.00
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	57.00
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	57.00
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	57.00
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	57.00

NDB_No	Description	Sodium, Na(mg) Value Per
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	57.00
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	57.00
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	57.00
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	57.00
14019	Alcoholic beverage, tequila sunrise, canned	57.00
15102	Fish, snapper, mixed species, cooked, dry heat	57.00
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	57.00
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	57.00
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	57.00
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	57.00
17157	Game meat, bison, separable lean only, cooked, roasted	57.00
17162	Game meat, caribou, raw	57.00
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	57.00
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	57.00
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	57.00
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	57.00
17371	Lamb, New Zealand, imported, ground lamb, raw	57.00
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	57.00
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	56.00
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	56.00
05019	Chicken, broilers or fryers, skin only, cooked, stewed	56.00
05024	Chicken, gizzard, all classes, cooked, simmered	56.00
05128	Chicken, stewing, giblets, cooked, simmered	56.00
05144	Duck, wild, meat and skin, raw	56.00
05621	Emu, ground, raw	56.00
10007	Pork, fresh, separable fat, cooked	56.00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	56.00
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	56.00
10103	Pork, fresh, variety meats and by-products, heart, raw	56.00
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	56.00
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	56.00
10219	Pork, fresh, ground, raw	56.00
11097	Broccoli raab, cooked	56.00
11297	Parsley, fresh	56.00
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	56.00
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	56.00

NDB_No	Description	Sodium, Na(mg) Value Per
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	56.00
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	56.00
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	56.00
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	56.00
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	56.00
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	56.00
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	56.00
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	56.00
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	56.00
15020	Fish, croaker, Atlantic, raw	56.00
15074	Fish, sablefish, raw	56.00
15116	Fish, trout, rainbow, wild, cooked, dry heat	56.00
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	56.00
15262	Fish, tilapia, cooked, dry heat	56.00
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	56.00
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	56.00
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	56.00
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	56.00
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	56.00
17161	Game meat, buffalo, water, cooked, roasted	56.00
17200	Lamb, variety meats and by-products, liver, cooked, braised	56.00
17208	Veal, variety meats and by-products, lungs, cooked, braised	56.00
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	56.00
19303	Marmalade, orange	56.00
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	56.00
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	56.00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	56.00
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	56.00
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	56.00
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	56.00
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	56.00
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	56.00
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	56.00
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	56.00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	56.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	56.00

NDB_No	Description	Sodium, Na(mg) Value Per
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	56.00
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	56.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	56.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	56.00
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	56.00
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	56.00
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	56.00
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	56.00
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	56.00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	56.00
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	56.00
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	56.00
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	56.00
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	56.00
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	56.00
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	56.00
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	55.00
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	55.00
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	55.00
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	55.00
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	55.00
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	55.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	55.00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	55.00
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	55.00
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	55.00
23427	Beef, New Zealand, imported, manufacturing beef, raw	55.00
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	55.00
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	55.00
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	55.00
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	55.00
23506	USDA Commodity, beef patties with VPP, frozen, raw	55.00
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	55.00
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	55.00
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	55.00
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	55.00

NDB_No	Description	Sodium, Na(mg) Value Per
43543	Milk, imitation, non-soy	55.00
02042	Spices, thyme, dried	55.00
05138	Chicken, capons, giblets, cooked, simmered	55.00
05159	Quail, breast, meat only, raw	55.00
05162	Squab, (pigeon), light meat without skin, raw	55.00
05195	Turkey, all classes, wing, meat and skin, raw	55.00
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	55.00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	55.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	55.00
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	55.00
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	55.00
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	55.00
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	55.00
11413	Potato flour	55.00
11507	Sweet potato, raw, unprepared	55.00
11585	Vegetable juice cocktail, low sodium, canned	55.00
11986	Malabar spinach, cooked	55.00
13000	Beef, grass-fed, strip steaks, lean only, raw	55.00
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	55.00
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	55.00
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	55.00
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	55.00
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	55.00
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	55.00
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	55.00
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	55.00
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	55.00
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	55.00
14368	Beverages, tea, instant, lemon, unsweetened	55.00
15013	Fish, cisco, raw	55.00
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	55.00
17171	Game meat, horse, cooked, roasted	55.00
01057	Eggnog	54.00
01114	Whey, sweet, fluid	54.00
05160	Squab, (pigeon), meat and skin, raw	54.00
05668	Ground turkey, 85% lean, 15% fat, raw	54.00

NDB_No	Description	Sodium, Na(mg) Value Per
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	54.00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	54.00
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	54.00
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	54.00
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	54.00
11526	Taro, tahitian, cooked, without salt	54.00
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	54.00
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	54.00
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	54.00
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	54.00
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	54.00
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	54.00
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	54.00
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	54.00
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	54.00
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	54.00
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	54.00
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	54.00
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	54.00
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	54.00
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	54.00
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	54.00
14632	Beverages, Meal supplement drink, canned, peanut flavor	54.00
15015	Fish, cod, Atlantic, raw	54.00
15104	Fish, sturgeon, mixed species, raw	54.00
15213	Fish, scup, cooked, dry heat	54.00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	54.00
17145	Game meat, antelope, cooked, roasted	54.00
17156	Game meat, bison, separable lean only, raw	54.00
17165	Game meat, deer, cooked, roasted	54.00
17340	Game meat, elk, loin, separable lean only, cooked, broiled	54.00
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	54.00
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	54.00
19109	Candies, KIT KAT Wafer Bar	54.00
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	54.00
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	54.00

NDB_No	Description	Sodium, Na(mg) Value Per
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	54.00
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	54.00
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	54.00
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	54.00
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	54.00
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	54.00
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	54.00
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	54.00
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	54.00
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	54.00
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	54.00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	54.00
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	54.00
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	54.00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	54.00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	54.00
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	54.00
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	54.00
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	54.00
23431	Beef, New Zealand, imported, ribs prepared, raw	54.00
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	54.00
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	54.00
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	54.00
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	54.00
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	54.00
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	54.00
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	54.00
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	54.00
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	54.00
43004	Babyfood, dessert, banana pudding, strained	54.00
19094	Desserts, flan, caramel custard, prepared-from-recipe	53.00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	53.00
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	53.00
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	53.00
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	53.00
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	53.00

NDB_No	Description	Sodium, Na(mg) Value Per
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	53.00
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	53.00
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	53.00
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	53.00
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	53.00
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	53.00
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	53.00
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	53.00
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	53.00
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	53.00
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	53.00
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	53.00
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	53.00
05129	Chicken, stewing, light meat, meat only, raw	53.00
05157	Quail, meat and skin, raw	53.00
05624	Emu, fan fillet, cooked, broiled	53.00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	53.00
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	53.00
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	53.00
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	53.00
11512	Sweet potato, canned, vacuum pack	53.00
12005	Seeds, breadnut tree seeds, dried	53.00
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	53.00
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	53.00
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	53.00
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	53.00
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	53.00
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	53.00
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	53.00
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	53.00
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	53.00
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	53.00
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	53.00
15031	Fish, grouper, mixed species, raw	53.00
15032	Fish, grouper, mixed species, cooked, dry heat	53.00
15082	Fish, salmon, coho, wild, cooked, moist heat	53.00

NDB_No	Description	Sodium, Na(mg) Value Per
15112	Fish, tilefish, raw	53.00
16166	Soymilk, chocolate, unfortified	53.00
16168	Soymilk, chocolate, with added calcium, vitamins A and D	53.00
17160	Game meat, buffalo, water, raw	53.00
17170	Game meat, horse, raw	53.00
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	53.00
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	52.00
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	52.00
01108	Milk, indian buffalo, fluid	52.00
02015	Spices, curry powder	52.00
02035	Spices, pumpkin pie spice	52.00
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	52.00
03120	Babyfood, vegetables, corn, creamed, junior	52.00
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	52.00
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	52.00
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	52.00
10024	Pork, fresh, loin, whole, separable lean only, raw	52.00
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	52.00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	52.00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	52.00
11039	Lima beans, immature seeds, frozen, baby, unprepared	52.00
11957	Fennel, bulb, raw	52.00
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	52.00
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	52.00
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	52.00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	52.00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	52.00
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	52.00
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	52.00
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	52.00
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	52.00
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	52.00
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	52.00
14234	Beverages, OCEAN SPRAY, Cran Lemonade	52.00
14630	Beverages, Energy drink, ROCKSTAR, sugar free	52.00
15114	Fish, trout, mixed species, raw	52.00

NDB_No	Description	Sodium, Na(mg) Value Per
15239	Fish, salmon, coho, farmed, cooked, dry heat	52.00
15261	Fish, tilapia, raw	52.00
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	52.00
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	52.00
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	52.00
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	52.00
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	52.00
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	52.00
18373	Leavening agents, cream of tartar	52.00
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	52.00
19382	Candies, taffy, prepared-from-recipe	52.00
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	52.00
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	52.00
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	52.00
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	52.00
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	52.00
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	52.00
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	52.00
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	52.00
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	52.00
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	52.00
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	52.00
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	52.00
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	52.00
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	52.00
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	52.00
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	52.00
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	52.00
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	52.00
43282	Quail, cooked, total edible	52.00
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	51.00
18375	Leavening agents, yeast, baker's, active dry	51.00
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	51.00
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	51.00
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	51.00
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	51.00

NDB_No	Description	Sodium, Na(mg) Value Per
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	51.00
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	51.00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	51.00
05117	Chicken, roasting, light meat, meat only, raw	51.00
05118	Chicken, roasting, light meat, meat only, cooked, roasted	51.00
05158	Quail, meat only, raw	51.00
05161	Squab, (pigeon), meat only, raw	51.00
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	51.00
05662	Ground turkey, fat free, raw	51.00
05674	Chicken, skin (drumsticks and thighs), raw	51.00
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	51.00
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	51.00
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	51.00
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	51.00
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	51.00
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	51.00
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	51.00
14287	Beverages, Lemonade, powder	51.00
15025	Fish, eel, mixed species, raw	51.00
15064	Fish, pike, walleye, raw	51.00
15094	Fish, shad, american, raw	51.00
15130	Fish, whitefish, mixed species, raw	51.00
15217	Fish, sucker, white, cooked, dry heat	51.00
15240	Fish, trout, rainbow, farmed, raw	51.00
16120	Soymilk, original and vanilla, unfortified	51.00
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	51.00
17144	Game meat, antelope, raw	51.00
17150	Game meat, beaver, raw	51.00
17164	Game meat, deer, raw	51.00
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	51.00
17285	Lamb, Australian, imported, fresh, separable fat, cooked	51.00
17341	Game meat, elk, round, separable lean only, cooked, broiled	51.00
01106	Milk, goat, fluid, with added vitamin D	50.00
02036	Spices, rosemary, dried	50.00
05111	Canada Goose, breast meat, skinless, raw	50.00
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	50.00

NDB_No	Description	Sodium, Na(mg) Value Per
05363	Ruffed Grouse, breast meat, skinless, raw	50.00
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	50.00
10020	Pork, fresh, loin, whole, separable lean and fat, raw	50.00
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	50.00
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	50.00
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	50.00
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	50.00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	50.00
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	50.00
11088	Broadbeans, immature seeds, raw	50.00
11154	Chicory roots, raw	50.00
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	50.00
11525	Taro, tahitian, raw	50.00
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	50.00
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	50.00
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	50.00
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	50.00
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	50.00
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	50.00
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	50.00
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	50.00
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	50.00
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	50.00
15079	Fish, salmon, chum, raw	50.00
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	50.00
15183	Fish, tuna, light, canned in oil, without salt, drained solids	50.00
15184	Fish, tuna, light, canned in water, without salt, drained solids	50.00
15185	Fish, tuna, white, canned in oil, without salt, drained solids	50.00
15186	Fish, tuna, white, canned in water, without salt, drained solids	50.00
15225	Fish, yellowtail, mixed species, cooked, dry heat	50.00
15233	Fish, catfish, channel, wild, cooked, dry heat	50.00
16223	Soymilk (All flavors), enhanced	50.00
16422	Soy protein isolate, potassium type	50.00
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	50.00
17180	Game meat, rabbit, wild, raw	50.00
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	50.00

NDB_No	Description	Sodium, Na(mg) Value Per
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	50.00
19108	Candies, jellybeans	50.00
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	50.00
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	50.00
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	50.00
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	50.00
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	50.00
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	50.00
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	50.00
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	50.00
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	50.00
23413	Beef, New Zealand, imported, flat, separable lean only, raw	50.00
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	50.00
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	49.00
21463	Yogurt parfait, lowfat, with fruit and granola	49.00
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	49.00
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	49.00
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	49.00
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	49.00
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	49.00
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	49.00
35146	Stew, mutton, corn, squash (Navajo)	49.00
01078	Milk, producer, fluid, 3.7% milkfat	49.00
03012	Babyfood, meat, chicken, strained	49.00
03013	Babyfood, meat, chicken, junior	49.00
03015	Babyfood, meat, turkey, strained	49.00
03016	Babyfood, meat, turkey, junior	49.00
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	49.00
03059	Babyfood, dinner, vegetables and bacon, strained	49.00
03100	Babyfood, vegetables, carrots, junior	49.00
03127	Babyfood, vegetables, spinach, creamed, strained	49.00
03682	Babyfood, cereal, high protein, prepared with whole milk	49.00
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	49.00
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	49.00
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	49.00
05136	Chicken, capons, meat and skin, cooked, roasted	49.00

NDB_No	Description	Sodium, Na(mg) Value Per
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	49.00
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	49.00
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	49.00
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	49.00
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	49.00
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	49.00
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	49.00
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	49.00
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	49.00
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	49.00
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	49.00
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	49.00
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	49.00
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	49.00
15008	Fish, carp, raw	49.00
15063	Fish, pike, northern, cooked, dry heat	49.00
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	49.00
16235	SILK Plain, soymilk	49.00
16238	SILK Light Plain, soymilk	49.00
16241	SILK Plus Omega-3 DHA, soymilk	49.00
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	49.00
17270	Veal, breast, separable fat, cooked	49.00
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	49.00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	48.00
01112	Whey, acid, fluid	48.00
01125	Egg, yolk, raw, fresh	48.00
03122	Babyfood, peas, dices, toddler	48.00
03201	Babyfood, cereal, egg yolks and bacon, junior	48.00
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	48.00
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	48.00
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	48.00
05026	Chicken, heart, all classes, cooked, simmered	48.00
05304	Turkey, mechanically deboned, from turkey frames, raw	48.00
09173	Longans, dried	48.00
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	48.00
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	48.00

