


Sodium Source Comparison Chart

Product Type	Product Name	Serving Size	Milligrams (mg) of Sodium per Serving	% Daily Value for Sodium
Bread	 100% Whole Wheat Bread	1 Slice	150	6%
	 White Bread	1 Slice	150	6%
	 Low-Sodium Sprouted Grain Bread	1 Slice	0	0%
	 Sandwich Thins	1 Roll	170	7%
	 English Muffins	1 Muffin	200	8%
Chicken	 Whole Chicken, Pre-Seasoned	4 Ounces	360	15%
	 Whole Chicken, Unseasoned	4 Ounces	80	3%
	 Frozen Chicken Nuggets	4 Pieces	480	20%
	 Deli Chicken	2 Ounces	400	17%
	 Low-Sodium Deli Chicken	2 Ounces	350	15%
Pizza	 Cheese Pizza	1/4 Pizza	750	31%
	 Pepperoni Pizza	1/4 Pizza	830	35%
	 Personal Pizza	1 Pizza	750	31%
	 No-Cheese Veggie Pizza	1/4 Pizza	405	17%
	 Thin-Crust Vegetarian Pizza	1/4 Pizza	480	20%