NDB_No	Description	Sodium, Na(mg) Value Per
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	48.00
11163	Collards, frozen, chopped, unprepared	48.00
11446	Seaweed, laver, raw	48.00
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	48.00
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	48.00
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	48.00
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	48.00
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	48.00
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	48.00
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	48.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	48.00
19216	Candies, praline, prepared-from-recipe	48.00
19898	Ice creams, regular, low carbohydrate, vanilla	48.00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	48.00
42316	Babyfood, carrots, toddler	48.00
19103	Candies, fudge, vanilla, prepared-from-recipe	47.00
19312	Pie fillings, apple, canned	47.00
21334	McDONALD'S, Strawberry Sundae	47.00
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	47.00
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	47.00
23411	Beef, New Zealand, imported, flank, separable lean only, raw	47.00
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	47.00
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	47.00
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	47.00
01295	Yogurt, vanilla, non-fat	47.00
03193	Babyfood, cereal, oatmeal, with honey, dry	47.00
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	47.00
05133	Chicken, capons, meat and skin and giblets and neck, raw	47.00
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	47.00
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	47.00
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	47.00
10006	Pork, fresh, separable fat, raw	47.00
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	47.00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	47.00
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	47.00
11009	Artichokes, (globe or french), frozen, unprepared	47.00

NDB_No	Description	Sodium, Na(mg) Value Per
11583	Vegetables, mixed, frozen, unprepared	47.00
12201	Seeds, sesame seed kernels, dried (decorticated)	47.00
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	47.00
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	47.00
14182	Beverages, chocolate syrup, prepared with whole milk	47.00
15078	Fish, salmon, chinook, raw	47.00
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	47.00
15238	Fish, salmon, coho, farmed, raw	47.00
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	47.00
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	47.00
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	47.00
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	47.00
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	46.00
03689	Babyfood, cereal, oatmeal, prepared with whole milk	46.00
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	46.00
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	46.00
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	46.00
11165	Coriander (cilantro) leaves, raw	46.00
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	46.00
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	46.00
15081	Fish, salmon, coho, wild, raw	46.00
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	46.00
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	46.00
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	46.00
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	46.00
19097	Sherbet, orange	46.00
19181	Candies, YORK BITES	46.00
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	46.00
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	46.00
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	46.00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	46.00
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	46.00
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	46.00
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	46.00
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	46.00
35144	Stew, dumpling with mutton (Navajo)	46.00

NDB_No	Description	Sodium, Na(mg) Value Per
18363	Tortillas, ready-to-bake or -fry, corn	45.00
19100	Candies, fudge, chocolate, prepared-from-recipe	45.00
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	45.00
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	45.00
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	45.00
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	45.00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	45.00
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	45.00
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	45.00
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	45.00
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	45.00
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	45.00
35145	Stew, hominy with mutton (Navajo)	45.00
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	45.00
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	45.00
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	45.00
03062	Babyfood, dinner, vegetables and ham, junior	45.00
03085	Babyfood, dinner, vegetables and turkey, junior	45.00
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	45.00
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	45.00
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	45.00
05135	Chicken, capons, meat and skin, raw	45.00
05156	Pheasant, leg, meat only, raw	45.00
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	45.00
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	45.00
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	45.00
11152	Chicory greens, raw	45.00
11255	Lotus root, cooked, boiled, drained, without salt	45.00
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	45.00
11427	Purslane, raw	45.00
11501	Succotash, (corn and limas), frozen, unprepared	45.00
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	45.00
11623	Kale, scotch, cooked, boiled, drained, without salt	45.00
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	45.00
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	45.00
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	45.00

NDB_No	Description	Sodium, Na(mg) Value Per
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	45.00
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	45.00
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	45.00
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	45.00
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	45.00
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	45.00
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	45.00
15127	Fish, tuna, fresh, yellowfin, raw	45.00
15274	Fish, trout, brook, raw, New York State	45.00
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	45.00
17181	Game meat, rabbit, wild, cooked, stewed	45.00
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	45.00
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	45.00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	44.00
01105	Milk, chocolate beverage, hot cocoa, homemade	44.00
01109	Milk, sheep, fluid	44.00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	44.00
03008	Babyfood, meat, ham, strained	44.00
03009	Babyfood, meat, ham, junior	44.00
05236	Turkey, young hen, skin only, cooked, roasted	44.00
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	44.00
10115	Pork, fresh, variety meats and by-products, pancreas, raw	44.00
11208	Dandelion greens, cooked, boiled, drained, without salt	44.00
11428	Purslane, cooked, boiled, drained, without salt	44.00
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	44.00
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	44.00
14027	Alcoholic beverage, whiskey sour, canned	44.00
15076	Fish, salmon, Atlantic, wild, raw	44.00
15175	Mollusks, squid, mixed species, raw	44.00
17154	Veal, Australian, separable fat, raw	44.00
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	44.00
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	44.00
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	44.00
19076	Candies, caramels, chocolate-flavor roll	44.00
19106	Candies, gumdrops, starch jelly pieces	44.00
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	44.00

NDB_No	Description	Sodium, Na(mg) Value Per
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	44.00
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	44.00
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	44.00
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	44.00
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	44.00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	44.00
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	44.00
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	44.00
36610	DENNY'S, french fries	44.00
20105	Macaroni, vegetable, enriched, dry	43.00
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	43.00
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	43.00
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	43.00
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	43.00
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	43.00
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	43.00
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	43.00
36607	CRACKER BARREL, steak fries	43.00
43283	Pheasant, cooked, total edible	43.00
01077	Milk, whole, 3.25% milkfat, with added vitamin D	43.00
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	43.00
03010	Babyfood, meat, lamb, strained	43.00
03119	Babyfood, vegetables, corn, creamed, strained	43.00
03681	Babyfood, cereal, barley, prepared with whole milk	43.00
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	43.00
11621	Drumstick pods, cooked, boiled, drained, without salt	43.00
11978	Peppers, ancho, dried	43.00
11984	Epazote, raw	43.00
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	43.00
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	43.00
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	43.00
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	43.00
15010	Fish, catfish, channel, wild, raw	43.00
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	43.00
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	42.00
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	42.00

NDB_No	Description	Sodium, Na(mg) Value Per
03007	Babyfood, meat, pork, strained	42.00
03011	Babyfood, meat, lamb, junior	42.00
03685	Babyfood, cereal, mixed, prepared with whole milk	42.00
03694	Babyfood, cereal, rice, prepared with whole milk	42.00
10001	Pork, fresh, carcass, separable lean and fat, raw	42.00
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	42.00
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	42.00
11620	Drumstick pods, raw	42.00
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	42.00
11695	Tomatoes, orange, raw	42.00
11759	Carrots, canned, no salt added, drained solids	42.00
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	42.00
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	42.00
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	42.00
14061	Beverages, Energy Drink, sugar free	42.00
14167	Beverages, POWERADE, Zero, Mixed Berry	42.00
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	42.00
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	42.00
15090	Fish, scup, raw	42.00
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	42.00
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	42.00
19104	Candies, fudge, vanilla with nuts	42.00
19366	Toppings, pineapple	42.00
19367	Toppings, nuts in syrup	42.00
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	42.00
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	42.00
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	42.00
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	42.00
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	42.00
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	42.00
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	42.00
31021	Potatoes, hash brown, refrigerated, unprepared	42.00
43450	Frozen novelties, juice type, juice with cream	42.00
19125	Chocolate-flavored hazelnut spread	41.00
19126	Candies, milk chocolate coated peanuts	41.00
19143	Candies, MR. GOODBAR Chocolate Bar	41.00

NDB_No	Description	Sodium, Na(mg) Value Per
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	41.00
03002	Babyfood, meat, beef, strained	41.00
03003	Babyfood, meat, beef, junior	41.00
03043	Babyfood, dinner, beef lasagna, toddler	41.00
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	41.00
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	41.00
11091	Broccoli, cooked, boiled, drained, without salt	41.00
11591	Watercress, raw	41.00
12032	Seeds, sesame flour, partially defatted	41.00
12170	Seeds, sesame flour, high-fat	41.00
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	41.00
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	41.00
16237	SILK Chocolate, soymilk	41.00
16240	SILK Light Chocolate, soymilk	41.00
16247	SILK Chai, soymilk	41.00
16248	SILK Mocha, soymilk	41.00
16249	SILK Coffee, soymilk	41.00
17177	Game meat, rabbit, domesticated, composite of cuts, raw	41.00
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	41.00
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	41.00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	41.00
03279	Babyfood, dinner, mixed vegetable, junior	40.00
05153	Pheasant, raw, meat and skin	40.00
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	40.00
05303	Poultry, mechanically deboned, from mature hens, raw	40.00
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	40.00
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	40.00
11254	Lotus root, raw	40.00
11568	Turnip greens, raw	40.00
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	40.00
14009	Alcoholic beverage, daiquiri, canned	40.00
14165	Beverages, carbonated, limeade, high caffeine	40.00
15107	Fish, sucker, white, raw	40.00
15193	Fish, cusk, cooked, dry heat	40.00
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	40.00
19719	Jams and preserves, apricot	40.00

NDB_No	Description	Sodium, Na(mg) Value Per
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	40.00
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	40.00
23418	Beef, New Zealand, imported, inside, raw	40.00
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	40.00
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	39.00
19248	Candies, HERSHEY'S, ALMOND JOY BITES	39.00
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	39.00
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	39.00
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	39.00
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	39.00
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	39.00
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	39.00
03005	Babyfood, meat, veal, strained	39.00
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	39.00
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	39.00
11429	Radishes, raw	39.00
11647	Sweet potato, canned, syrup pack, drained solids	39.00
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	39.00
12033	Seeds, sesame flour, low-fat	39.00
12034	Seeds, sesame meal, partially defatted	39.00
14154	Beverages, Energy drink, RED BULL	39.00
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	39.00
14639	Beverages, rice milk, unsweetened	39.00
15062	Fish, pike, northern, raw	39.00
15117	Fish, tuna, fresh, bluefin, raw	39.00
15135	Fish, yellowtail, mixed species, raw	39.00
16236	SILK Vanilla, soymilk	39.00
16239	SILK Light Vanilla, soymilk	39.00
16242	SILK Plus for Bone Health, soymilk	39.00
16243	SILK Plus Fiber, soymilk	39.00
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	39.00
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	39.00
17375	Lamb, New Zealand, imported, sweetbread, raw	39.00
03044	Babyfood, dinner, macaroni and tomato and beef, strained	38.00
03055	Babyfood, dinner, beef with vegetables	38.00
03068	Babyfood, dinner, chicken noodle, strained	38.00

NDB_No	Description	Sodium, Na(mg) Value Per
03199	Babyfood, cereal, with eggs, strained	38.00
03278	Babyfood, dinner, mixed vegetable, strained	38.00
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	38.00
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	38.00
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	38.00
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	38.00
11233	Kale, raw	38.00
12077	Nuts, beechnuts, dried	38.00
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	38.00
14267	Beverages, Fruit punch drink, with added nutrients, canned	38.00
14350	Strawberry-flavor beverage mix, powder	38.00
16083	Mungo beans, mature seeds, raw	38.00
16135	Winged beans, mature seeds, raw	38.00
19107	Candies, hard	38.00
19119	Candies, NESTLE, CHUNKY Bar	38.00
19182	Desserts, mousse, chocolate, prepared-from-recipe	38.00
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	38.00
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	38.00
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	38.00
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	38.00
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	38.00
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	38.00
19304	Molasses	37.00
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	37.00
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	37.00
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	37.00
42119	Babyfood, banana juice with low fat yogurt	37.00
03093	Babyfood, green beans, dices, toddler	37.00
05154	Pheasant, raw, meat only	37.00
09140	Guavas, strawberry, raw	37.00
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	37.00
12011	Seeds, cottonseed meal, partially defatted (glandless)	37.00
12099	Nuts, chestnuts, european, dried, unpeeled	37.00
12100	Nuts, chestnuts, european, dried, peeled	37.00
12108	Nuts, coconut meat, dried (desiccated), not sweetened	37.00
12114	Nuts, coconut meat, dried (desiccated), toasted	37.00

NDB_No	Description	Sodium, Na(mg) Value Per
12177	Nuts, coconut meat, dried (desiccated), creamed	37.00
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	37.00
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	37.00
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	37.00
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	37.00
14203	Beverages, coffee, instant, regular, half the caffeine	37.00
14214	Beverages, coffee, instant, regular, powder	37.00
15123	Fish, tuna, fresh, skipjack, raw	37.00
15216	Fish, spot, cooked, dry heat	37.00
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	37.00
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	37.00
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	37.00
01256	Yogurt, Greek, plain, nonfat	36.00
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	36.00
03282	Babyfood, vegetables, mix vegetables junior	36.00
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	36.00
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	36.00
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	36.00
04602	Butter, light, stick, without salt	36.00
11508	Sweet potato, cooked, baked in skin, flesh, without salt	36.00
11567	Turnips, frozen, cooked, boiled, drained, without salt	36.00
12116	Nuts, coconut cream, canned, sweetened	36.00
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	36.00
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	36.00
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	36.00
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	36.00
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	36.00
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	36.00
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	36.00
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	36.00
16162	MORI-NU, Tofu, silken, firm	36.00
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	36.00
19272	Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	36.00
20126	Spaghetti, spinach, dry	36.00
23296	Beef, Australian, imported, grass-fed, external fat, raw	36.00
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	36.00

NDB_No	Description	Sodium, Na(mg) Value Per
42120	Babyfood, mixed fruit juice with low fat yogurt	36.00
19352	Syrups, malt	35.00
19387	Frozen novelties, ice type, pineapple-coconut	35.00
20014	Corn grain, yellow	35.00
20020	Cornmeal, whole-grain, yellow	35.00
20314	Corn grain, white	35.00
20320	Cornmeal, whole-grain, white	35.00
25012	Snacks, sweet potato chips, unsalted	35.00
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	35.00
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	35.00
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	35.00
43476	Tofu yogurt	35.00
02013	Spices, coriander seed	35.00
03045	Babyfood, dinner, macaroni and tomato and beef, junior	35.00
03069	Babyfood, dinner, chicken noodle, junior	35.00
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	35.00
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	35.00
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	35.00
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	35.00
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	35.00
11988	Fungi, Cloud ears, dried	35.00
12007	Seeds, cottonseed flour, partially defatted (glandless)	35.00
12008	Seeds, cottonseed flour, low fat (glandless)	35.00
12698	Seeds, sesame butter, tahini, type of kernels unspecified	35.00
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	35.00
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	35.00
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	35.00
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	35.00
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	35.00
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	35.00
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	35.00
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	35.00
14626	Beverages, Energy drink, FULL THROTTLE	35.00
16055	Carob flour	35.00
16244	SILK Unsweetened, soymilk	35.00
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	35.00

NDB_No	Description	Sodium, Na(mg) Value Per
01052	Cream, fluid, light whipping	34.00
01276	Yogurt, Greek, strawberry, DANNON OIKOS	34.00
01286	Yogurt, Greek, vanilla, nonfat	34.00
01287	Yogurt, Greek, plain, lowfat	34.00
03274	Babyfood, dinner, vegetables and chicken, junior	34.00
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	34.00
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	34.00
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	34.00
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	34.00
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	34.00
11758	Carrots, canned, no salt added, solids and liquids	34.00
11985	Fireweed, leaves, raw	34.00
12175	Nuts, chestnuts, japanese, dried	34.00
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	34.00
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	34.00
16210	Vitasoy USA, Nasoya Lite Firm Tofu	34.00
16279	HOUSE FOODS Premium Soft Tofu	34.00
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	34.00
19384	Candies, divinity, prepared-from-recipe	34.00
23297	Beef, Australian, imported, grass-fed, seam fat, raw	34.00
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	33.00
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	33.00
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	33.00
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	33.00
43046	Candies, nougat, with almonds	33.00
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	33.00
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	33.00
01284	Yogurt, Greek, strawberry, lowfat	33.00
01285	Yogurt, Greek, strawberry, nonfat	33.00
03197	Babyfood, cereal, with egg yolks, strained	33.00
03198	Babyfood, cereal, with egg yolks, junior	33.00
05155	Pheasant, breast, meat only, raw	33.00
06964	Soup, tomato, low sodium, with water	33.00
11090	Broccoli, raw	33.00
11096	Broccoli raab, raw	33.00
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	33.00

NDB_No	Description	Sodium, Na(mg) Value Per
14530	Whiskey sour mix, bottled, with added potassium and sodium	33.00
14622	Beverages, V8 V-FUSION Juices, Tropical	33.00
16281	HOUSE FOODS Premium Firm Tofu	33.00
17284	Lamb, Australian, imported, fresh, separable fat, raw	33.00
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	32.00
03049	Babyfood, dinner, beef and rice, toddler	32.00
03194	Babyfood, cereal, rice, dry fortified	32.00
05047	Chicken, broilers or fryers, separable fat, raw	32.00
09082	Cranberry-orange relish, canned	32.00
10005	Pork, fresh, belly, raw	32.00
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	32.00
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	32.00
19297	Jams and preserves	32.00
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	32.00
23420	Beef, New Zealand, imported, intermuscular fat, raw	32.00
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	32.00
18171	Cookies, fortune	31.00
01056	Cream, sour, cultured	31.00
02064	Peppermint, fresh	31.00
03053	Babyfood, dinner, vegetables and beef, strained	31.00
03054	Babyfood, dinner, vegetables and beef, junior	31.00
03283	Babyfood, vegetables, garden vegetable, strained	31.00
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	31.00
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	31.00
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	31.00
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.00
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.00
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.00
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	31.00
09185	Melon balls, frozen	31.00
12004	Seeds, breadnut tree seeds, raw	31.00
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	31.00
14628	Beverages, Energy drink, AMP, sugar free	31.00
15022	Fish, cusk, raw	31.00
15115	Fish, trout, rainbow, wild, raw	31.00
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	31.00

NDB_No	Description	Sodium, Na(mg) Value Per
02031	Spices, pepper, red or cayenne	30.00
02065	Spearmint, fresh	30.00
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	30.00
04142	Salad dressing, french dressing, reduced fat, without salt	30.00
04143	Salad dressing, italian dressing, commercial, regular, without salt	30.00
04144	Salad dressing, italian dressing, reduced fat, without salt	30.00
04145	Salad dressing, mayonnaise, soybean oil, without salt	30.00
06970	Soup, chicken broth, low sodium, canned	30.00
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	30.00
11135	Cauliflower, raw	30.00
12220	Seeds, flaxseed	30.00
16078	Mothbeans, mature seeds, raw	30.00
18374	Leavening agents, yeast, baker's, compressed	30.00
19300	Jellies	30.00
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	30.00
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	30.00
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	30.00
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	30.00
19820	Snacks, sesame sticks, wheat-based, unsalted	29.00
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	29.00
43387	Turnip greens, canned, no salt added	29.00
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	29.00
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	29.00
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	29.00
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	29.00
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	29.00
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	29.00
09523	Lemon juice from concentrate, bottled, CONCORD	29.00
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	29.00
11245	Lambsquarters, cooked, boiled, drained, without salt	29.00
11272	Mustard greens, frozen, unprepared	29.00
11569	Turnip greens, cooked, boiled, drained, without salt	29.00
11645	Sweet potato, canned, syrup pack, solids and liquids	29.00
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	29.00
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	29.00
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	29.00

NDB_No	Description	Sodium, Na(mg) Value Per
15103	Fish, spot, raw	29.00
04618	Margarine, regular, 80% fat, composite, tub, without salt	28.00
09231	Passion-fruit, (granadilla), purple, raw	28.00
09299	Raisins, seeded	28.00
09322	Tamarinds, raw	28.00
09402	Applesauce, canned, sweetened, with salt	28.00
11113	Cabbage, red, cooked, boiled, drained, without salt	28.00
11114	Cabbage, savoy, raw	28.00
11253	Lettuce, green leaf, raw	28.00
11547	Tomato products, canned, puree, without salt added	28.00
12158	Seeds, breadfruit seeds, roasted	28.00
14620	Beverages, V8 V-FUSION Juices, Peach Mango	28.00
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	28.00
14623	Beverages, V8 V- FUSION Juices, Acai Berry	28.00
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	28.00
19091	Candies, YORK Peppermint Pattie	28.00
19334	Sugars, brown	28.00
19800	Snacks, corn cakes, very low sodium	28.00
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	28.00
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	28.00
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	28.00
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	27.00
20095	Pasta, fresh-refrigerated, spinach, as purchased	27.00
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	27.00
42040	Syrups, grenadine	27.00
43218	Cereals ready-to-eat, ALPEN	27.00
01053	Cream, fluid, heavy whipping	27.00
02021	Spices, ginger, ground	27.00
02034	Spices, poultry seasoning	27.00
02043	Spices, turmeric, ground	27.00
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	27.00
10864	Pork, bacon, rendered fat, cooked	27.00
11112	Cabbage, red, raw	27.00
11510	Sweet potato, cooked, boiled, without skin	27.00
11740	Broccoli, flower clusters, raw	27.00
11741	Broccoli, stalks, raw	27.00

NDB_No	Description	Sodium, Na(mg) Value Per
11959	Arugula, raw	27.00
12101	Nuts, chestnuts, european, boiled and steamed	27.00
14625	Beverages, Energy drink, AMP	27.00
02033	Spices, poppy seed	26.00
02063	Rosemary, fresh	26.00
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	26.00
03246	Babyfood, dessert, custard pudding, vanilla, junior	26.00
03287	Babyfood, dinner, beef noodle, junior	26.00
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	26.00
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	26.00
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	26.00
08037	Cereals ready-to-eat, granola, homemade	26.00
09010	Apples, dehydrated (low moisture), sulfured, stewed	26.00
09524	Lemon juice from concentrate, bottled, REAL LEMON	26.00
11697	Arrowroot, raw	26.00
11707	Asparagus, canned, no salt added, solids and liquids	26.00
13019	Beef, retail cuts, separable fat, raw	26.00
14090	Beverages, Coconut water, ready-to-drink, unsweetened	26.00
14179	Beverages, coffee, ready to drink, milk based, sweetened	26.00
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	26.00
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	26.00
16276	Vitasoy USA Azumaya, Extra Firm Tofu	26.00
17092	Veal, composite of trimmed retail cuts, separable fat, raw	26.00
19083	Candies, sweet chocolate coated fondant	26.00
19816	Snacks, rice cakes, brown rice, plain, unsalted	26.00
20093	Pasta, fresh-refrigerated, plain, as purchased	26.00
23436	Beef, New Zealand, imported, subcutaneous fat, raw	26.00
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	26.00
43417	Babyfood, meat, beef with vegetables, toddler	26.00
19268	Candies, dark chocolate coated coffee beans	25.00
23419	Beef, New Zealand, imported, intermuscular fat, cooked	25.00
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	25.00
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	25.00
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	25.00
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	25.00
43006	Babyfood, fruit, tutti frutti, strained	25.00

NDB_No	Description	Sodium, Na(mg) Value Per
43008	Babyfood, dinner, chicken and rice	25.00
01073	Dessert topping, semi solid, frozen	25.00
02027	Spices, oregano, dried	25.00
03072	Babyfood, dinner, chicken stew, toddler	25.00
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	25.00
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	25.00
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	25.00
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	25.00
06961	Sauce, peppers, hot, chili, mature red, canned	25.00
06962	Sauce, chili, peppers, hot, immature green, canned	25.00
06978	Soup, beef and mushroom, low sodium, chunk style	25.00
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	25.00
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	25.00
10105	Pork, fresh, variety meats and by-products, jowl, raw	25.00
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	25.00
11098	Brussels sprouts, raw	25.00
11257	Lettuce, red leaf, raw	25.00
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	25.00
11400	Potatoes, frozen, whole, unprepared	25.00
11566	Turnips, frozen, unprepared	25.00
11973	Beans, fava, in pod, raw	25.00
12001	Seeds, breadfruit seeds, raw	25.00
12160	Seeds, cottonseed kernels, roasted (glandless)	25.00
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	25.00
02039	Spices, savory, ground	24.00
03073	Babyfood, dinner, vegetables chicken, strained	24.00
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	24.00
09153	Lemon juice from concentrate, canned or bottled	24.00
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	24.00
11092	Broccoli, frozen, chopped, unprepared	24.00
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	24.00
11115	Cabbage, savoy, cooked, boiled, drained, without salt	24.00
11137	Cauliflower, frozen, unprepared	24.00
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	24.00
16027	Beans, kidney, all types, mature seeds, raw	24.00
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	24.00

NDB_No	Description	Sodium, Na(mg) Value Per
19078	Baking chocolate, unsweetened, squares	24.00
19902	Chocolate, dark, 45- 59% cacao solids	24.00
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	23.00
19919	Candies, fruit snacks, with high vitamin C	23.00
02004	Spices, bay leaf	23.00
02069	Vinegar, balsamic	23.00
03083	Babyfood, dinner, turkey and rice, junior	23.00
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	23.00
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	23.00
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	23.00
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	23.00
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	23.00
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	23.00
09423	Prune puree	23.00
11234	Kale, cooked, boiled, drained, without salt	23.00
11350	Pokeberry shoots, (poke), raw	23.00
11696	Tomatoes, yellow, raw	23.00
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	23.00
11965	Cauliflower, green, raw	23.00
11967	Cauliflower, green, cooked, no salt added	23.00
12003	Seeds, breadfruit seeds, boiled	23.00
13020	Beef, retail cuts, separable fat, cooked	23.00
14218	Beverages, coffee, instant, decaffeinated, powder	23.00
15203	Fish, monkfish, cooked, dry heat	23.00
16277	Vitasoy USA Azumaya, Firm Tofu	23.00
03108	Babyfood, vegetables, sweet potatoes strained	22.00
03303	Babyfood, dinner, sweet potatoes and chicken, strained	22.00
06956	Soup, tomato, canned, condensed, reduced sodium	22.00
11005	Arrowhead, raw	22.00
11213	Endive, raw	22.00
11390	Potatoes, hash brown, frozen, plain, unprepared	22.00
11952	Radicchio, raw	22.00
16091	Peanuts, spanish, raw	22.00
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	22.00
19280	Frozen novelties, ice type, lime	22.00
18218	Crackers, matzo, egg	21.00

NDB_No	Description	Sodium, Na(mg) Value Per
19137	Toppings, strawberry	21.00
19165	Cocoa, dry powder, unsweetened	21.00
20109	Noodles, egg, dry, enriched	21.00
20409	Noodles, egg, dry, unenriched	21.00
01169	Cheese, low-sodium, cheddar or colby	21.00
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	21.00
03189	Babyfood, cereal, oatmeal, dry fortified	21.00
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	21.00
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	21.00
11004	Amaranth leaves, cooked, boiled, drained, without salt	21.00
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.00
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	21.00
11240	Mushrooms, morel, raw	21.00
11242	Kohlrabi, cooked, boiled, drained, without salt	21.00
11274	Mustard spinach, (tendergreen), raw	21.00
11284	Onions, dehydrated flakes	21.00
11364	Potatoes, baked, skin, without salt	21.00
11430	Radishes, oriental, raw	21.00
11735	Beets, canned, no salt added, solids and liquids	21.00
11921	Peppers, sweet, red, sauteed	21.00
11963	Nopales, raw	21.00
11991	Yautia (tannier), raw	21.00
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	21.00
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	21.00
14121	Beverages, carbonated, club soda	21.00
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	21.00
14206	Beverages, tea, green, ready-to-drink, sweetened	21.00
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	21.00
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	21.00
14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	21.00
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	21.00
14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	21.00
14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	21.00
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	21.00
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	21.00
16067	Hyacinth beans, mature seeds, raw	21.00

NDB_No	Description	Sodium, Na(mg) Value Per
02016	Spices, dill seed	20.00
02030	Spices, pepper, black	20.00
03066	Babyfood, dinner, vegetables and lamb, strained	20.00
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	20.00
03084	Babyfood, dinner, vegetables and turkey, strained	20.00
03226	Babyfood, dessert, fruit pudding, orange, strained	20.00
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	20.00
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	20.00
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	20.00
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	20.00
09012	Apples, dried, sulfured, stewed, without added sugar	20.00
09283	Plums, canned, purple, light syrup pack, solids and liquids	20.00
09427	Abiyuch, raw	20.00
11003	Amaranth leaves, raw	20.00
11241	Kohlrabi, raw	20.00
11246	Leeks, (bulb and lower leaf-portion), raw	20.00
11270	Mustard greens, raw	20.00
11316	Peas, mature seeds, sprouted, raw	20.00
11437	Salsify, (vegetable oyster), raw	20.00
11949	Catsup, low sodium	20.00
11964	Nopales, cooked, without salt	20.00
12104	Nuts, coconut meat, raw	20.00
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	20.00
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	20.00
14531	Alcoholic beverage, whiskey sour	20.00
16117	Soy flour, defatted	20.00
19859	Cocoa, dry powder, hi-fat or breakfast, plain	20.00
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	20.00
19904	Chocolate, dark, 70-85% cacao solids	20.00
42150	Babyfood, apple yogurt dessert, strained	20.00
43299	Soybean, curd cheese	20.00
18424	Crackers, melba toast, plain, without salt	19.00
19166	Cocoa, dry powder, unsweetened, processed with alkali	19.00
20132	Oat flour, partially debranned	19.00
20134	Rice noodles, cooked	19.00
03082	Babyfood, dinner, turkey and rice, strained	19.00

NDB_No	Description	Sodium, Na(mg) Value Per
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	19.00
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	19.00
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	19.00
09013	Apples, dried, sulfured, stewed, with added sugar	19.00
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	19.00
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	19.00
09379	Plums, canned, heavy syrup, drained	19.00
11214	Escarole, cooked, boiled, drained, no salt added	19.00
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	19.00
12062	Nuts, almonds, blanched	19.00
12204	Nuts, chestnuts, japanese, roasted	19.00
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	19.00
14217	Beverages, OCEAN SPRAY, Cran Grape	19.00
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	19.00
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	19.00
02006	Spices, cardamom	18.00
03096	Babyfood, vegetable, green beans and potatoes	18.00
03109	Babyfood, vegetables, sweet potatoes, junior	18.00
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	18.00
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	18.00
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	18.00
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	18.00
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	18.00
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	18.00
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	18.00
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	18.00
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	18.00
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	18.00
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	18.00
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	18.00
06977	Gravy, meat or poultry, low sodium, prepared	18.00
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	18.00
08113	Cereals, farina, enriched, cooked with water, without salt	18.00
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	18.00
09184	Melons, honeydew, raw	18.00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	18.00

NDB_No	Description	Sodium, Na(mg) Value Per
11006	Arrowhead, cooked, boiled, drained, without salt	18.00
11109	Cabbage, raw	18.00
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	18.00
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	18.00
11355	Potatoes, red, flesh and skin, raw	18.00
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	18.00
11576	Turnip greens and turnips, frozen, unprepared	18.00
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	18.00
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	18.00
11946	Pickles, cucumber, sour, low sodium	18.00
11947	Pickles, cucumber, dill, reduced sodium	18.00
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	18.00
11987	Mushrooms, oyster, raw	18.00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	18.00
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	18.00
14079	Beverages, yellow green colored citrus soft drink with caffeine	18.00
15054	Fish, monkfish, raw	18.00
16022	Beans, french, mature seeds, raw	18.00
16071	Lima beans, large, mature seeds, raw	18.00
16087	Peanuts, all types, raw	18.00
19314	Pie fillings, canned, cherry	18.00
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	18.00
20012	Bulgur, dry	17.00
43007	Babyfood, fruit, tutti frutti, junior	17.00
01107	Milk, human, mature, fluid	17.00
02005	Spices, caraway seed	17.00
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	17.00
03298	Babyfood, dinner, broccoli and chicken, junior	17.00
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	17.00
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	17.00
11094	Broccoli, frozen, spears, unprepared	17.00
11161	Collards, raw	17.00
11215	Garlic, raw	17.00
11339	Peppers, sweet, green, sauteed	17.00
11492	Squash, winter, spaghetti, raw	17.00
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	17.00

NDB_No	Description	Sodium, Na(mg) Value Per
11990	Wasabi, root, raw	17.00
14211	Beverages, tea, black, ready-to-drink, lemon, diet	17.00
14407	Beverages, orange-flavor drink, breakfast type, powder	17.00
16101	Pigeon peas (red gram), mature seeds, raw	17.00
16133	Yardlong beans, mature seeds, raw	17.00
16397	Peanut butter, chunk style, without salt	17.00
16398	Peanut butter, smooth style, without salt	17.00
02002	Spices, anise seed	16.00
02025	Spices, nutmeg, ground	16.00
03061	Babyfood, dinner, vegetables and ham, strained	16.00
03070	Babyfood, dinner, chicken soup, strained	16.00
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	16.00
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	16.00
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	16.00
09161	Lime juice, canned or bottled, unsweetened	16.00
09181	Melons, cantaloupe, raw	16.00
11291	Onions, spring or scallions (includes tops and bulb), raw	16.00
11354	Potatoes, white, flesh and skin, raw	16.00
11369	Potatoes, microwaved, cooked in skin, skin, without salt	16.00
11438	Salsify, cooked, boiled, drained, without salt	16.00
11565	Turnips, cooked, boiled, drained, without salt	16.00
11637	Radishes, white icicle, raw	16.00
12006	Seeds, chia seeds, dried	16.00
12085	Nuts, cashew nuts, dry roasted, without salt added	16.00
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	16.00
14277	Beverages, grape drink, canned	16.00
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	16.00
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	16.00
14629	Beverages, Energy drink, ROCKSTAR	16.00
16049	Beans, white, mature seeds, raw	16.00
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	16.00
16129	Tofu, fried	16.00
16429	Tofu, fried, prepared with calcium sulfate	16.00
18236	Cracker meal	16.00
19081	Candies, sweet chocolate	16.00
20087	Wheat, sprouted	16.00

NDB_No	Description	Sodium, Na(mg) Value Per
43523	Babyfood, mixed fruit yogurt, strained	16.00
43529	Babyfood, rice and apples, dry	16.00
43597	Cheese, mozzarella, low sodium	16.00
18448	Taco shells, baked, without added salt	15.00
19294	Fruit butters, apple	15.00
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	15.00
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	15.00
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	15.00
19833	Snacks, tortilla chips, low fat, unsalted	15.00
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	15.00
43364	Snacks, tortilla chips, unsalted, white corn	15.00
43447	Snacks, corn-based, extruded, chips, unsalted	15.00
03047	Babyfood, dinner, beef noodle, strained	15.00
09175	Mammy-apple, (mamey), raw	15.00
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	15.00
11136	Cauliflower, cooked, boiled, drained, without salt	15.00
11162	Collards, cooked, boiled, drained, without salt	15.00
11167	Corn, sweet, yellow, raw	15.00
11235	Kale, frozen, unprepared	15.00
11236	Kale, frozen, cooked, boiled, drained, without salt	15.00
11237	Kanpyo, (dried gourd strips)	15.00
11292	Onions, young green, tops only	15.00
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	15.00
11447	Sesbania flower, raw	15.00
11450	Soybeans, green, raw	15.00
11519	Taro, cooked, without salt	15.00
11559	Tomato products, canned, sauce, with tomato tidbits	15.00
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	15.00
11900	Corn, sweet, white, raw	15.00
12088	Nuts, cashew butter, plain, without salt added	15.00
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	15.00
14142	Beverages, carbonated, grape soda	15.00
14257	Beverages, OCEAN SPRAY, Light Cranberry	15.00
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	15.00
16076	Lupins, mature seeds, raw	15.00
16080	Mung beans, mature seeds, raw	15.00

NDB_No	Description	Sodium, Na(mg) Value Per
16085	Peas, green, split, mature seeds, raw	15.00
16253	SILK Strawberry soy yogurt	15.00
16254	SILK Raspberry soy yogurt	15.00
16255	SILK Peach soy yogurt	15.00
16257	SILK Blueberry soy yogurt	15.00
16258	SILK Key Lime soy yogurt	15.00
16259	SILK Banana-Strawberry soy yogurt	15.00
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	14.00
03934	Babyfood, corn and sweet potatoes, strained	14.00
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	14.00
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	14.00
09145	Java-plum, (jambolan), raw	14.00
09315	Soursop, raw	14.00
11012	Asparagus, cooked, boiled, drained	14.00
11134	Cassava, raw	14.00
11203	Cress, garden, raw	14.00
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	14.00
11356	Potatoes, Russet, flesh and skin, baked	14.00
11366	Potatoes, boiled, cooked in skin, skin, without salt	14.00
11451	Soybeans, green, cooked, boiled, drained, without salt	14.00
11452	Soybeans, mature seeds, sprouted, raw	14.00
11588	Waterchestnuts, chinese, (matai), raw	14.00
11726	Beans, snap, green, canned, no salt added, solids and liquids	14.00
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	14.00
11943	Pimento, canned	14.00
12202	Nuts, chestnuts, japanese, raw	14.00
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	14.00
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	14.00
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	14.00
14334	Beverages, pineapple and grapefruit juice drink, canned	14.00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	14.00
14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	14.00
14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	14.00
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	14.00
14638	Beverages, Horchata, as served in restaurant	14.00
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	14.00

NDB_No	Description	Sodium, Na(mg) Value Per
16024	Beans, great northern, mature seeds, raw	14.00
16426	Tofu, raw, firm, prepared with calcium sulfate	14.00
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	14.00
20127	Spaghetti, spinach, cooked	14.00
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	14.00
42278	Babyfood, vegetable and brown rice, strained	14.00
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	14.00
43405	Cheese, swiss, low sodium	14.00
43536	Babyfood, dessert, peach yogurt	14.00
43537	Babyfood, dessert, blueberry yogurt, strained	14.00
43539	Babyfood, dessert, banana yogurt, strained	14.00
19244	Frostings, vanilla, creamy, dry mix	13.00
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	13.00
19858	Candies, sugar-coated almonds	13.00
19913	Candies, NESTLE, BUTTERFINGER Crisp	13.00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	13.00
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	13.00
02024	Spices, mustard seed, ground	13.00
03067	Babyfood, dinner, vegetables and lamb, junior	13.00
08142	Cereals, WHEATENA, dry	13.00
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	13.00
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	13.00
09044	Cherries, tart, dried, sweetened	13.00
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	13.00
11046	Beans, navy, mature seeds, sprouted, raw	13.00
11216	Ginger root, raw	13.00
11258	Mountain yam, hawaii, raw	13.00
11268	Mushrooms, shiitake, dried	13.00
11431	Radishes, oriental, cooked, boiled, drained, without salt	13.00
11527	Tomatoes, green, raw	13.00
11976	Pepper, banana, raw	13.00
12086	Nuts, cashew nuts, oil roasted, without salt added	13.00
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	13.00
12128	Nuts, ginkgo nuts, dried	13.00
14056	Beverages, Acai berry drink, fortified	13.00
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	13.00

NDB_No	Description	Sodium, Na(mg) Value Per
14157	Beverages, carbonated, root beer	13.00
14162	Beverages, Apple juice drink, light, fortified with vitamin C	13.00
14276	Beverages, Tropical Punch, ready-to-drink	13.00
14297	Beverages, lemonade-flavor drink, powder, prepared with water	13.00
14305	Malt beverage, includes non-alcoholic beer	13.00
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	13.00
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	13.00
16035	Beans, kidney, royal red, mature seeds, raw	13.00
16052	Broadbeans (fava beans), mature seeds, raw	13.00
16074	Lima beans, thin seeded (baby), mature seeds, raw	13.00
16115	Soy flour, full-fat, raw	13.00
16136	Winged beans, mature seeds, cooked, boiled, without salt	13.00
16250	SILK Vanilla soy yogurt (family size)	13.00
16252	SILK Plain soy yogurt	13.00
03181	Babyfood, cereal, barley, dry fortified	12.00
03297	Babyfood, dinner, apples and chicken, strained	12.00
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	12.00
09297	Raisins, golden seedless	12.00
09313	Sapodilla, raw	12.00
11259	Mountain yam, hawaii, cooked, steamed, without salt	12.00
11263	Mushrooms, white, stir-fried	12.00
11286	Onions, yellow, sauteed	12.00
11287	Onions, frozen, chopped, unprepared	12.00
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	12.00
11349	Poi	12.00
11358	Potatoes, red, flesh and skin, baked	12.00
11435	Rutabagas, raw	12.00
11574	Turnip greens, frozen, unprepared	12.00
11618	Eppaw, raw	12.00
11677	Shallots, raw	12.00
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	12.00
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	12.00
12087	Nuts, cashew nuts, raw	12.00
12169	Seeds, sesame butter, paste	12.00
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	12.00
14130	Carbonated beverage, cream soda	12.00

NDB_No	Description	Sodium, Na(mg) Value Per
14150	Beverages, carbonated, orange	12.00
14155	Beverages, carbonated, tonic water	12.00
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	12.00
14640	Beverages, Energy drink, VAULT, citrus flavor	12.00
16032	Beans, kidney, red, mature seeds, raw	12.00
16042	Beans, pinto, mature seeds, raw	12.00
16045	Beans, small white, mature seeds, raw	12.00
16047	Beans, yellow, mature seeds, raw	12.00
16116	Soy flour, full-fat, roasted	12.00
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	12.00
16251	SILK Vanilla soy yogurt (single serving size)	12.00
16256	SILK Black Cherry soy yogurt	12.00
19077	Baking chocolate, unsweetened, liquid	12.00
19353	Syrups, maple	12.00
20004	Barley, hulled	12.00
20078	Wheat germ, crude	12.00
20112	Noodles, egg, spinach, enriched, cooked	12.00
20142	Teff, uncooked	12.00
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	12.00
21379	McDONALD'S, Side Salad	12.00
42285	Babyfood, cereal, brown rice, dry, instant	12.00
43098	Pie fillings, cherry, low calorie	12.00
43216	Sweeteners, tabletop, fructose, dry, powder	12.00
44158	Pie fillings, blueberry, canned	12.00
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	11.00
19080	Candies, semisweet chocolate	11.00
19099	Candies, fondant, prepared-from-recipe	11.00
19340	Sugars, maple	11.00
19701	Candies, semisweet chocolate, made with butter	11.00
19906	Sweeteners, for baking, brown, contains sugar and sucralose	11.00
20009	Buckwheat groats, roasted, dry	11.00
20011	Buckwheat flour, whole-groat	11.00
20131	Barley malt flour	11.00
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	11.00
42286	Babyfood, green beans and turkey, strained	11.00
43217	Tomato sauce, canned, no salt added	11.00

NDB_No	Description	Sodium, Na(mg) Value Per
01145	Butter, without salt	11.00
02038	Spices, sage, ground	11.00
03077	Babyfood, dinner, pasta with vegetables	11.00
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	11.00
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	11.00
09023	Apricots, canned, water pack, without skin, solids and liquids	11.00
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	11.00
09298	Raisins, seedless	11.00
09301	Rambutan, canned, syrup pack	11.00
09420	Jackfruit, canned, syrup pack	11.00
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	11.00
10004	Pork, fresh, backfat, raw	11.00
11022	Balsam-pear (bitter gourd), leafy tips, raw	11.00
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	11.00
11145	Celtuce, raw	11.00
11232	Jute, potherb, cooked, boiled, drained, without salt	11.00
11243	Mushrooms, portabella, grilled	11.00
11248	Lentils, sprouted, raw	11.00
11418	Pumpkin leaves, raw	11.00
11448	Sesbania flower, cooked, steamed, without salt	11.00
11518	Taro, raw	11.00
11530	Tomatoes, red, ripe, cooked	11.00
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	11.00
11970	Cabbage, napa, cooked	11.00
12023	Seeds, sesame seeds, whole, dried	11.00
12024	Seeds, sesame seeds, whole, roasted and toasted	11.00
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	11.00
14161	Beverages, Kiwi Strawberry Juice Drink	11.00
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	11.00
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	11.00
16030	Beans, kidney, california red, mature seeds, raw	11.00
02010	Spices, cinnamon, ground	10.00
06965	Soup, pea, low sodium, prepared with equal volume water	10.00
08177	Cereals, MALT-O-MEAL, chocolate, dry	10.00
09032	Apricots, dried, sulfured, uncooked	10.00
09094	Figs, dried, uncooked	10.00

NDB_No	Description	Sodium, Na(mg) Value Per
09149	Kumquats, raw	10.00
09190	Mulberries, raw	10.00
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	10.00
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	10.00
11100	Brussels sprouts, frozen, unprepared	10.00
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	10.00
11252	Lettuce, iceberg (includes crisphead types), raw	10.00
11289	Onions, frozen, whole, unprepared	10.00
11298	Parsnips, raw	10.00
11299	Parsnips, cooked, boiled, drained, without salt	10.00
11362	Potatoes, raw, skin	10.00
11453	Soybeans, mature seeds, sprouted, cooked, steamed	10.00
11674	Potatoes, baked, flesh and skin, without salt	10.00
11828	Potatoes, baked, flesh and skin, with salt	10.00
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	10.00
11886	Tomato juice, canned, without salt added	10.00
11977	Peppers, serrano, raw	10.00
14021	Beverages, Energy drink, Citrus	10.00
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	10.00
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	10.00
14144	Beverages, carbonated, lemon-lime soda, no caffeine	10.00
14153	Beverages, carbonated, pepper-type, contains caffeine	10.00
14264	Beverages, fruit punch drink, without added nutrients, canned	10.00
14405	Beverages, fruit punch juice drink, frozen concentrate	10.00
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	10.00
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	10.00
16079	Mothbeans, mature seeds, cooked, boiled, without salt	10.00
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	10.00
16095	Peanuts, virginia, raw	10.00
16106	Meat extender	10.00
19821	Snacks, trail mix, regular, unsalted	10.00
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	10.00
19903	Chocolate, dark, 60-69% cacao solids	10.00
20028	Couscous, dry	10.00
20048	Rice, white, long-grain, precooked or instant, enriched, dry	10.00
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	10.00

NDB_No	Description	Sodium, Na(mg) Value Per
42267	Babyfood, juice, orange-carrot	10.00
43514	Frozen novelties, ice type, pop, with low calorie sweetener	10.00
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	9.00
19911	Syrup, maple, Canadian	9.00
20005	Barley, pearled, raw	9.00
20027	Cornstarch	9.00
02049	Thyme, fresh	9.00
02050	Vanilla extract	9.00
03161	Babyfood, peaches, dices, toddler	9.00
03206	Babyfood, cookie, baby, fruit	9.00
03229	Babyfood, dessert, peach melba, strained	9.00
03230	Babyfood, dessert, peach melba, junior	9.00
03289	Babyfood, apples with ham, strained	9.00
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	9.00
09183	Melons, casaba, raw	9.00
09228	Papaya, canned, heavy syrup, drained	9.00
09321	Sugar-apples, (sweetsop), raw	9.00
09442	Pomegranate juice, bottled	9.00
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	9.00
11119	Cabbage, chinese (pe-tsai), raw	9.00
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	9.00
11222	Drumstick leaves, raw	9.00
11223	Drumstick leaves, cooked, boiled, drained, without salt	9.00
11228	Jew's ear, (pepeao), raw	9.00
11238	Mushrooms, shiitake, raw	9.00
11239	Mushrooms, Chanterelle, raw	9.00
11265	Mushrooms, portabella, raw	9.00
11271	Mustard greens, cooked, boiled, drained, without salt	9.00
11442	Seaweed, agar, raw	9.00
11601	Yam, raw	9.00
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	9.00
11812	Peas, green, canned, no salt added, solids and liquids	9.00
11819	Peppers, hot chili, red, raw	9.00
11974	Grape leaves, raw	9.00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	9.00
12036	Seeds, sunflower seed kernels, dried	9.00

NDB_No	Description	Sodium, Na(mg) Value Per
12071	Nuts, almond paste	9.00
14057	Alcoholic beverage, wine, dessert, sweet	9.00
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	9.00
14282	Beverages, grape juice drink, canned	9.00
14536	Alcoholic beverage, wine, dessert, dry	9.00
16016	Beans, black turtle, mature seeds, raw	9.00
16114	Tempeh	9.00
16118	Soy flour, low-fat	9.00
16130	Okara	9.00
01054	Cream, whipped, cream topping, pressurized	8.00
02068	Vinegar, red wine	8.00
03166	Babyfood, juice, apple	8.00
03171	Babyfood, juice, apple and prune	8.00
03179	Babyfood, juice, mixed fruit	8.00
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	8.00
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	8.00
09038	Avocados, raw, California	8.00
09085	Currants, zante, dried	8.00
09226	Papayas, raw	8.00
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	8.00
09434	Guanabana nectar, canned	8.00
09448	Nance, canned, syrup, drained	8.00
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	8.00
11018	Asparagus, frozen, unprepared	8.00
11031	Lima beans, immature seeds, raw	8.00
11110	Cabbage, cooked, boiled, drained, without salt	8.00
11204	Cress, garden, cooked, boiled, drained, without salt	8.00
11231	Jute, potherb, raw	8.00
11251	Lettuce, cos or romaine, raw	8.00
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	8.00
11294	Onions, sweet, raw	8.00
11419	Pumpkin leaves, cooked, boiled, drained, without salt	8.00
11477	Squash, summer, zucchini, includes skin, raw	8.00
11490	Squash, winter, hubbard, baked, without salt	8.00
11517	Sweet potato, frozen, cooked, baked, without salt	8.00
11590	Waterchestnuts, chinese, canned, solids and liquids	8.00

NDB_No	Description	Sodium, Na(mg) Value Per
11602	Yam, cooked, boiled, drained, or baked, without salt	8.00
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	8.00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	8.00
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	8.00
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	8.00
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	8.00
14268	Beverages, Fruit punch drink, frozen concentrate	8.00
14281	Beverages, tea, black, ready to drink, decaffeinated	8.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	8.00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	8.00
14534	Alcoholic beverage, liqueur, coffee, 63 proof	8.00
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	8.00
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	8.00
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	8.00
16040	Beans, pink, mature seeds, raw	8.00
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	8.00
19034	Snacks, popcorn, air-popped	8.00
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	8.00
19355	Syrups, sorghum	8.00
19709	Puddings, tapioca, dry mix, with no added salt	8.00
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	8.00
19811	Snacks, potato chips, plain, unsalted	8.00
19823	Potato chips, without salt, reduced fat	8.00
20090	Rice flour, brown	8.00
20139	Wheat, KAMUT khorasan, cooked	8.00
20140	Spelt, uncooked	8.00
20143	Teff, cooked	8.00
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	8.00
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	8.00
43241	Cereals ready-to-eat, FAMILIA	8.00
43346	Frozen novelties, juice type, orange	8.00
43408	Babyfood, juice, pear	8.00
19283	Frozen novelties, ice type, pop	7.00
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	7.00
20015	Corn bran, crude	7.00
20022	Cornmeal, degermed, enriched, yellow	7.00

NDB_No	Description	Sodium, Na(mg) Value Per
20054	Rice, white, glutinous, unenriched, uncooked	7.00
20088	Wild rice, raw	7.00
20137	Quinoa, cooked	7.00
20322	Cornmeal, degermed, enriched, white	7.00
20422	Cornmeal, degermed, unenriched, yellow	7.00
20522	Cornmeal, degermed, unenriched, white	7.00
35196	Lambsquarters, raw (Northern Plains Indians)	7.00
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	7.00
43060	Chewing gum, sugarless	7.00
43155	Alcoholic beverage, wine, light	7.00
43398	Cheese, pasteurized process, cheddar or American, low sodium	7.00
43550	Babyfood, banana apple dessert, strained	7.00
03091	Babyfood, vegetables, green beans, strained	7.00
03227	Babyfood, dessert, peach cobbler, strained	7.00
03238	Babyfood, dessert, tropical fruit, junior	7.00
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	7.00
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	7.00
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	7.00
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	7.00
09001	Acerola, (west indian cherry), raw	7.00
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	7.00
09037	Avocados, raw, all commercial varieties	7.00
09062	Cherimoya, raw	7.00
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	7.00
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	7.00
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	7.00
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	7.00
09120	Grapefruit, sections, canned, juice pack, solids and liquids	7.00
09177	Mangosteen, canned, syrup pack	7.00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	7.00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	7.00
09246	Peaches, dried, sulfured, uncooked	7.00
09251	Peach nectar, canned, without added ascorbic acid	7.00
09314	Sapote, mamey, raw	7.00
09407	Peach nectar, canned, with added ascorbic acid	7.00
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	7.00

NDB_No	Description	Sodium, Na(mg) Value Per
09437	Tamarind nectar, canned	7.00
09443	Juice, apple and grape blend, with added ascorbic acid	7.00
11028	Bamboo shoots, canned, drained solids	7.00
11106	Butterbur, (fuki), raw	7.00
11201	Cowpeas, leafy tips, raw	7.00
11278	Okra, raw	7.00
11357	Potatoes, white, flesh and skin, baked	7.00
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	7.00
11489	Squash, winter, hubbard, raw	7.00
11506	Sweet potato leaves, cooked, steamed, without salt	7.00
11670	Peppers, hot chili, green, raw	7.00
11969	Broccoli, chinese, cooked	7.00
12014	Seeds, pumpkin and squash seed kernels, dried	7.00
12127	Nuts, ginkgo nuts, raw	7.00
12195	Nuts, almond butter, plain, without salt added	7.00
13335	Beef, variety meats and by-products, suet, raw	7.00
14136	Beverages, carbonated, ginger ale	7.00
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	7.00
14223	Beverages, coffee, instant, chicory	7.00
14256	Beverages, OCEAN SPRAY, Cran Cherry	7.00
14261	Beverages, tea, green, ready to drink, unsweetened	7.00
14292	Lemonade, frozen concentrate, white	7.00
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	7.00
14553	Beverages, Wine, non-alcoholic	7.00
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	7.00
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	7.00
16084	Mungo beans, mature seeds, cooked, boiled, without salt	7.00
16113	Natto	7.00
16144	Lentils, pink or red, raw	7.00
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	7.00
16427	Tofu, raw, regular, prepared with calcium sulfate	7.00
03115	Babyfood, apples, dices, toddler	6.00
03141	Babyfood, pears, dices, toddler	6.00
03175	Babyfood, juice, orange and apricot	6.00
03190	Babyfood, cereal, oatmeal, with bananas, dry	6.00
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	6.00

NDB_No	Description	Sodium, Na(mg) Value Per
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	6.00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	6.00
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	6.00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	6.00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	6.00
04707	Oil, flaxseed, contains added sliced flaxseed	6.00
08100	Cereals, CREAM OF RICE, dry	6.00
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	6.00
08120	Cereals, oats, regular and quick, not fortified, dry	6.00
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	6.00
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	6.00
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	6.00
09088	Elderberries, raw	6.00
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	6.00
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	6.00
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	6.00
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	6.00
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	6.00
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	6.00
09156	Lemon peel, raw	6.00
09220	Tangerines, (mandarin oranges), canned, light syrup pack	6.00
09232	Passion-fruit juice, purple, raw	6.00
09233	Passion-fruit juice, yellow, raw	6.00
09241	Peaches, canned, heavy syrup pack, solids and liquids	6.00
09250	Peaches, frozen, sliced, sweetened	6.00
09259	Pears, dried, sulfured, uncooked	6.00
09311	Roselle, raw	6.00
09351	Fruit cocktail, canned, heavy syrup, drained	6.00
09370	Peaches, canned, heavy syrup, drained	6.00
09435	Guava nectar, canned, with added ascorbic acid	6.00
09447	Plantains, yellow, fried, Latino restaurant	6.00
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	6.00
09519	Guava nectar, with sucralose, canned	6.00
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	6.00
11001	Alfalfa seeds, sprouted, raw	6.00
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	6.00

NDB_No	Description	Sodium, Na(mg) Value Per
11029	Beans, kidney, mature seeds, sprouted, raw	6.00
11043	Mung beans, mature seeds, sprouted, raw	6.00
11052	Beans, snap, green, raw	6.00
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	6.00
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	6.00
11211	Edamame, frozen, unprepared	6.00
11212	Edamame, frozen, prepared	6.00
11266	Mushrooms, brown, italian, or crimini, raw	6.00
11279	Okra, cooked, boiled, drained, without salt	6.00
11352	Potatoes, flesh and skin, raw	6.00
11417	Pumpkin flowers, cooked, boiled, drained, without salt	6.00
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	6.00
11505	Sweet potato leaves, raw	6.00
11516	Sweet potato, frozen, unprepared	6.00
11676	Radish seeds, sprouted, raw	6.00
11722	Beans, snap, yellow, raw	6.00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	6.00
11972	Lemon grass (citronella), raw	6.00
12152	Nuts, pistachio nuts, dry roasted, without salt added	6.00
14017	Alcoholic beverage, pina colada, prepared-from-recipe	6.00
14073	Beverages, ZEVIA, cola	6.00
14074	Beverages, ZEVIA, cola, caffeine free	6.00
14095	Beverages, MINUTE MAID, Lemonada, Limeade	6.00
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	6.00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	6.00
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	6.00
14190	Beverages, tea, green, ready-to-drink, diet	6.00
14288	Lemonade, powder, prepared with water	6.00
14376	Beverages, tea, instant, lemon, diet	6.00
16019	Beans, cranberry (roman), mature seeds, raw	6.00
16023	Beans, french, mature seeds, cooked, boiled, without salt	6.00
16050	Beans, white, mature seeds, cooked, boiled, without salt	6.00
16069	Lentils, raw	6.00
16128	Tofu, dried-frozen (koyadofu)	6.00
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	6.00
16389	Peanuts, all types, oil-roasted, without salt	6.00

NDB_No	Description	Sodium, Na(mg) Value Per
16390	Peanuts, all types, dry-roasted, without salt	6.00
16392	Peanuts, spanish, oil-roasted, without salt	6.00
16394	Peanuts, valencia, oil-roasted, without salt	6.00
16396	Peanuts, virginia, oil-roasted, without salt	6.00
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	6.00
19164	Candies, SPECIAL DARK Chocolate Bar	6.00
19222	Desserts, rennin, vanilla, dry mix	6.00
19375	Frostings, glaze, prepared-from-recipe	6.00
19400	Snacks, banana chips	6.00
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	6.00
20002	Amaranth grain, cooked	6.00
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	6.00
20094	Pasta, fresh-refrigerated, plain, cooked	6.00
20096	Pasta, fresh-refrigerated, spinach, cooked	6.00
20106	Macaroni, vegetable, enriched, cooked	6.00
20120	Pasta, dry, enriched	6.00
20124	Pasta, whole-wheat, dry	6.00
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	6.00
20420	Pasta, dry, unenriched	6.00
35015	Blackberries, wild, raw (Alaska Native)	6.00
42279	Babyfood, peas and brown rice	6.00
19217	Frozen novelties, ice type, fruit, no sugar added	5.00
20013	Bulgur, cooked	5.00
20016	Corn flour, whole-grain, yellow	5.00
20017	Corn flour, masa, enriched, white	5.00
20019	Corn flour, masa, unenriched, white	5.00
20029	Couscous, cooked	5.00
20031	Millet, raw	5.00
20035	Quinoa, uncooked	5.00
20036	Rice, brown, long-grain, raw	5.00
20044	Rice, white, long-grain, regular, raw, enriched	5.00
20055	Rice, white, glutinous, unenriched, cooked	5.00
20058	Rice, white, steamed, Chinese restaurant	5.00
20060	Rice bran, crude	5.00
20069	Triticale	5.00
20110	Noodles, egg, enriched, cooked	5.00

NDB_No	Description	Sodium, Na(mg) Value Per
20138	Wheat, KAMUT khorasan, uncooked	5.00
20141	Spelt, cooked	5.00
20315	Corn flour, whole-grain, blue (harina de maiz morado)	5.00
20316	Corn flour, whole-grain, white	5.00
20317	Corn flour, yellow, masa, enriched	5.00
20410	Noodles, egg, unenriched, cooked, without added salt	5.00
20444	Rice, white, long-grain, regular, raw, unenriched	5.00
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	5.00
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	5.00
35200	Prairie Turnips, raw (Northern Plains Indians)	5.00
35204	Chokecherries, raw, pitted (Northern Plains Indians)	5.00
42266	Babyfood, juice, apple-sweet potato	5.00
43311	Potatoes, canned, drained solids, no salt added	5.00
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	5.00
43483	Millet, puffed	5.00
02032	Spices, pepper, white	5.00
02048	Vinegar, cider	5.00
03092	Babyfood, vegetables, green beans, junior	5.00
03104	Babyfood, vegetables, squash, strained	5.00
03105	Babyfood, vegetables, squash, junior	5.00
03114	Babyfood, vegetable, butternut squash and corn	5.00
03121	Babyfood, vegetables, peas, strained	5.00
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	5.00
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	5.00
03169	Babyfood, apple-cranberry juice	5.00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	5.00
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	5.00
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	5.00
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	5.00
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	5.00
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	5.00
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	5.00
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	5.00
09079	Cranberries, dried, sweetened	5.00
09081	Cranberry sauce, canned, sweetened	5.00
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	5.00

NDB_No	Description	Sodium, Na(mg) Value Per
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	5.00
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	5.00
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	5.00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	5.00
09219	Tangerines, (mandarin oranges), canned, juice pack	5.00
09229	Papaya nectar, canned	5.00
09239	Peaches, canned, extra light syrup, solids and liquids	5.00
09240	Peaches, canned, light syrup pack, solids and liquids	5.00
09256	Pears, canned, light syrup pack, solids and liquids	5.00
09257	Pears, canned, heavy syrup pack, solids and liquids	5.00
09258	Pears, canned, extra heavy syrup pack, solids and liquids	5.00
09278	Plantains, cooked	5.00
09287	Prickly pears, raw	5.00
09289	Prunes, dehydrated (low-moisture), uncooked	5.00
09374	Pears, canned, heavy syrup, drained	5.00
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	5.00
09436	Mango nectar, canned	5.00
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	5.00
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	5.00
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	5.00
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	5.00
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	5.00
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	5.00
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	5.00
11024	Balsam-pear (bitter gourd), pods, raw	5.00
11104	Burdock root, raw	5.00
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	5.00
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	5.00
11250	Lettuce, butterhead (includes boston and bibb types), raw	5.00
11260	Mushrooms, white, raw	5.00
11267	Mushrooms, shiitake, stir-fried	5.00
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	5.00
11304	Peas, green, raw	5.00
11337	Peppers, sweet, green, frozen, chopped, unprepared	5.00
11344	Pigeonpeas, immature seeds, raw	5.00
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	5.00

NDB_No	Description	Sodium, Na(mg) Value Per
11353	Potatoes, russet, flesh and skin, raw	5.00
11363	Potatoes, baked, flesh, without salt	5.00
11367	Potatoes, boiled, cooked without skin, flesh, without salt	5.00
11416	Pumpkin flowers, raw	5.00
11424	Pumpkin, canned, without salt	5.00
11436	Rutabagas, cooked, boiled, drained, without salt	5.00
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	5.00
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	5.00
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	5.00
11529	Tomatoes, red, ripe, raw, year round average	5.00
11563	Tree fern, cooked, without salt	5.00
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	5.00
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	5.00
11917	Peppers, sweet, red, frozen, chopped, unprepared	5.00
11938	Mushroom, white, exposed to ultraviolet light, raw	5.00
12012	Seeds, hemp seed, hulled	5.00
12013	Seeds, lotus seeds, dried	5.00
12094	Nuts, chestnuts, chinese, dried	5.00
12131	Nuts, macadamia nuts, raw	5.00
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	5.00
12203	Nuts, chestnuts, japanese, boiled and steamed	5.00
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	5.00
14034	Alcoholic beverage, creme de menthe, 72 proof	5.00
14084	Alcoholic beverage, wine, table, all	5.00
14106	Alcoholic beverage, wine, table, white	5.00
14160	Alcoholic beverage, wine, table, white, Chardonnay	5.00
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	5.00
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	5.00
14239	Alcoholic beverage, malt beer, hard lemonade	5.00
14253	Alcoholic beverages, wine, rose	5.00
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	5.00
14279	Beverages, tea, black, ready-to-drink, peach, diet	5.00
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	5.00
14370	Beverages, tea, instant, lemon, sweetened, powder	5.00
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	5.00
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	5.00

NDB_No	Description	Sodium, Na(mg) Value Per
14412	Beverages, water, tap, well	5.00
14548	Beverages, tea, instant, lemon, with added ascorbic acid	5.00
16001	Beans, adzuki, mature seeds, raw	5.00
16014	Beans, black, mature seeds, raw	5.00
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	5.00
16037	Beans, navy, mature seeds, raw	5.00
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	5.00
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	5.00
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	5.00
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	5.00
16161	MORI-NU, Tofu, silken, soft	5.00
02044	Basil, fresh	4.00
02051	Vanilla extract, imitation, alcohol	4.00
03130	Babyfood, fruit, peaches, strained	4.00
03131	Babyfood, fruit, peaches, junior	4.00
03140	Babyfood, fruit dessert, mango with tapioca	4.00
03160	Babyfood, fruit, guava and papaya with tapioca, strained	4.00
03167	Babyfood, apple-banana juice	4.00
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	4.00
03267	Babyfood, juice, fruit punch, with calcium	4.00
04615	Shortening, vegetable, household, composite	4.00
08084	Cereals ready-to-eat, wheat germ, toasted, plain	4.00
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	4.00
08157	Cereals ready-to-eat, wheat, puffed, fortified	4.00
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	4.00
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	4.00
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	4.00
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	4.00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	4.00
08580	Incaparina, dry mix (corn and soy flours), unprepared	4.00
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	4.00
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	4.00
09024	Apricots, canned, juice pack, with skin, solids and liquids	4.00
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	4.00
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	4.00
09033	Apricots, dried, sulfured, stewed, without added sugar	4.00

NDB_No	Description	Sodium, Na(mg) Value Per
09035	Apricots, frozen, sweetened	4.00
09095	Figs, dried, stewed	4.00
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	4.00
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	4.00
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	4.00
09143	Guava sauce, cooked	4.00
09207	Orange juice, canned, unsweetened	4.00
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	4.00
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	4.00
09238	Peaches, canned, juice pack, solids and liquids	4.00
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	4.00
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	4.00
09254	Pears, canned, juice pack, solids and liquids	4.00
09262	Pear nectar, canned, without added ascorbic acid	4.00
09277	Plantains, raw	4.00
09294	Prune juice, canned	4.00
09296	Quinces, raw	4.00
09307	Rhubarb, raw	4.00
09317	Strawberries, canned, heavy syrup pack, solids and liquids	4.00
09328	Maraschino cherries, canned, drained	4.00
09357	Apricots, canned, heavy syrup, drained	4.00
09362	Cherries, sour, canned, water pack, drained	4.00
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	4.00
09408	Pear nectar, canned, with added ascorbic acid	4.00
09428	Rowal, raw	4.00
09450	Naranjilla (lulo) pulp, frozen, unsweetened	4.00
09452	Orange Pineapple Juice Blend	4.00
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	4.00
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	4.00
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	4.00
11026	Bamboo shoots, raw	4.00
11027	Bamboo shoots, cooked, boiled, drained, without salt	4.00
11105	Burdock root, cooked, boiled, drained, without salt	4.00
11108	Butterbur, canned	4.00
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	4.00
11182	Corn, yellow, whole kernel, frozen, microwaved	4.00

NDB_No	Description	Sodium, Na(mg) Value Per
11190	Cornsalad, raw	4.00
11191	Cowpeas (blackeyes), immature seeds, raw	4.00
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	4.00
11197	Cowpeas, young pods with seeds, raw	4.00
11199	Yardlong bean, raw	4.00
11200	Yardlong bean, cooked, boiled, drained, without salt	4.00
11226	Jerusalem-artichokes, raw	4.00
11269	Mushrooms, shiitake, cooked, without salt	4.00
11282	Onions, raw	4.00
11300	Peas, edible-podded, raw	4.00
11301	Peas, edible-podded, boiled, drained, without salt	4.00
11302	Peas, edible-podded, frozen, unprepared	4.00
11365	Potatoes, boiled, cooked in skin, flesh, without salt	4.00
11483	Squash, winter, acorn, cooked, baked, without salt	4.00
11485	Squash, winter, butternut, raw	4.00
11486	Squash, winter, butternut, cooked, baked, without salt	4.00
11595	Winged beans, immature seeds, raw	4.00
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	4.00
11603	Yambean (jicama), raw	4.00
11616	Dock, raw	4.00
11643	Squash, winter, all varieties, raw	4.00
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	4.00
11816	Peas and carrots, canned, no salt added, solids and liquids	4.00
11821	Peppers, sweet, red, raw	4.00
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	4.00
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	4.00
12096	Nuts, chestnuts, chinese, roasted	4.00
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	4.00
12132	Nuts, macadamia nuts, dry roasted, without salt added	4.00
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	4.00
14003	Alcoholic beverage, beer, regular, all	4.00
14006	Alcoholic beverage, beer, light	4.00
14064	Beverages, Orange juice, light, No pulp	4.00
14096	Alcoholic beverage, wine, table, red	4.00
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	4.00
14147	Beverages, carbonated, cola, without caffeine	4.00

NDB_No	Description	Sodium, Na(mg) Value Per
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	4.00
14215	Beverages, coffee, instant, regular, prepared with water	4.00
14219	Beverages, coffee, instant, decaffeinated, prepared with water	4.00
14248	Alcoholic beverage, beer, light, higher alcohol	4.00
14250	Beverages, AMBER, hard cider	4.00
14251	Alcoholic beverages, beer, higher alcohol	4.00
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	4.00
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	4.00
14293	Lemonade, frozen concentrate, white, prepared with water	4.00
14367	Beverages, tea, instant, unsweetened, prepared with water	4.00
14400	Beverages, carbonated, cola, fast-food cola	4.00
14411	Beverages, water, tap, drinking	4.00
14430	Cranberry juice cocktail, frozen concentrate	4.00
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	4.00
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	4.00
14542	Lemonade, frozen concentrate, pink	4.00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	4.00
14552	Carbonated beverage, chocolate-flavored soda	4.00
14602	Alcoholic Beverage, wine, table, red, Merlot	4.00
14649	Beverages, tea, hibiscus, brewed	4.00
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	4.00
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	4.00
16077	Lupins, mature seeds, cooked, boiled, without salt	4.00
16159	Tofu, extra firm, prepared with nigari	4.00
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	4.00
16213	Vitasoy USA, Organic Nasoya Firm Tofu	4.00
16271	Vitasoy USA Organic Nasoya, Soft Tofu	4.00
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	4.00
16410	Soybeans, mature seeds, roasted, no salt added	4.00
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	4.00
19263	Frozen novelties, fruit and juice bars	4.00
19281	Frozen novelties, ice type, italian, restaurant-prepared	4.00
19296	Honey	4.00
19806	Snacks, popcorn, air-popped (Unsalted)	4.00
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	4.00
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	4.00

NDB_No	Description	Sodium, Na(mg) Value Per
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	4.00
19912	Sweetener, syrup, agave	4.00
20001	Amaranth grain, uncooked	4.00
20010	Buckwheat groats, roasted, cooked	4.00
20033	Oat bran, raw	4.00
20037	Rice, brown, long-grain, cooked	4.00
20040	Rice, brown, medium-grain, raw	4.00
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	4.00
20125	Pasta, whole-wheat, cooked	4.00
20130	Barley flour or meal	4.00
20647	Millet flour	4.00
20651	Rice, brown, parboiled, cooked, UNCLE BENS	4.00
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	4.00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	4.00
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	4.00
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	4.00
20657	Pasta, gluten-free, corn and rice flour, cooked	4.00
35183	Corn, dried, yellow (Northern Plains Indians)	4.00
35197	Lambsquarters, steamed (Northern Plains Indians)	4.00
35198	Prickly pears, raw (Northern Plains Indians)	4.00
35201	Prairie Turnips, boiled (Northern Plains Indians)	4.00
35202	Raspberries, wild (Northern Plains Indians)	4.00
35203	Rose Hips, wild (Northern Plains Indians)	4.00
35205	Stinging Nettles, blanched (Northern Plains Indians)	4.00
35206	Plums, wild (Northern Plains Indians)	4.00
43114	Vermicelli, made from soy	4.00
43535	Babyfood, juice, apple - cherry	4.00
19124	Baking chocolate, mexican, squares	3.00
19908	Sugar, turbinado	3.00
20006	Barley, pearled, cooked	3.00
20089	Wild rice, cooked	3.00
20091	Pasta, gluten-free, corn, dry	3.00
20648	Sorghum flour, whole-grain	3.00
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	3.00
43027	Jellies, no sugar (with sodium saccharin), any flavors	3.00
01089	Milk, low sodium, fluid	3.00

NDB_No	Description	Sodium, Na(mg) Value Per
02052	Vanilla extract, imitation, no alcohol	3.00
03147	Babyfood, fruit, applesauce with banana, junior	3.00
03154	Babyfood, fruit and vegetable, apple and sweet potato	3.00
03173	Babyfood, juice, orange and apple	3.00
03176	Babyfood, juice, orange and banana	3.00
03185	Babyfood, cereal, mixed, dry fortified	3.00
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	3.00
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	3.00
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	3.00
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	3.00
03221	Babyfood, dessert, dutch apple, junior	3.00
03269	Babyfood, juice, apple, with calcium	3.00
07940	Macaroni and cheese loaf, chicken, pork and beef	3.00
08156	Cereals ready-to-eat, rice, puffed, fortified	3.00
08172	Cereals, farina, unenriched, dry	3.00
08402	Cereals, QUAKER, Quick Oats, Dry	3.00
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	3.00
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	3.00
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	3.00
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	3.00
09002	Acerola juice, raw	3.00
09007	Apples, canned, sweetened, sliced, drained, unheated	3.00
09008	Apples, canned, sweetened, sliced, drained, heated	3.00
09014	Apples, frozen, unsweetened, unheated	3.00
09015	Apples, frozen, unsweetened, heated	3.00
09022	Apricots, canned, water pack, with skin, solids and liquids	3.00
09034	Apricots, dried, sulfured, stewed, with added sugar	3.00
09036	Apricot nectar, canned, without added ascorbic acid	3.00
09041	Bananas, dehydrated, or banana powder	3.00
09046	Blackberries, canned, heavy syrup, solids and liquids	3.00
09052	Blueberries, canned, heavy syrup, solids and liquids	3.00
09053	Blueberries, wild, frozen	3.00
09056	Boysenberries, canned, heavy syrup	3.00
09061	Carissa, (natal-plum), raw	3.00
09063	Cherries, sour, red, raw	3.00
09072	Cherries, sweet, canned, juice pack, solids and liquids	3.00

NDB_No	Description	Sodium, Na(mg) Value Per
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	3.00
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	3.00
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	3.00
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	3.00
09123	Grapefruit juice, white, canned or bottled, unsweetened	3.00
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	3.00
09148	Kiwifruit, green, raw	3.00
09163	Blueberries, dried, sweetened	3.00
09165	Litchis, dried	3.00
09216	Orange peel, raw	3.00
09217	Orange-grapefruit juice, canned or bottled, unsweetened	3.00
09237	Peaches, canned, water pack, solids and liquids	3.00
09260	Pears, dried, sulfured, stewed, without added sugar	3.00
09261	Pears, dried, sulfured, stewed, with added sugar	3.00
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	3.00
09276	Pitanga, (surinam-cherry), raw	3.00
09286	Pomegranates, raw	3.00
09288	Prunes, canned, heavy syrup pack, solids and liquids	3.00
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	3.00
09320	Strawberries, frozen, sweetened, sliced	3.00
09334	Feijoa, raw	3.00
09352	Blueberries, canned, light syrup, drained	3.00
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	3.00
09403	Apricot nectar, canned, with added ascorbic acid	3.00
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	3.00
09449	Nance, frozen, unsweetened	3.00
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	3.00
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	3.00
09520	Kiwifruit, ZESPRI SunGold, raw	3.00
11019	Asparagus, frozen, cooked, boiled, drained, without salt	3.00
11060	Beans, snap, green, frozen, all styles, unprepared	3.00
11062	Beans, snap, green, frozen, all styles, microwaved	3.00
11063	Beans, snap, green, microwaved	3.00
11156	Chives, raw	3.00
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	3.00
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	3.00

NDB_No	Description	Sodium, Na(mg) Value Per
11220	Gourd, dishcloth (towelgourd), raw	3.00
11280	Okra, frozen, unprepared	3.00
11281	Okra, frozen, cooked, boiled, drained, without salt	3.00
11283	Onions, cooked, boiled, drained, without salt	3.00
11305	Peas, green, cooked, boiled, drained, without salt	3.00
11333	Peppers, sweet, green, raw	3.00
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	3.00
11482	Squash, winter, acorn, raw	3.00
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	3.00
11520	Taro leaves, raw	3.00
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	3.00
11730	Beans, snap, yellow, frozen, all styles, unprepared	3.00
11772	Corn, sweet, yellow, canned, cream style, no salt added	3.00
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	3.00
11901	Corn, sweet, white, cooked, boiled, drained, without salt	3.00
11907	Corn, sweet, white, canned, cream style, no salt added	3.00
11909	Corn, sweet, white, canned, vacuum pack, no salt added	3.00
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	3.00
11950	Mushrooms, enoki, raw	3.00
11953	Squash, zucchini, baby, raw	3.00
11979	Peppers, jalapeno, raw	3.00
12021	Seeds, safflower seed kernels, dried	3.00
12022	Seeds, safflower seed meal, partially defatted	3.00
12037	Seeds, sunflower seed kernels, dry roasted, without salt	3.00
12038	Seeds, sunflower seed kernels, oil roasted, without salt	3.00
12039	Seeds, sunflower seed kernels, toasted, without salt	3.00
12040	Seeds, sunflower seed butter, without salt	3.00
12041	Seeds, sunflower seed flour, partially defatted	3.00
12063	Nuts, almonds, dry roasted, without salt added	3.00
12078	Nuts, brazilnuts, dried, unblanched	3.00
12093	Nuts, chestnuts, chinese, raw	3.00
12097	Nuts, chestnuts, european, raw, unpeeled	3.00
12145	Nuts, pilinuts, dried	3.00
14004	Alcoholic beverage, beer, regular, BUDWEISER	3.00
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	3.00
14007	Alcoholic beverage, beer, light, BUD LIGHT	3.00

NDB_No	Description	Sodium, Na(mg) Value Per
14013	Alcoholic beverage, beer, light, low carb	3.00
14148	Beverages, carbonated, cola, regular	3.00
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	3.00
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	3.00
14241	Beverages, cranberry-grape juice drink, bottled	3.00
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	3.00
14252	Beverages, Malt liquor beverage	3.00
14262	Beverages, citrus fruit juice drink, frozen concentrate	3.00
14303	Limeade, frozen concentrate, prepared with water	3.00
14323	Beverages, orange drink, canned, with added vitamin C	3.00
14341	Beverages, pineapple and orange juice drink, canned	3.00
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	3.00
14355	Beverages, tea, black, brewed, prepared with tap water	3.00
14429	Beverages, water, tap, municipal	3.00
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	3.00
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	3.00
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	3.00
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	3.00
16119	Soy meal, defatted, raw	3.00
16121	Soy protein concentrate, produced by alcohol extraction	3.00
01003	Butter oil, anhydrous	2.00
02053	Vinegar, distilled	2.00
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	2.00
03150	Babyfood, fruit, applesauce and pineapple, strained	2.00
03151	Babyfood, fruit, applesauce and pineapple, junior	2.00
03163	Babyfood, fruit, bananas with apples and pears, strained	2.00
03177	Babyfood, juice, orange and pineapple	2.00
03178	Babyfood, juice, prune and orange	2.00
04053	Oil, olive, salad or cooking	2.00
04617	Margarine, regular, 80% fat, composite, stick, without salt	2.00
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	2.00
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	2.00
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	2.00
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	2.00
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	2.00
08143	Cereals, WHEATENA, cooked with water	2.00

NDB_No	Description	Sodium, Na(mg) Value Per
08144	Cereals, whole wheat hot natural cereal, dry	2.00
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.00
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	2.00
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	2.00
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	2.00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	2.00
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	2.00
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	2.00
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	2.00
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	2.00
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	2.00
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	2.00
09039	Avocados, raw, Florida	2.00
09059	Breadfruit, raw	2.00
09060	Carambola, (starfruit), raw	2.00
09078	Cranberries, raw	2.00
09083	Currants, european black, raw	2.00
09087	Dates, deglet noor	2.00
09109	Gooseberries, canned, light syrup pack, solids and liquids	2.00
09119	Grapefruit, sections, canned, water pack, solids and liquids	2.00
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	2.00
09124	Grapefruit juice, white, canned, sweetened	2.00
09131	Grapes, american type (slip skin), raw	2.00
09132	Grapes, red or green (European type, such as Thompson seedless), raw	2.00
09139	Guavas, common, raw	2.00
09144	Jackfruit, raw	2.00
09150	Lemons, raw, without peel	2.00
09159	Limes, raw	2.00
09160	Lime juice, raw	2.00
09205	Oranges, raw, with peel	2.00
09209	Orange juice, chilled, includes from concentrate	2.00
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	2.00
09211	Orange juice, chilled, includes from concentrate, with added calcium	2.00
09218	Tangerines, (mandarin oranges), raw	2.00
09247	Peaches, dried, sulfured, stewed, without added sugar	2.00
09248	Peaches, dried, sulfured, stewed, with added sugar	2.00

NDB_No	Description	Sodium, Na(mg) Value Per
09253	Pears, canned, water pack, solids and liquids	2.00
09255	Pears, canned, extra light syrup pack, solids and liquids	2.00
09264	Persimmons, japanese, dried	2.00
09272	Pineapple, frozen, chunks, sweetened	2.00
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	2.00
09290	Prunes, dehydrated (low-moisture), stewed	2.00
09291	Plums, dried (prunes), uncooked	2.00
09293	Plums, dried (prunes), stewed, with added sugar	2.00
09309	Rhubarb, frozen, uncooked	2.00
09318	Strawberries, frozen, unsweetened	2.00
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	2.00
09401	Applesauce, canned, unsweetened, with added ascorbic acid	2.00
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	2.00
09422	Durian, raw or frozen	2.00
09446	Plantains, green, fried	2.00
09451	Horned melon (Kiwano)	2.00
09501	Apples, raw, golden delicious, with skin	2.00
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	2.00
09530	Fruit juice smoothie, ODWALLA, strawberry banana	2.00
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	2.00
11011	Asparagus, raw	2.00
11149	Chayote, fruit, raw	2.00
11151	Chicory, witloof, raw	2.00
11205	Cucumber, with peel, raw	2.00
11206	Cucumber, peeled, raw	2.00
11209	Eggplant, raw	2.00
11218	Gourd, white-flowered (calabash), raw	2.00
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	2.00
11224	Hyacinth-beans, immature seeds, raw	2.00
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	2.00
11261	Mushrooms, white, cooked, boiled, drained, without salt	2.00
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	2.00
11467	Squash, summer, crookneck and straightneck, raw	2.00
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	2.00
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	2.00
11487	Squash, winter, butternut, frozen, unprepared	2.00

NDB_No	Description	Sodium, Na(mg) Value Per
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	2.00
11521	Taro leaves, cooked, steamed, without salt	2.00
11523	Taro shoots, cooked, without salt	2.00
11641	Squash, summer, all varieties, raw	2.00
11729	Beans, snap, green, canned, no salt added, drained solids	2.00
11813	Peas, green, canned, no salt added, drained solids	2.00
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	2.00
11933	Beans, snap, yellow, canned, no salt added, drained solids	2.00
11951	Peppers, sweet, yellow, raw	2.00
12095	Nuts, chestnuts, chinese, boiled and steamed	2.00
12098	Nuts, chestnuts, european, raw, peeled	2.00
12147	Nuts, pine nuts, dried	2.00
12154	Nuts, walnuts, black, dried	2.00
12155	Nuts, walnuts, english	2.00
12167	Nuts, chestnuts, european, roasted	2.00
14049	Alcoholic beverage, distilled, gin, 90 proof	2.00
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	2.00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	2.00
14209	Beverages, coffee, brewed, prepared with tap water	2.00
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	2.00
14238	Beverages, cranberry-apple juice drink, bottled	2.00
14240	Beverages, cranberry-apricot juice drink, bottled	2.00
14242	Cranberry juice cocktail, bottled	2.00
14247	Beverages, tea, black, ready to drink	2.00
14284	Beverages, Cranberry juice cocktail	2.00
14327	Beverages, orange and apricot juice drink, canned	2.00
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	2.00
14555	Water, bottled, generic	2.00
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	2.00
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	2.00
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	2.00
16041	Beans, pink, mature seeds, cooked, boiled, without salt	2.00
16046	Beans, small white, mature seeds, cooked, boiled, without salt	2.00
16070	Lentils, mature seeds, cooked, boiled, without salt	2.00
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	2.00
16081	Mung beans, mature seeds, cooked, boiled, without salt	2.00

NDB_No	Description	Sodium, Na(mg) Value Per
16086	Peas, split, mature seeds, cooked, boiled, without salt	2.00
16108	Soybeans, mature seeds, raw	2.00
16111	Soybeans, mature seeds, dry roasted	2.00
16160	Tofu, hard, prepared with nigari	2.00
16214	Vitasoy USA, Organic Nasoya Silken Tofu	2.00
16278	Vitasoy USA Azumaya, Silken Tofu	2.00
18219	Crackers, matzo, whole-wheat	2.00
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	2.00
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	2.00
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	2.00
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	2.00
19336	Sugars, powdered	2.00
19351	Syrups, corn, high-fructose	2.00
19907	Sweeteners, for baking, contains sugar and sucralose	2.00
20003	Arrowroot flour	2.00
20032	Millet, cooked	2.00
20038	Oats	2.00
20046	Rice, white, long-grain, parboiled, enriched, dry	2.00
20047	Rice, white, long-grain, parboiled, enriched, cooked	2.00
20062	Rye grain	2.00
20063	Rye flour, dark	2.00
20064	Rye flour, medium	2.00
20065	Rye flour, light	2.00
20067	Sorghum grain	2.00
20070	Triticale flour, whole-grain	2.00
20071	Wheat, hard red spring	2.00
20072	Wheat, hard red winter	2.00
20073	Wheat, soft red winter	2.00
20074	Wheat, hard white	2.00
20075	Wheat, soft white	2.00
20076	Wheat, durum	2.00
20077	Wheat bran, crude	2.00
20080	Wheat flour, whole-grain	2.00
20081	Wheat flour, white, all-purpose, enriched, bleached	2.00
20083	Wheat flour, white, bread, enriched	2.00
20084	Wheat flour, white, cake, enriched	2.00

NDB_No	Description	Sodium, Na(mg) Value Per
20129	Wheat flours, bread, unenriched	2.00
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	2.00
20446	Rice, white, long-grain, parboiled, unenriched, dry	2.00
20447	Rice, white, long-grain, parboiled, unenriched, cooked	2.00
20481	Wheat flour, white, all-purpose, unenriched	2.00
20581	Wheat flour, white, all-purpose, enriched, unbleached	2.00
35233	Hazelnuts, beaked (Northern Plains Indians)	2.00
42270	Beverages, Orange juice drink	2.00
43125	Beans, liquid from stewed kidney beans	2.00
43382	Cranberry juice, unsweetened	2.00
43479	Alcoholic beverage, rice (sake)	2.00
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	2.00
43546	Babyfood, banana no tapioca, strained	2.00
44018	Sweeteners, tabletop, fructose, liquid	2.00
44110	Jellies, reduced sugar, home preserved	2.00
19153	Candies, NESTLE, AFTER EIGHT Mints	1.00
19163	Chewing gum	1.00
19335	Sugars, granulated	1.00
20008	Buckwheat	1.00
20018	Corn flour, yellow, degermed, unenriched	1.00
20034	Oat bran, cooked	1.00
20041	Rice, brown, medium-grain, cooked	1.00
20045	Rice, white, long-grain, regular, enriched, cooked	1.00
20050	Rice, white, medium-grain, raw, enriched	1.00
20052	Rice, white, short-grain, enriched, uncooked	1.00
20066	Semolina, enriched	1.00
20068	Tapioca, pearl, dry	1.00
20121	Pasta, cooked, enriched, without added salt	1.00
20421	Pasta, cooked, unenriched, without added salt	1.00
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	1.00
20450	Rice, white, medium-grain, raw, unenriched	1.00
20452	Rice, white, short-grain, raw, unenriched	1.00
20466	Semolina, unenriched	1.00
20650	Sorghum flour, refined, unenriched	1.00
43449	Beans, baked, canned, no salt added	1.00
43585	Babyfood, fruit supreme dessert	1.00

NDB_No	Description	Sodium, Na(mg) Value Per
03117	Babyfood, fruit, applesauce, junior	1.00
03132	Babyfood, fruit, pears, strained	1.00
03133	Babyfood, fruit, pears, junior	1.00
03139	Babyfood, prunes, without vitamin c, strained	1.00
03144	Babyfood, fruit, applesauce and cherries, strained	1.00
03145	Babyfood, fruit, applesauce and cherries, junior	1.00
03164	Babyfood, fruit, apple and blueberry, strained	1.00
03165	Babyfood, fruit, apple and blueberry, junior	1.00
03994	Babyfood, fruit, banana and strawberry, junior	1.00
04135	Salad dressing, home recipe, vinegar and oil	1.00
08090	Cereals, corn grits, white, regular and quick, enriched, dry	1.00
08101	Cereals, CREAM OF RICE, cooked with water, without salt	1.00
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	1.00
08314	Cereals, QUAKER, hominy grits, white, quick, dry	1.00
08316	Cereals, QUAKER, hominy grits, white, regular, dry	1.00
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	1.00
09003	Apples, raw, with skin	1.00
09005	Apples, raw, without skin, cooked, boiled	1.00
09006	Apples, raw, without skin, cooked, microwave	1.00
09021	Apricots, raw	1.00
09040	Bananas, raw	1.00
09042	Blackberries, raw	1.00
09043	Blackberry juice, canned	1.00
09048	Blackberries, frozen, unsweetened	1.00
09050	Blueberries, raw	1.00
09054	Blueberries, frozen, unsweetened	1.00
09055	Blueberries, frozen, sweetened	1.00
09057	Boysenberries, frozen, unsweetened	1.00
09068	Cherries, sour, red, frozen, unsweetened	1.00
09071	Cherries, sweet, canned, water pack, solids and liquids	1.00
09076	Cherries, sweet, frozen, sweetened	1.00
09077	Crabapples, raw	1.00
09084	Currants, red and white, raw	1.00
09089	Figs, raw	1.00
09090	Figs, canned, water pack, solids and liquids	1.00
09091	Figs, canned, light syrup pack, solids and liquids	1.00

NDB_No	Description	Sodium, Na(mg) Value Per
09092	Figs, canned, heavy syrup pack, solids and liquids	1.00
09093	Figs, canned, extra heavy syrup pack, solids and liquids	1.00
09107	Gooseberries, raw	1.00
09113	Grapefruit, raw, pink and red, California and Arizona	1.00
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	1.00
09127	Grapefruit juice, pink or red, with added calcium	1.00
09128	Grapefruit juice, white, raw	1.00
09129	Grapes, muscadine, raw	1.00
09152	Lemon juice, raw	1.00
09154	Lemon juice, frozen, unsweetened, single strength	1.00
09164	Litchis, raw	1.00
09167	Loganberries, frozen	1.00
09174	Loquats, raw	1.00
09176	Mangos, raw	1.00
09192	Oheloberries, raw	1.00
09202	Oranges, raw, navels	1.00
09206	Orange juice, raw	1.00
09221	Tangerine juice, raw	1.00
09223	Tangerine juice, canned, sweetened	1.00
09252	Pears, raw	1.00
09263	Persimmons, japanese, raw	1.00
09265	Persimmons, native, raw	1.00
09266	Pineapple, raw, all varieties	1.00
09267	Pineapple, canned, water pack, solids and liquids	1.00
09268	Pineapple, canned, juice pack, solids and liquids	1.00
09269	Pineapple, canned, light syrup pack, solids and liquids	1.00
09270	Pineapple, canned, heavy syrup pack, solids and liquids	1.00
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	1.00
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	1.00
09281	Plums, canned, purple, water pack, solids and liquids	1.00
09282	Plums, canned, purple, juice pack, solids and liquids	1.00
09292	Plums, dried (prunes), stewed, without added sugar	1.00
09295	Pummelo, raw	1.00
09302	Raspberries, raw	1.00
09306	Raspberries, frozen, red, sweetened	1.00
09310	Rhubarb, frozen, cooked, with sugar	1.00

NDB_No	Description	Sodium, Na(mg) Value Per
09316	Strawberries, raw	1.00
09319	Strawberries, frozen, sweetened, whole	1.00
09326	Watermelon, raw	1.00
09353	Blueberries, wild, canned, heavy syrup, drained	1.00
09354	Pineapple, canned, juice pack, drained	1.00
09404	Grapefruit juice, pink, raw	1.00
09412	Pears, raw, bartlett	1.00
09413	Pears, raw, red anjou	1.00
09414	Pears, raw, bosc	1.00
09415	Pears, raw, green anjou	1.00
09421	Dates, medjool	1.00
09429	Pineapple, raw, traditional varieties	1.00
09430	Pineapple, raw, extra sweet variety	1.00
09433	Clementines, raw	1.00
09500	Apples, raw, red delicious, with skin	1.00
09502	Apples, raw, granny smith, with skin	1.00
09503	Apples, raw, gala, with skin	1.00
09504	Apples, raw, fuji, with skin	1.00
09518	Raspberries, frozen, unsweetened	1.00
11053	Beans, snap, green, cooked, boiled, drained, without salt	1.00
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	1.00
11150	Chayote, fruit, cooked, boiled, drained, without salt	1.00
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	1.00
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.00
11210	Eggplant, cooked, boiled, drained, without salt	1.00
11422	Pumpkin, raw	1.00
11423	Pumpkin, cooked, boiled, drained, without salt	1.00
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	1.00
11475	Squash, summer, scallop, raw	1.00
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	1.00
11522	Taro shoots, raw	1.00
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	1.00
11644	Squash, winter, all varieties, cooked, baked, without salt	1.00
11954	Tomatillos, raw	1.00
11981	Peppers, hungarian, raw	1.00
11993	Mushrooms, maitake, raw	1.00

NDB_No	Description	Sodium, Na(mg) Value Per
12061	Nuts, almonds	1.00
12065	Nuts, almonds, oil roasted, without salt added	1.00
12084	Nuts, butternuts, dried	1.00
12130	Nuts, hickorynuts, dried	1.00
12143	Nuts, pecans, dry roasted, without salt added	1.00
12144	Nuts, pecans, oil roasted, without salt added	1.00
12151	Nuts, pistachio nuts, raw	1.00
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	1.00
12205	Seeds, lotus seeds, raw	1.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	1.00
14050	Alcoholic beverage, distilled, rum, 80 proof	1.00
14051	Alcoholic beverage, distilled, vodka, 80 proof	1.00
14076	Beverages, ICELANDIC, Glacial Natural spring water	1.00
14180	Beverages, coffee, brewed, breakfast blend	1.00
14207	Beverages, tea, ready-to-drink, lemon, diet	1.00
14278	Beverages, tea, green, brewed, regular	1.00
14381	Beverages, tea, herb, other than chamomile, brewed	1.00
14384	Beverages, water, bottled, PERRIER	1.00
14385	Beverages, water, bottled, POLAND SPRING	1.00
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	1.00
14439	Water, bottled, non-carbonated, NAYA	1.00
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	1.00
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	1.00
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	1.00
14545	Beverages, tea, herb, brewed, chamomile	1.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	1.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	1.00
16015	Beans, black, mature seeds, cooked, boiled, without salt	1.00
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	1.00
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	1.00
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	1.00
16093	Peanuts, valencia, raw	1.00
16100	Peanut flour, low fat	1.00
16109	Soybeans, mature cooked, boiled, without salt	1.00
03024	Babyfood, water, bottled, GERBER, without added fluoride.	0.00
03116	Babyfood, fruit, applesauce, strained	0.00

NDB_No	Description	Sodium, Na(mg) Value Per
03118	Babyfood, fruit, apricot with tapioca, strained	0.00
03128	Babyfood, fruit, apricot with tapioca, junior	0.00
03129	Babyfood, fruit, bananas with tapioca, strained	0.00
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	0.00
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	0.00
03142	Babyfood, fruit, applesauce and apricots, strained	0.00
03143	Babyfood, fruit, applesauce and apricots, junior	0.00
03152	Babyfood, fruit, apple and raspberry, strained	0.00
03153	Babyfood, fruit, apple and raspberry, junior	0.00
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	0.00
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	0.00
03158	Babyfood, fruit, pears and pineapple, strained	0.00
03159	Babyfood, fruit, pears and pineapple, junior	0.00
03168	Babyfood, juice, apple and peach	0.00
03170	Babyfood, juice, apple and plum	0.00
03172	Babyfood, juice, orange	0.00
03174	Babyfood, juice, orange and apple and banana	0.00
03186	Babyfood, cereal, mixed, with bananas, dry	0.00
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	0.00
03212	Babyfood, cereal, rice, with bananas, dry	0.00
03220	Babyfood, dessert, dutch apple, strained	0.00
03222	Babyfood, cherry cobbler, junior	0.00
03224	Babyfood, dessert, cherry vanilla pudding, strained	0.00
03225	Babyfood, dessert, cherry vanilla pudding, junior	0.00
03228	Babyfood, dessert, peach cobbler, junior	0.00
03233	Babyfood, dessert, fruit pudding, pineapple, strained	0.00
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0.00
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	0.00
03245	Babyfood, dessert, custard pudding, vanilla, strained	0.00
03265	Babyfood, juice, apple and grape	0.00
03268	Babyfood, juice, apple and cherry	0.00
03280	Babyfood, fruit, bananas with tapioca, junior	0.00
03286	Babyfood, vegetables, mix vegetables strained	0.00
03293	Babyfood, plums, bananas and rice, strained	0.00
03995	Babyfood, banana with mixed berries, strained	0.00
04001	Fat, beef tallow	0.00

NDB_No	Description	Sodium, Na(mg) Value Per
04002	Lard	0.00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	0.00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0.00
04037	Oil, rice bran	0.00
04038	Oil, wheat germ	0.00
04042	Oil, peanut, salad or cooking	0.00
04044	Oil, soybean, salad or cooking	0.00
04047	Oil, coconut	0.00
04055	Oil, palm	0.00
04058	Oil, sesame, salad or cooking	0.00
04060	Oil, sunflower, linoleic (less than 60%)	0.00
04141	Salad dressing, french dressing, commercial, regular, without salt	0.00
04501	Oil, cocoa butter	0.00
04502	Oil, cottonseed, salad or cooking	0.00
04506	Oil, sunflower, linoleic, (approx. 65%)	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	0.00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0.00
04513	Vegetable oil, palm kernel	0.00
04514	Oil, poppyseed	0.00
04515	Oil, tomatoseed	0.00
04516	Oil, teaseed	0.00
04517	Oil, grapeseed	0.00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	0.00
04520	Fat, mutton tallow	0.00
04528	Oil, walnut	0.00
04529	Oil, almond	0.00
04530	Oil, apricot kernel	0.00
04531	Oil, soybean lecithin	0.00
04532	Oil, hazelnut	0.00
04534	Oil, babassu	0.00
04536	Oil, sheanut	0.00
04541	Oil, cupu assu	0.00
04542	Fat, chicken	0.00